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Edition 58 - August 2024
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In this edition:

Controversy over Save North Sydney

Stolen plaque from Turramurra War Memorial a mystery

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Editor's Word

Tina Brown

Welcome to our August edition. August is an exciting month for The Post.

We look forward to being a Pitch Partner for the Lindfield and Districts Community Bank's Community Pitch event being held at Magpies Waitara on the 13th of August. Congratulations to the various community groups who will attend and pitch their project to a room full of local business owners and community members. These Pitch Partners have generously contributed to the funding pool.

The Harbour to Hawkesbury Lifeline Gala Ball is on Saturday the 31st of August, which is always a lot of fun. Please come and say hello if you have also booked tickets!

Council Elections are fast approaching – the date set is Saturday the 14th of September. It's always inspiring to see so many enthusiastic locals wanting to make a commitment and do more for our communities at the local government level. In this edition, we have featured a few with more to come next month.

Some recent news regarding our editorial team, Riley Warner has now left The Post to spread his wings and travel throughout Europe. It was sad to see Riley go, because he and Claudia made such a great team here, and it was my greatest pleasure to see him flourish and grow as a Journalist.

In September, I will be moving into the background, and we welcome a new Editor. I will, of course, continue to write about issues close to my heart and of community interest. I'm starting a new venture aimed at women like myself who are embarking on their own businesses, which you will be able to read more in the "Community" pages next month.

Tina



There are Two Kinds of People,

The Neat and the Messy

By Tina Brown

On Sunday the 30th of June, I had the pleasure of attending "The Odd Couple" for its opening night at the Theatre Royal. In the company of a good friend, we were delighted by the production.

Featuring the well-known and much-loved Todd McKenney as Felix, and all-round entertainer Shane Jacobson as Oscar, this favourite comedy quickly held everyone's attention right to the end.

Now, if you're old enough, you will remember this popular television series from the 1970s, starring Jack Klugman and my favourite, Tony Randall. I hasten to add that I was watching reruns at my grandparent's in later years.

Originally written by Neil Simon, "The Odd Couple" tells the tale of two divorced men who share an apartment together, one being neat and the other messy.

The production kept the audience captivated with every unfolding scene. As the

pair navigate living together, they comically begin to face difficult situations, a theme that transcends time. Oscar and Felix battle a relationship of neat vs untidy on a foundation of friendship. Sadly, optimism quickly turns to frustration and inevitably regret as their true faults reappear.

Cecily and Gwendolyn make an appearance and take us back to the sixties with their gorgeous white knee-high boots, beehive hair and high pitched shrill, played by Lucy Durack (Cecily) and Penny McNamee (Gwendolyn) in the neighbouring apartment.

These two characters delighted the audience and contributed to a lively and unexpected humour in the production.

"The Odd Couple" was an enjoyable rendition of the 1970s television show that I so adored, and revitalised my appreciation for the simple, charming tale of two men and their unbreakable friendship.

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The Post Reader Survey

WE at The Post would like to get a read from our readership and gain insights into your preferences. What topics are of most interest to you, which section do you turn to first?

By understanding your interests, we can tailor our content to better serve you.

As part of our community engagement, we want to connect with you and hear your opinions, feedback and give you the opportunity to shape The Post. We value your input and want to ensure our coverage aligns with your needs.

We'd like to know who readers are. Are you a young professional, family, retiree or have you moved out of the area and are reading this from across the globe to stay connected with a community you love? This information allows us to connect with you

more effectively.

We're excited to learn more about our readers and enhance your reading experience. As a hyperlocal publication, we're deeply committed to quality journalism, covering news, events, sports, and entertainment that resonate with our community.

We want to hear from You!



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Tink's Terrible Tilt Taken to Task

Campaign to Stop Redistribution Described as "Frivolous"

By Anthony Caruso

Sports Executive Producer & Chief Political Analyst for Triple H FM

Kylea Tink's campaign to stop the abolishment of North Sydney has been met with heavy criticism.

Fresh off the Australian Electoral Commission's (AEC) draft Federal Redistribution announcement, which saw the Division of North Sydney abolished, Kylea Tink held a webinar. During the webinar, she made claims that the AEC were trying to undermine their democratic representations by abolishing seats and gave directives on how her supporters could fill in objections.

As a result, objections have flooded in for the NSW Federal Redistribution. More than 1048 objections have been posted, with 505 objections (or 48%) making a clear reference to what has been described as the 'Kylea Tink Cheat Sheet' – claims that the AEC and ABS refused to consider the

expected growth of small business and new dwellings in the North Sydney Council region, the quoted projected numbers being brought under scrutiny.

The 'Save North Sydney' Campaign has come under heavy criticism online, ranging from the diplomatic critique that the objections are 'fundamentally mistaking' how federal redistribution decisions are made, to the objections being considered laughable and without argument apart from 'Kylea Tink is doing a great job' or that the abolishment of North Sydney is a gerrymandering attempt by the NSW Government. The 'Save North Sydney' Campaign has been described as frivolous, not only in terms of the objection points, but also the blatant copy-pasting of talking points throughout almost every objection that was posted.

For her part, Kylea Tink has suggested abolishing Berowra and shifting Bradfield north along the Pacific Highway, with St Ives to be redistributed into Mackellar.

This suggestion has been panned as being unworkable, especially given the distance between St Ives and Belrose and the fact that St Ives identifies more with the North Shore than the Northern Beaches.

While Zali Steggall had offered some support in her objection to protect North Sydney, the two most conspicuously absent voices for this project have been Dr Sophie Scamps and Nicolette Boele. Whilst the current Member for Mackellar pretty much got what she wanted from the draft Redistribution, the self-appointed "Shadow Member for Bradfield" continued her strategy of playing Switzerland with the entire process, not engaging in any of the submissions or objections.

With the entire process set to be finalised and published in October 2024, it does place March-April 2025 as the most likely date for the next Federal Election, which will also be the first Federal Election with the new boundaries.

Marian St Action Continue Advocacy with "Winterval" Event

By Claudia Butjerevic

Marian St Action, the community group previously known as Save Marian Street Theatre, are determined to revitalise arts and culture.

At the beginning of July, Marian St Action hosted their "Winterval" event at Selkirk Park. The event was a place for art enthusiasts to come together and share food, connect with neighbours, experience a singalong with professional musician Nate Gilkes, and advocate for the restoration of the abandoned Marian Street Theatre.

Significant members of the community attended Winterval. Federal Member for Bradfield, Paul Fletcher, and Bradfield candidate Nicolette Boele, along with State Member for Davidson, Matt Cross, were present at the event.

Ku-ring-gai Councillors Alec Taylor, Greg Taylor, Simon Lennon, Barbara Ward, Jeff Pettett, Mayor Sam Ngai, and Deputy Mayor Christine Kay attended. Candidates for the Ku-ring-gai Local Government elections in September made an appearance – namely Kristyn Haywood for the Wahroonga Ward, Indu Balachandran for the Gordon Ward,



Photo above: Community rally at Winterval to get the ball rolling again.

Adrienne McLean for the Comenarra Ward, and Jack Abadee for the Wahroonga Ward.

'That's what a transformed Marian Street Theatre can do: turn individuals into a group that enjoys working together,' said Wendy Blaxland at the Ku-ring-gai Public Forum on the 9th of July. 'Please move forward to build the DA approved plans, and we will have an inspirational building, not a patched up old theatre.'

Marian Street Theatre was closed in 2013, and has since had a Development Application approved by the Sydney North Planning Panel in 2021. However,

Ku-ring-gai Council have made no significant strides in pooling funding together in order for the Theatre to reopen. Expiry for the Development Application will come to pass in August of 2026, and Marian St Action are vehemently attempting to encourage Council to get the ball rolling.

'On the 16th of August, you go into caretaker mode,' said Tony Bates to Council in the aforementioned Public Forum. 'You have two meetings left to take care of business. To right wrongs.'

Cont'd page 8

Scheme to Build More Affordable Housing Across Northern Beaches

NORTHERN Beaches Council are taking strides to update the current developer contribution scheme.

At present, the scheme requires developers to make contributions towards affordable housing, either by monetary contributions or new dwellings, though the policy only applies to land rezoned for high density development.

With the housing crisis at the forefront of most Australian's minds, and the State Governments new Transport Oriented Development policy in full swing, Northern Beaches Council are focusing on affordable housing. In the Local Housing Strategy, a target of

1,884 new affordable housing dwellings by 2036 has been set.

'In recent years, we have seen building activity subdued, primarily due to the pandemic, high interest rates and rising building costs,' says Northern Beaches Mayor Sue Heins. 'The rate of new development is simply too slow to meet our affordable housing targets.'

With the current developer contribution scheme, new developments in Dee Why Town Centre are excluded from developer contributions, as the scheme was introduced after the land was rezoned. Northern Beaches Council are considering broadening the reach of the current scheme to better achieve affordable housing targets.

Council is concerned over the State Government's low and mid-rise housing reforms, as they will permit development without affordable housing requirements across the local government area.

'If these housing reforms proceed, thousands of additional dwellings will be constructed but none will be affordable or social housing,' says Mayor Heins.

Northern Beaches Council will draft amendments to the Affordable Housing Contributions Scheme and compose a Planning Proposal for the NSW Department of Planning.

Councillor Dr Cedric Spencer Gets the Job Done

Advertorial Content

COUNCILLOR Dr Cedric Spencer, representative for the Wahroonga Ward, will run in the Local Government Elections this September.

Deeply passionate and considered, incumbent Councillor Spencer is determined to advocate for the concerns of the local community. Councillor Spencer is unafraid to go against the grain, speaking his mind in service of the best interests of Ku-ring-gai.

Elected for the first time in 2017, Councillor Spencer has served two terms for

Ku-ring-gai Council, in which he stood as both Mayor and Deputy Mayor. Throughout his term in Council, he has been appointed to the Ku-ring-gai Traffic Committee as Chairperson and serves as a member for the Sydney North Planning Panel.

With a Doctorate in Business Administration, Graduate Diplomas in Law and Transport and Distribution Management, a Master of Business, and qualifications as a Juris Doctor, Councillor Spencer is an accomplished solicitor with

a law firm located in the Upper North Shore. Living in Turramurra with his wife and young child, Cedric is focused on ensuring ratepayers' funds are adequately optimised to tend to community needs.

Affectionately calling the Wahroonga Ward "home", Councillor Spencer is committed to the betterment of his Ward and all of Ku-ring-gai, and bridging the gap between Council and its constituents.



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Gets the job done!

Councillor Cedric Spencer was elected to Council in 2017 and has previously served as Deputy Mayor and Mayor.

Dr Cedric Spencer is a solicitor and an academic who runs a boutique law firm in the Upper North Shore. He lives in Turramurra with his wife and young son.

His qualifications include Juris Doctor; Doctor of Business Administration; Master of Business; Graduate Diploma in Laws; Graduate Diploma in Transport and Distribution Management; and Advanced Diploma in Transport.

COUNCILLOR SPENCER IS PASSIONATE ABOUT LOCAL ISSUES INCLUDING PLACING HIGH IMPORTANCE ON HIS AVAILABILITY TO THE LOCAL COMMUNITY TO ACTIVELY ADVOCATE ON A DIVERSE RANGE OF ISSUES.

His interest is in delivering services to ratepayers and residents and achieving customer satisfaction in the services that Council provides.

He is committed to listening, to caring, to responding to, to attend to your concerns and to always be energetic in representing you, his constituents - residents, small businesses, schools and community groups - solving problems between you and Council.

He is committed to limiting high rise development to existing transport and major shopping hubs, such as the Turramurra station precinct and in opposing the spread of medium-density development across the entire municipality, into quiet residential streets, distant from public transport, shops and other facilities.

IN THIS COUNCIL TERM CR SPENCER WAS APPOINTED TO:

- Ku-ring-gai Traffic Committee - Chair
- Sydney North Planning Panel - SNPP Member



DR CEDRIC SPENCER

DBA, JD, MBus, Grad.Dip Laws, Grad.Dip Tpt&Dist, Adv.Dip Tpt
Councillor for Wahroonga Ward, Ku-ring-gai Council
M: 0436 661 911 | F: 9424 0202 | E: cspencer@kmc.nsw.gov.au
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LOCAL GOVERNMENT COUNCIL ELECTIONS VOTING DAY: SATURDAY 14 SEPTEMBER 2024

The Post will bring you interviews and profiles from across the community in our September edition.

HENRY SONG GORDON WARD VOTE 1

YOUR VISION, MY COMMITMENT

Henry Song is a professional and entrepreneur in the technology, financial market, and clean energy industries. His skills and leadership in both corporate and community settings have prepared him to address the key issues facing Ku-ring-gai and serve you effectively on the council.

Henry lives in Killara with his wife and son. Raising a family on Sydney's north shore gives him first-hand insight into the challenges and aspirations of our residents. He is dedicated to creating a community that supports families, fosters economic opportunities, and prioritizes sustainability.

**Vote for Henry Song for Ku-ring-gai Council
for Sustainable Living and Vibrant Community**

MANAGING GROWTH

Henry is committed to promoting smart planning and sustainable development, addressing the pressures on infrastructure, amenities, traffic, and open space.

TRANSPARENT GOVERNANCE

Henry will ensure that residents' voices are heard and council funds are managed efficiently, prioritizing projects that deliver the most benefit to our community.

COMMUNITY AND CULTURAL SUPPORT

Henry will endeavour to enhance recreational spaces for children, provide resources for seniors to stay active and engaged, and support for arts and culturally diverse initiatives.

Please contact Henry Song for any questions or concerns about local issues.

Email: hysong.kuringgai@outlook.com | Address: L3, S2, 828 Pacific Hwy, Gordon NSW 2072

Henry Song Focuses on Sustainable Living Within a Vibrant Community

Advertorial Content

HENRY Song is a fresh candidate for Ku-ring-gai Council and the Gordon Ward.

Running in the Local Government Elections this September, Henry Song's vision for Ku-ring-gai Council is one of sustainable living and a vibrant community.

A professional and an entrepreneur, Henry Song has a background in and deep knowledge of the technology, financial market, and clean energy industries. With Master's and

Bachelor's degrees in science, a Diploma in Financial Markets, and Professional Certificates in Sustainable Finance and Net-Zero Principles, Henry is prepared to address the key issues across Ku-ring-gai.

A resident of the Gordon Ward, Henry lives in Killara with his wife and son, and has first-hand insight into the challenges and hopeful ambitions of the community.

Henry Song vows, when elected, to manage growth in Ku-ring-gai, face the increasing housing density issues, promote smart planning and sustainable

development, and address the pressures on amenities, traffic, and open spaces.

He will ensure Ku-ring-gai Council manages funds efficiently and transparently to deliver projects that better the community while holding Council accountable.

Supporting the unique needs of Ku-ring-gai's children, seniors, and residents with diverse backgrounds is a top priority. Henry is dedicated to enhancing recreational spaces, providing resources for seniors, and increasing culturally diverse initiatives.

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Introducing Gordon Ward Candidate: Indu Balachandran

By Claudia Butjerevic

Widespread displeasure with Ku-ring-gai Council is causing a wave of new candidates to put their hands up for the job.

With the Local Government Elections on the horizon, nominations are flooding in for the Gordon, Wahroonga and Comenarra Wards. A common hope is that with a newly elected Council, integrity and trust will be restored between the residents and their representatives.

Hot topics on the minds of Ku-ring-gai residents include Labor's infamous Transport Oriented Development (TOD) policies, the long-awaited revival of Marian Street Theatre, and the building of a grandstand at the North Turramurra Recreation Area.

Among the candidates is Indu Balachandran, Killara local running for a spot as a Gordon Ward Councillor. With a background in professional finance and governance, and after becoming interested in the political landscape, Indu has decided to step up to the plate to see areas of concern tended to.

Her focuses as a potential councillor are planned development to tackle the housing crisis, investment in cultural hubs and creative spaces such as Marian Street Theatre, and action against climate change.

During the height of Ku-ring-gai Council's TOD clash, Indu submitted an opinion piece to the Sydney Morning Herald from the perspective of a local, which was published



Photo above: Gordon Ward candidate Indu Balachandran is keen to build trust and integrity between residents and Council.

at the end of June 2024. In the article, Indu stressed how the "politics of opposition" damages the community.

As a result, Indu received heat for the piece. Locals across social media began questioning both her integrity, and her affiliations with community organisation Voices of Bradfield and with the moniker "Teals".

'Voices of Bradfield is not a party, it is a community group that endorses an independent candidate. The Teals is not a political party, it didn't exist before it was a media phrase,' asserts Indu Balachandran. 'Voices of Bradfield is focused on Federal politics... I joined Voices of Bradfield because I really felt... political candidates being endorsed by local community and representing community priorities was a fantastic movement.'

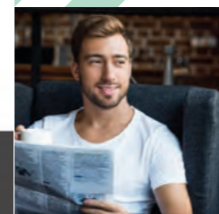
For Indu, her campaign and priorities lie with ensuring that the next elected Ku-ring-gai Council are hearing the concerns of the community, as she believes the uproar occurring around the TODs is a symptom of lacking community engagement.

'Why is it that councillors are not acting on their community's sense of what is possible?' says Indu. 'That is a big challenge, how does council engage its diverse constituency so that it can genuinely feel like it's representing the whole? That is something I've observed and committed to.'

With under two months until the Local Government Elections, Indu reflects warmly on her campaign journey, and the growing number of volunteers who are pushing her along. On her team is Cheryl Sztatow, former Gordon Ward councillor and Ku-ring-gai Mayor, Gillian King, co-founder of Voices of Bradfield, and Jessica Blaxland Ashby, Marian Street Theatre advocate.

'It has been a wonderful, sticky campaign,' praises Indu. 'Nothing like local community finding out what local community cares about. It's been a really great process. Our community is considered and thoughtful, I've had great conversations with people.'

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Save North Sydney Campaign

By Claudia Butjerevic

Plans to abolish the federal electorate of North Sydney has kicked up a stir in the community.

Over May, the Australian Electoral Commission (AEC) released their proposed redistribution report, which saw the seat of North Sydney removed and the electorate divided between Warringah, Bennelong, and Bradfield.

With the news, outraged community members and volunteers surged forward, creating a campaign and petition "Save North Sydney" to fight against the AEC's recommendation.

"Save North Sydney" have taken to the streets to alert people. From handing out flyers and speaking with North Sydney constituents in locations such as Milsons Point train station, Kirribilli and North Sydney markets, Northbridge Plaza, Neutral Bay shops, and Willoughby Road shops, "Save North Sydney" has managed to gather around 300 signatures.

Online, the signature count is much higher. At the time of publication, the change.org petition has received over 2,000 signatures. The petition's

description reads, 'WE CALL OUT FOR YOUR HELP to defend our community's voice and history, and ensure North Sydney remains a distinct electorate.'

Volunteers were urging the community to submit responses to the AEC, advocating for North Sydney. To aid in the drafting process, as constructing objection letters is not in most people's CVs, volunteers conducted workshops, which was attended by over 100 constituents.

Caroline Gallagher, Hunters Hill local and "Save North Sydney" spearhead volunteer, is driving the push to save North Sydney. After discovering the abolishment news, Caroline was shocked, and keenly decided to challenge the proposal.

'[AEC] are basing it on population growth... We respect institutions like the AEC.... they did follow their processes, but the growth projections are based on old ABS data,' says Caroline Gallagher. 'That means they have not consulted sources... like local and state planning authorities. If they had, they would have seen that we are growing, this includes the two Metro stations in our electorate. It doesn't feel right.'

Caroline mentions that while campaigning, she realised most people were

unaware of the impending redistribution, and once they were informed, did not agree. 'It is inefficient and a huge waste. We are a thriving community with a massive heartbeat,' says Caroline.

Federal Member for North Sydney, Kylea Tink, has submitted a formal objection letter to the AEC proposal. In her letter, Member Tink recommends retaining North Sydney, and instead abolishing Berowra, having Bradfield and Mitchell take on the area, and allow the Galston Gorge to be a natural boundary division.

'It is my respectful view that the Committee has erred in its evaluation of the impacts on North Sydney's deep and wide communities of interest in proposing to abolish the Division and has arrived at a high-impact, disruptive redistribution while overlooking reasonable, practical and foreseeable alternatives,' writes Member Kylea Tink.

To The Post, Member for Berowra Julian Leaser says, 'The commission has already considered all of the issues that some independent members are raising and rejected them. I agree with the proposed boundary changes.'

For more information, visit www.aec.gov.au/redistributions/2023/nsw/

VOTE 1



INDU
BALACHANDRAN

www.indubalachandran.com



GORDON WARD

INDEPENDENT FOR
KU-RING-GAI COUNCIL

WHAT INDU STANDS FOR



My vision for Ku-ring-gai is a culturally vibrant, sustainable community that cares for our built and natural environment.



1. LOCALLY-INFORMED, SUSTAINABLE HOUSING SOLUTIONS

Indu will ensure our community grows responsibly with well-planned development that supports housing access and diversity.



2. STRONGER COMMUNITY CONNECTIONS THROUGH CULTURAL HUBS

Indu will prioritise investment in cultural hubs and enable creative opportunities for the community and young people.



3. ACCELERATING SOLAR POWER AND WASTE REDUCTION

Indu will support local environmental action that is critical to addressing climate-change and work with the community to be a leader in NSW.

Authorised by M.Nagarajan, 1/25 Weron Avenue, Killara NSW 2071.

Northern Beaches Budget for 2024/2025

NORTHERN Beaches Council have outlined the 2024/2025 budget, with services and projects totalling \$524 million.

The Independent Pricing and Regulatory Tribunal of NSW (IPART) set a rate cap of 4.9 per cent, which will result in an increase of \$65 for Northern Beaches residents for their annual rates.

The proposed budget, according to Council, will focus on environmental sustainability, and support projects and services that strengthen the community.

Around \$99 million in infrastructure spending has been injected into the forthcoming budget, with \$43 million attributed towards asset renewal, and \$56 million for high priority new assets.

Spending in the 2024/2025 budget has delegated over \$18 million for new facilities like the Warriewood Valley community centre and the Warringah Recreation Centre; \$17 million for improving roads; \$10 million for stormwater management;

and \$3 million on improving sports fields, among a host of other focus points.

'Australia is in a challenging fiscal environment with escalating costs in materials, contracts and construction which impact on our budget,' says Northern Beaches Mayor Sue Heins. 'As we look to the future, we will need to work with our community to continue to deliver services and community infrastructure in a sustainable way.'

Mayor Heins thanked all those that gave feedback on the draft 2024/2025 budget during the consultation period open to the public.

Marian St Action Continue Advocacy...

Cont'd from page 5 to fund Marian St Theatre.'

In the July Ordinary Meeting, Council carried a motion that saw Council reaffirm support for the DA on MST, and acknowledges the likely costs proposed by a feasibility report from Hydromedial Consulting Group of \$7million to \$15million required for functional re-opening.

The future of Marian Street Theatre continues to hang in the balance.

Court Case Thrown Into Mix of North Sydney Olympic Pool Debacle

By Claudia Butjerevic

Legal proceedings are rife around our North Shore.

In a meeting at the end of July, North Sydney Council voted to commence a legal case against Brewster Hjorth Architects (BHA) for breach of contract.

What for? Design services for the ever-incomplete North Sydney Olympic Pool. Council claims that the legal endeavour against BHA will not impact the redevelopment, which is slated for completion in early 2025. Council claimed that the Olympic Pool would be finished in 2022, so assurances are tough to faithfully trust.

The Post will provide a full update in our September edition.

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

Calling Council Candidates - The Post Special Offer

September is your last opportunity to promote your candidacy in print. The Post will run a special election section about the Local Government Elections. To find out about discounted rates for the last opportunity to appear in print and reach your community, email sales@hkpost.com.au or call 8355 5136.

Booking deadline 15th August 2024.



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, 22 August 2024

6.45pm - 7.45pm

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Sally Webber





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



from the Mayor's Desk

Last month, you may have read in the news that the NSW Government has launched the exhibition of its Transport Orientation Development (TOD) Program. Whilst we are pleased that the proposal endorses our existing Hornsby Town Centre Masterplan, which identifies opportunities for over 4,900 new dwellings supported by open spaces, a new multi-purpose community facility, pedestrian, cycling networks and enhanced public transport and road access, what is not clear is how the government intends to support the delivery of these necessary upgrades.

We expressed to the NSW Government from the outset that funding and infrastructure to support councils would be required to ensure the current and future community experiences a liveable and sustainable environment.

I encourage you to have your voice heard on this important issue to ensure that these plans are delivered appropriately and with the necessary support by reading the exhibition materials and making a submission by Friday 9 August.

You can find more information about the Hornsby Town Centre Masterplan, and links to the NSW Government's Hornsby TOD proposal at yoursay.hornsby.nsw.gov.au

Across NSW, we mark Local Government Week from 29 July – 4 August. I would like to take the opportunity to recognise the many committed Council staff who serve the community, helping make Hornsby Shire the unique and wonderful place it is.

As we approach the end of another term of Council, I would also like to thank my fellow Councillors for their dedication and their many services for the community. I thank you for the opportunity to serve you as your Mayor – it has been an honour.

Philip Ruddock AO
Mayor, Hornsby Shire Council

What's on



SAVE OUR SPORT

Pledge your support for Westleigh Park
#StandYourGrounds

hornsby.nsw.gov.au/soswestleigh





FREE

NATIVE PLANT GIVEAWAYS

Friday 16 and Saturday 17 August
Collect your 4 FREE native plants
Bookings essential for plant collection time.

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YOUR SAY HORNSBY

Heritage Community Engagement Strategic Action Plan
Comments close: Saturday 31 August

yoursay.hornsby.nsw.gov.au

Greenway Park Cherrybrook Small Dog Park Trial
Comments close: Tuesday 29 October

Waste and Sustainability Workshops

- Clothing Swap**
Saturday 17 August, 9.30am-11am
Thornleigh Community Centre
 - Comfortable Homes in Summer and Winter**
Thursday 22 August, 7pm-8pm
Free online webinar
 - Chipping for Mulch**
Sunday 18 August, 7.30am-12.30pm
5 Beaumont Road, Mt Kuring-gai
 - Meal Planning**
Wednesday 28 August, 10.30am-12.30pm
Hornsby Library
- hornsby.nsw.gov.au/waste



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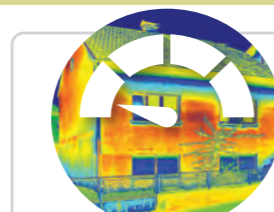
hornsby.nsw.gov.au/bushwalks



SEPTEMBER 14

Save the date

NSW Local Government Elections are taking place on Saturday 14 September 2024. Voting is compulsory. For more information and key dates visit hornsby.nsw.gov.au/local-government-elections



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hornsby.nsw.gov.au/library

Improved Cycling: Chatswood and St Leonards



FUNDING for a two-way cycle connection between Chatswood and St Leonards, via Artarmon through Hampden Road and Herbert Street, has been secured.

Willoughby City Council will receive \$6 million in funding to construct the cycle network, afforded by a grant from the NSW State Government's Get NSW Active Program.

Member for Willoughby, Tim James, has announced his delight with the improved cycling connectivity.

'I'm a strong believer in investing in and growing our active transport infrastructure,' says Member Tim James. 'Separated cycleways encourage the use of a safer, cleaner, cheaper and healthier alternative to driving and appeal not just to existing riders but also those wanting safer options.'

Identified by advocacy group Bike North, the Chatswood and St Leonards route is considered a high-priority transport corridor. With this cycleway upgrade, major centres and transport hubs in the Chatswood and St Leonard's corridor will be connected – the Artarmon local centre, industrial area, and the Royal North Shore Hospital.

The project is set to improve the conditions for motorists, as signals at busy interactions along Herbert Street, Ella Street, Hampden Road and Brad Street, will be upgraded, and new signals added.

'The Liberals committed to funding [the corridor] prior to the last state election,' says Tim James. 'It's pleasing that after tireless advocacy for this route the funding will be delivered.'

Ku-ring-gai Council Desperately Attempts to Install Heritage Orders to Delay TODs

By Claudia Butjerevic

For those not completely devoid of interest in the continued saga between Ku-ring-gai Council, the NSW State Government, and the Transport Oriented Development (TOD) Policy, Ku-ring-gai Council are seeking Interim Heritage Orders (IHOs) around the affected LGA stations.

In the July 2024 Ordinary Meeting, Council resolved to attempt installing IHOs 400 metres circling the Gordon, Roseville, Lindfield, and Killara train stations. If approved, these IHOs would effectively afford temporary legal protections, disallowing any development to occur as per the desire of the Minns' Government.

'Our Heritage Reference Committee recommended an interim heritage order to temporarily protect these areas until a decision is made, and Council has voted to support the recommendation,' says Ku-ring-gai Mayor, Sam Ngai. 'It is a sensible short-term measure... All that we need now is a Heritage Minister who demonstrates her commitment to heritage.'

For these protections to occur, Minister for Heritage, Penny Sharpe, must approve. However, Minister for Planning, Paul

Scully, has warned local councils not to use heritage zones to sidestep development.

'Heritage and new housing can co-exist. However, new heritage listings must not be used to avoid delivering new homes,' Minister Scully said in a press release in March of 2024.

During the Meeting, Council decided to undertake planning studies in the stations' precincts, which is slated to be exhibited in late 2024, then presented to Council in February next year.

'The uplift required by the Transport Oriented Development policy is far greater than anything previously requested by the NSW Government,' says Mayor Ngai. 'In 2020, our draft plans for these precincts involved 3,700 new homes but we are now required to deliver 20,000 new dwellings. Our infrastructure plans need significant rework to give these new residents the infrastructure and amenities that they deserve.'

More is certainly to come.

NYE Cancelled at Balls Head Reserve

Balls Head Reserve in Waverton will be closed for New Year's Eve.

North Sydney Council decided in a recent meeting that the bushland is too fragile to support crowds of visitors on a rowdy night such as NYE.

In previous years, the bushland has been trampled, branches snapped to make way

for picnic blankets.

'The damage sets bushland rehabilitation back months, years, or even decades,' says North Sydney Mayor, Zoe Baker. 'There are also serious concerns about public safety in the unlit reserve as well as impacts on ... original Aboriginal cultural heritage.'

Ku-ring-gai ECO Festival

1-30 September 2024

Events to inspire cleaner, greener and more sustainable living.

krg.nsw.gov.au/eco





Youth Advisory Committee

Join our Youth Advisory Committee and be a champion for Ku-ring-gai's young people! Meet like-minded people, contribute to the community and explore meaningful interests.

Young people aged 14-24 years who live or study in Ku-ring-gai are eligible to apply.

Applications close at 5pm on Friday 13 September.

Apply at krg.nsw.gov.au/youthcommittee



Chair Yoga for Seniors

Chair Yoga is a modified form of traditional yoga suitable for people with limited mobility, lack of flexibility, a problem with joints or in recovery. Each of the stretches are done while seated. Classes are designed for 60+ year olds.

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St Ives Community Centre
Memorial Ave, St Ives

Bookings: krg.nsw.gov.au/seniorsevents



Seniors chess club

Ku-ring-gai seniors meet casually on the first and third Monday of the month at Turramurra Seniors' Centre for a friendly game of chess. New members of all skills are welcome.

Choose a partner and enjoy a social game or a challenging game. Morning tea provided.

Next meetings 5 and 19 August
10am – 12pm

Turramurra Seniors Centre
1 Gilroy Road, Turramurra

Enquiries: rhall@krg.nsw.gov.au or 9424 0836

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Upcoming PTSD Series on Local Radio Station Triple H FM

By Claudia Butjerevic

A new 13-week series on Post Traumatic Stress Disorder (PTSD) is coming to local Hornsby Ku-ring-gai radio station Triple H 100.1 FM.

From the beginning of August, Newcastle radio show "Wellbeing" from 2NURFM is being syndicated to Triple H on Monday nights, lead by host Jack Hodgins.

"Wellbeing" is a dive deep into a range of health topics.

"We'd had a range of Newcastle professors talking about different health topics. We've been focusing on food addiction, international global health, ovarian cancer... some episodes coming up on alcoholism," says Jack Hodgins, 2022 Community Broadcasting Association of Australia Awards nominee for the category "Outstanding Youth Contribution".

According to the National Study of Mental Health and Wellbeing 2020-2022, almost 11% of Australians will suffer from PTSD, and with this new 13-week series, the hope is to educate and break the stigma around mental health.

"It's given me a pretty good understanding of [PTSD], and the people that listen to [Wellbeing] will get a good understanding

of the condition,' says Jack. 'Given how prevalent it is, I think after the series if I had a family member or friend going through [PTSD], I could handle it better.'

On the agenda for the 13-parter are interviews with academic experts – Professor Alexander McFarlane from the University of Adelaide and Dr Shaili Jain from Stanford in California. Following the academics, the series delves into the lived experiences of first responders who suffer with PTSD, in which the perspectives of a police officer, firefighter and paramedic are heard.

Vietnam War, Falkland War, and Iraq War veterans are featured on the program, explaining how their lives have been impacted by PTSD.

Will Jimeno, 9/11 survivor who was trapped under the World Trade Centre for 13-hours, makes an appearance, describing his experience with PTSD.

'All of these are very rare interviews,' says Jack. 'This series was designed for the everyday listener... There is always hope, and every person that talks about their experience tries to give hope to those going through it.'

Find out more at www.triplehfm.com.au

Grants Up for Grabs

ANOTHER round of grants are up for grabs across the Northern Beaches.

For its seventh year, Northern Beaches Council and the grants program will fund projects from environmental groups, sporting clubs, not-for-profits, artists, and local individuals. The program is in place to support vital projects, along with enriching and sustainably maintaining the community.

'The grants program assists a wide range of projects with the aim of the strengthening the collective environmental, economic, social community and cultural experience,' says Northern Beaches Mayor Sue Heins. 'The selection process is rigorous and comprehensive, selecting projects with strong merit, that fit the criteria of the category, meet our sustainability requirements and enhance outcomes for the community.'

Grant categories for the 2024/2025 season include Arts and Creativity, up to \$10,000 per grant; Community Development, up to \$10,000 per grant; Environmental, up to \$5,000 per grant; Placemaking, up to \$4,000 per grant; and Sports and Recreation Infrastructure, from \$10,000 to \$30,000 per grant.

All grant applications excluding the Sports and Infrastructure Grant will close Monday, August 5th 2024. The Sports and Infrastructure Grant applications close Friday, August 9th 2024.

For more information, visit www.northernbeaches.nsw.gov.au/council/grants/grant-resources

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West Head Lookout Upgrade Win Award



Photo: Simon Wood

UPGRADES to West Head Lookout in Ku-ring-gai Chase National Park won the top Award of Excellence in Tourism at the Australian Institute of Landscape Architects NSW State Awards.

Winners were announced at Chatswood's Zenith Theatre. Over 15 categories saw 34 winners for the 2024 State Awards, with the jury noting a shift towards biodiversity and the health of Country.

'Entries this year demonstrate the power of harnessing community involvement to deliver enormous social and environmental benefits, with process easily replicated providing an exemplar for others to follow,' says Jury Chair Kate Luckraft.

OCULUS with NSW National Parks and Wildlife Service headed the upgrade, restoring safety, improving access, and taking input from the original landscape architect,

Bruce Mackenzie, to ensure the iconic site remained true to form. New native plants are incorporated into the structure, and the original sandstone walls and pavers have been refreshed.

The original lookout was constructed in 1965 to form an uninterrupted view of the natural landscape across Broken Bay to Lion Island and the Central Coast. Though, unfortunately, it began to deteriorate over time.

'Sydney Bush School of Landscape Architecture retains the legacy of the original design approach of the lookout being subservient to the existing biodiverse landscape,' says the jury of the Landscape Architects NSW State Awards.

All winners proceed to the National Landscape Architecture Awards held later in the year.

Turrumurra War Memorial Plaque Stolen

A BRONZE, two-metre-tall honour roll plaque has been stolen from the entrance gate into Turrumurra Memorial Park. The theft is believed to have taken place on late Sunday, 21st of July, or early Monday morning on the 22nd of July.

Scribed onto the honour roll were the names of 67 Turrumurra residents, commemorating their service in the First World War.

Ku-ring-gai Council has condemned the theft, with Mayor Sam Ngai regarding it as appalling.

'The construction of this honour roll, and the surrounding memorial gate, was funded through community donations to commemorate the fallen of the First World War,' says Mayor Ngai. 'It provided an ongoing and solemn reminder of the service of local residents fighting for our nation on faraway battlefields.'

Hornsby police are investigating the incident. Ku-ring-gai Council are urging any



Turrumurra Memorial Park: Honour roll is missing from the left hand side.

witnesses to come forward.

'It is appalling to think that, nearly 100 years on, the roll has been stolen in the dead of night,' says Mayor Ngai.

To those with information, call Crime Stoppers at 1800 333 000 or contact Hornsby police.

Paul Fletcher is Focused on Staying Put in Bradfield

By Riley Warner

Paul Fletcher MP has been a stalwart representative for Bradfield since 2009, steering one of New South Wales' most affluent constituencies through fifteen years of change and growth.

As electoral boundaries are imminent to evolve, Paul bids farewell to familiar areas like Asquith, Normanhurst, Hornsby, and Waitara, anticipating a keen relationship with new constituents in Artarmon, North Sydney, Willoughby, Castle Crag, and Middle Cove.

The impending redistribution means Bradfield's electorate will expand significantly, reflecting broader changes across New South Wales where the number of electorates will reduce from 47 to 46. Fletcher acknowledges the challenges ahead and the influx of new families and constituents.

Despite Bradfield's reputation as an affluent area, Fletcher is keenly aware of the financial pressures facing many residents in 2024. Simply put, cost of living does not discriminate.

Paul highlights, 'There are a lot of locals who are finding things quite tough. There can be a perception that Bradfield and the suburbs within it are relatively affluent areas, and that is true when you look at things like property value, average incomes, and so on. But that doesn't mean that there aren't a lot of people who are feeling the pressure.'

'When we talk about school fees, people in Bradfield have children at private



schools. They're seeing big increases in fees. So there's a whole range of factors, which I think are making life quite tough for a lot of people I represent.'

Since a dramatic swing against Fletcher in the last federal election, seeing him lose a significant portion of Bradfield's votes, Fletcher has kept a keen eye on the pulse of his community listening to the concerns of his constituents, particularly families with school-aged children.

In discussing local issues, Fletcher voices constituents' anxieties over the New South Wales Labor Government's Transport-Oriented Development plans. Not surprising given the constant debate and back and forth between residents and the government, criticising the inadequate consultation process.

'One of the other things that's curious and problematic about the Transport-Oriented Development changes is that the New South Wales Government specifically did not invite commentary from citizens. It

only wanted commentary from councils. The New South Wales Government nominated 35 stations across the Sydney metro area, where these Transport-Oriented Developments would go ahead. Four of them are in the Ku-ring-gai Council area.

'When you look at the federal electorate and also the state electorates, it's hard to avoid the conclusion that New South Wales Labor has chosen to target this area because they know this is an area that does not vote Labor.'

His stance reflects a broader commitment to advocate for transparent governance and responsive policymaking on behalf of his electorate.

Beyond local matters, Fletcher aligns himself with the national political landscape, articulating concerns about economic management and policy direction. Paul positions the Liberal Party's role in addressing inflation, fiscal discipline, and taxation issues, as the solution to Australia's economic challenges.

'The reality is only the Liberals can fix the mess that Australia is in. It's the Labor Party that got us into this economic mess. All of that is happening because of policies that Mr Albanese is following.'

As he navigates challenges ahead, Fletcher's unwavering dedication to representing the interests of Bradfield remains resolute, with ground to cover in time for the next federal election, it's clear Paul is keen to extend his already long stay as the member for Bradfield.

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Gordon Library Upgrade

GORDON Library has been awarded over \$312,000 in grant funding.

Afforded by the Public Libraries Infrastructure Grant, Ku-ring-gai Council will utilise the funding to upgrade services and facilities.

This is the second year Gordon Library has successfully received money from the infrastructure fund. Last year, Gordon Library was awarded \$450,000, leading to a combined total of over \$760,000 for both grants over the past two years.

The Public Libraries Infrastructure Grant is an annual funding initiative by the State Library to maintain and support capital

works in local libraries across the state.

With the funding, Ku-ring-gai Council plan to extend Gordon Library's foyer to facilitate after hours events, improve the local history section, and establish a quiet room to accommodate study.

Alongside these improvements, additional furniture will be purchased, and the internet access area will be relocated to include five PCs and three hot desking terminals, while wi-fi improvement will extend to the entire library.

'The library has conducted customer research to guide the project,' says Ku-ring-gai Mayor Sam Ngai. 'We are placing the changing needs of the Ku-ring-gai community at the centre of the planned improvements.'

Tim James Appointed New Shadow Minister for Small Business

LEADER of the New South Wales Opposition, Mark Speakman MP, has appointed a new Shadow Minister for Small Business in NSW.

Formally held by Member for Goulburn, Wendy Tuckerman MP, the position will now be assumed by Member for Willoughby, Tim James MP.

This is an addition to Member James and his current role as Shadow Minister for Fair Trading, Work Health, and Safety and Building.

'Small businesses are the backbone of our economy, driving innovation, creating jobs and fostering community spirit,' says Member Tim James. 'As someone who has run my own small business, I have a sense of the demands, pressures and potential of small business. I look forward to working closely with business owners and staff, chambers of commerce, industry groups and all relevant stakeholders to advance small business across NSW.'

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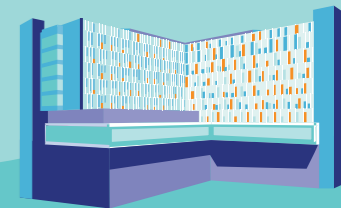
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By Julian Leeser, MHR,
Member for Berowra

For a while now my wife Joanna has been telling me that I'm on my phone too much and that it's a bad influence on our kids. I've recently done some reflection and I think that Joanna might be right.

From the outset, I think most people would agree that advances in technologies like the internet, smart phones and social media have been a good thing. Being able to connect with distant friends and family on FaceTime or Facebook has been revolutionary, as has being able to access news from right across the world 24/7. It's shaping the way more and more young people communicate too.

As your local Member of Parliament, I've had to maintain a focus on new tech and ways of staying connected, to let people know about things happening in our area. A smart phone is another tool I use to understand the issues that people want me to focus on, get the most up to date local and national news and to connect with constituents. But I wonder, when is it too much of a good thing?

I've been wondering how reducing the amount of time spent looking at

Have you thought about taking a tech detox?

my phone would impact my work and my ability to connect, if at all. So, I'm in the process of finding out.

Early in July I began a 'tech-detox'. I'm using an old school flip-phone that can make and receive calls and text messages – but no emails, Facebook, WhatApps or endless scrolling news websites. I'm still able to work on the computer but I'm not carrying my work around with me and I'm not jumping to respond each time my phone buzzes.

So far, I'm surviving! I've been able to work, respond to emails, and focus on local issues. My staff have also been able to keep me up to date with the world of social media. In my personal life, I've discovered I've got more time to read books, and as a husband and father I feel a lot more present and engaged with the family when I'm at home.

I don't know how the rest of the month of my tech-detox will go (there's a bet going that I won't make it!) but I'm determined to try. Maybe I'll take some lessons away from it!

I'd like to know what you think. Do you think we're too reliant on smartphones and being connected all the time? Have you done a similar thing?

If you have some thoughts, please email my office via julian.leeser.mp@aph.gov.au or call **9980 1822**.

I'll keep you updated.

The Angels Perform Heaven-sent New Album in Hornsby

By Mia Hubber

“It's kinda hard to believe that we're still standing here,” Nick Norton vocalises in iconic Australian rock band, The Angels', new album 'Ninety Nine'.

The release coincided with the commencement of the band's '50 Not Out' national tour celebrating their 50th anniversary, and sits comfortably in the band's oeuvre as their 14th studio album.

The Angels performed hits from their new album at local Hornsby RSL on Saturday the 20th of July.

Named Australia's longest-lasting band in the book 'The 100 Best Australian Albums', The Angels helped redefine the Australian pub-rock tradition. Now, band members John Brewster, Rick Brewster, Sam Brewster, Tom Brewster, and Nick Norton are shaking up the Australian rock scene once again with 'Ninety Nine'.

The new album showcases a re-energised, renewed, and revitalised Angels. “We've found a new energy,” says bass player, Sam Brewster. “I think you can hear that on this record.”

“'Ninety Nine' has all the crucial elements of our best albums – the instant ‘hits,’ the slow-burners, the intensity of the melodies and the intriguing lyrics... ‘Heartbeats’ is one song that sits right in the common perception of what an Angels song is. It has all the elements – strong guitar riff, great lyrics, melody, harmonies, melodic solo ... nice one, Nick!” says one of the band's founding members, Rick Brewster.

After joining the band in 2011 on

drums, Nick Norton became The Angels' lead singer in 2023, and 'Ninety Nine' is the first album with Nick out front.

“He's an amazing lyricist,” John praises. “He has a great ‘character’ voice, which is really important in The Angels.”

“Music runs in our genes,” explains Rick when asked how The Angels have continued to make music together for so many years. “The Brewster musical thread began with John's and my grandfather, Hooper Brewster, through to our father, Arthur, to John and me and now to John's sons Sam, Tom and Harry, and my son Jode... And the amazing Nick Norton out front is just the icing on the cake! The younger generations coming into the band at different times have a lot to do with the continuing creativity. [You can] check out Jode's sax solo in ‘Follow The Red Thread!’”

The record rages with the electricity of a new band just emerging on the scene. “I haven't been this excited about



Photo above: The Angels performing live

anything we've done in the studio for many, many years.” The Angels guitarist and founding member, John Brewster, says. “This, to me, is a benchmark album.”

When asked about the band's plans for

the future, Rick answers, “As long as the fans keep coming to the gigs and listening to our music, we'll keep making it.”

Tickets for their upcoming shows are available via theangels.com.au



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Sydney Metro - A New Era of Connectivity

By Tim James,
Member for Willoughby

There's excitement in the air with the imminent and much-anticipated opening of the extension of the Sydney Metro rail line to the CBD. This city-shaping investment in our public transport system will deliver quick, reliable, world-class, turn-up-and-go services with a train in the peak every 4 minutes.

The North West Metro has been reliably servicing Chatswood for the past five years and has now been extended into the CBD, onto Sydenham and beyond. With three Metro stations in the area - at Chatswood, Crows Nest and Victoria Cross - commuters can look forward to their travel times being slashed by up to half. A trip from Crows Nest to Martin Place will take a mere 7 minutes and travel from Chatswood to Central will fall from 27 minutes currently to just 15 minutes. Visit the Metro travel calculator to see how your travel will be transformed: sydneymetro.info/travel-calculator

The Sydney Metro project is a proud investment in our public transport network by the former Liberal Government, and will transform our city and how we move about. It serves as an example of the visionary thinking we need to secure our future. The Metro network will consist of four metro lines, 46 stations, and 113 km of rail by 2030. The Sydney Metro is not just a transportation project. It is

a catalyst for sustainable growth, efficiency, and a higher quality of life for people across our community. I will continue to advocate for the continued expansion of the Sydney Metro and improvements to our broader public transport network.

In addition to the Metro, I have continued to advocate for other improvements to deliver a fully integrated transport system that works for us locally. A new bus timetable has been announced that modifies many local routes, improving many but removing some such as the 200 and 320. Please check how these changes will impact your commute at transport.nsw.gov.au/buschanges. Positively, advocacy for additional services and bendy buses on route 120 has been realised as well as an increase to frequency of service on route 267. Disappointingly however is confirmation that the NSW Labor Government has broken its pre-election promise to reinstate bus route 272. I will continue to scrutinise the full impact of these changes locally and welcome your feedback on how your commute will be impacted.

It's also pleasing that my strong advocacy for our local active transport network has paid off with \$6 million in funding being announced to build a key link in our local cycling network. The bi-directional, fully separated Chatswood to St Leonards cycleway will extend from Chatswood and St Leonards Stations via Hampden Rd and Herbert Street and the Artarmon town centre.

Competition for Young Photographers to Promote Positive Mental Health

NEW photo competition celebrating positive mental health is open for young northern Sydney residents.

Open until the 11th of August, the *Need a Lift!* competition is inviting young people aged 12-24 to take images and of people, places, or things that elicit a positive emotional response, submitting them with a description explaining why the image lifts their mood.

Organised by northern Sydney councils, the competition is in partnership with the Northern Sydney Local Health District School-Link Program, Brookvale and Chatswood headspace, Macquarie University Lifespan Health and Wellbeing Research Centre, and the Hornsby Ku-ring-gai Community Drug Action Team.

'This is a great opportunity for young people to showcase their photographic skills and at the same time shine a light on the importance of positive mental health,' says Ku-ring-gai Mayor, Sam Ngai.

Winners will be announced in October, based on the number of likes the image receives online. Six Mastercard gift cards valued up to \$350 are up for grabs, and all winners are given an invitation to a photography workshop.

Winning images will be placed in elevators of NSW Health and council facilities for the length of October, in recognition of Mental Health Month.

To submit an entry, visit www.krg.nsw.gov.au/Things-to-do/Whats-on/Need-a-Lift-Youth-photography-competition

The Residences at Wahroonga Estate

NEW development is on the horizon for the Upper North Shore.

Capital Corporation, the developer with a portfolio of over 1,600 completed houses and apartments throughout Sydney, are setting their sights on a new project: **The Residences at Wahroonga Estate.**

The Publisher of The Post, Tina Brown, had the pleasure of attending the Coco Republic designed and furnished display apartment in late June and met the design curators in person.

At the corner of Fox Valley Road and the Comenarra Parkway, The Residences at Wahroonga Estate will encompass luxurious architecture against a backdrop of natural bushland.

Near Lane Cove National Park and adjacent to community staple the Sydney Adventist Hospital, The Residences will perfectly situate its occupants. With Wahroonga Village, the train line, and sought-after schools like Knox Grammar, Abbotsleigh School for Girls and St Leo's Catholic College in the catchment, The



Residences presents an opportunity for growing families to seamlessly integrate into the Upper North Shore community.

GroupGSA Architects are leading the architecture and landscaping design for the project.

The Residences will comprise of three six-story buildings with a total of 132 apartments, available in one, two, and three-bedroom layouts. Selling features including floor-to-ceiling windows, intercom systems for security, pet-friendly amenities, and garden terraces for indoor and outdoor living.

'With a majority of owner-occupiers already drawn to its allure, this development represents the epitome of Upper North Shore living,' says Jim Hunter, Director at Capital Corporation.

Interior design for The Residences at Wahroonga Estate will be helmed by Coco Republic. Inspiration for the design was derived from the beautiful surroundings of Sydney's natural bushland.

'The interior design was curated by employing the aesthetics of the natural leafy

surrounds and nature to create a light and dark scheme palette,' explains Head of Interior Design at Coco Republic, Diana Ribarevski. 'For the light scheme, inspiration was taken from the dappled light, calmness, and softness of autumn... The dark scheme took inspiration from the warmth, texture and colour of local surrounds, focusing on the deep browns of the earth.'

Price ranges for The Residences at Wahroonga Estate include \$730 thousand to \$1.115 million for one bedroom, \$1.125 million to \$1.585 million for two bedrooms, and \$1.61 million to \$2.43 million for three bedrooms.

'The Residences are perfect for those looking for timeless design in a location that is synonymous with a tight knit community, connecting people with prestigious schools, a state-of-the-art medical precinct, boutique retail and dining in the Upper North Shore,' says Jim Hunter.

For more information, visit wahroongaestate.com.au

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Explore the Kalkari Discovery Centre

By Mia Hubber

Located within the heart of Ku-ring-gai Chase National Park, the Kalkari Discovery Centre boasts stunning vistas of the park's vibrant, natural landscape.

Kalkari is the local Aboriginal word for 'resting place' or 'to wait'. Since the 1950s, locals and tourists alike have been visiting the Kalkari Discovery Centre. Today, the Centre hosts 12,000 visitors annually.

Indigenous artefacts, historical photographs, maps, information regarding walks in the area, and a "touch table" for the kids with seeds, bones, feathers are on display for the public. Kalkari frequently feature changing exhibitions, such as their "Fascinating Fungi Expo", and the "Birdscape" exhibition,

opening on the 28th of September.

The Kalkari Discovery Trail is one of the many walking trails in the National Park. Although a short and easy track, it provides an introduction to the park's natural sights, diverse wildlife and native plants. The Trail starts at the Centre and features amazing views from the lookout down to Cockle Creek at Bobbin Head.

Wildlife can be observed on the Discovery Trail, including native bees in their hive, a range of reptiles including goannas, small lizards, the occasional snake and a variety of bird life.

"Five resident Eastern Grey kangaroos can mostly be spotted lazing in the sun, much to everyone's delight," Linda says. "Volunteers can highlight daily on a map where the 'roos can be observed."

The Trail showcases a great selection of Hawkesbury sandstone native plants, many

of which are signposted. Alongside this, a free map and photographs to identify plants that are flowering along the Trail guide and teach the public.

Visitors make a day of their visit and stop by Bobbin Head for a picnic or BBQ, pop into the cafe at the visitor centre, fish in the waterways, or explore the mangrove boardwalk to spot many crab varieties and discover Aboriginal carvings.

The Kalkari Discovery Centre and Trail are both fully accessible, and helpful volunteers are not in short supply. The National Park has over 90 dedicated, passionate, trained volunteers from a range of backgrounds.

The Kalkari Discovery Centre can be visited at 402 Ku-ring-gai Chase Road, Mount Colah NSW 2079 and is open between 9:30am to 5pm every day. Entry fees apply for Ku-ring-gai Chase National Park.



By Cecilia Castle,
Castle Lawyers at Asquith



International Wills

Owning property overseas whilst residing in Australia or owning property in Australia whilst residing overseas creates food for thought about the jurisdiction of wills.

Australia is one of twelve countries that joined the Convention Providing a Uniform Law on the Form of an International Will 1973, with legislation commencing in Australia in 2015.

The aim of the convention is to harmonise and simplify proof of formalities for wills that have international characteristics. International Wills pursuant to the convention require the following for international recognition in member countries:

1. The will must be in writing;
2. Can be written in any language;
3. Need not be written by the testator;
4. Must be signed and dated in the presence of two witnesses and a person who has the authority to draw up the document; and

5. Must have an attached certificate, signed by a lawyer, confirming that the necessary requirement and procedures have been met.

These requirements are not the same as for wills made in NSW or other Australian states. However, NSW state legislation, namely the Succession Act 2006 (NSW), provides for international wills made under the convention.

Given the small number of member nations to the convention, a further option for testators with property in multiple jurisdictions is to make wills in each of those jurisdictions, provided the wills are cross referenced and not revoked. This strategy may assist overseas beneficiaries inheriting property situated in that country, or where the original will is required in more than one jurisdiction, as well as avoiding tax implications that may apply in different countries.

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

Ku-ring-gai Leading the State in Boys Netball

By Claudia Butjerevic

Ku-ring-gai Netball Association (KNA) are making waves in male netball.

For a third year, Netball NSW has run an Under14s Division for their flagship event, HART Junior State Titles. In the spring of 2023, KNA decided to introduce a social u14 boys netball competition for Term 4 of the school year. Encouraging the boys to step out of their comfort zone, and to break the stigma of netball being a strictly feminine sport, KNA were joyed to see boys from AFL, basketball, cricket, football, and karate join the comp.

Confidently, KNA entered their u14s into the HART Junior State Titles, and a team of u17s to the male division of the Senior State Titles. This made KNA the only association in NSW to enter a team into every age and category.

Victorious, the u14s were crowned Male State Champions, the u17s were named Male Runners Up, and KNA were awarded the Open Age Men's State Championship, and the All Abilities Netball State Championship.

On the first day of the State Titles, the u14s were undefeated, and continued striking down teams from Penrith, Charlestown and the Inner West. The boys finished the tournament on top of the ladder, and took home the NSW State Title.

'2024 was our first hit out into the field of boy's netball and we are thrilled with the outcome,' says Ruth Havrlant, Ku-ring-gai Netball Association Vice President. 'We look forward to continuing to grow our base and see more boys playing.'

To coach the boys, KNA recruited Mitch McBurnie for his experience as a Mixed Opens State player and a Premier League training partner. The boys took a shine to Coach McBurnie, praising his support and passion, and their love for the game.

'Winning the competition with Ku-ring-gai this year was awesome... I love how you have to play as a team, you can't rely. On just one player, everyone has to play their position and play it hard,' says Ben N., an u14s competitor. 'I loved having Mitch as the coach and all the training games... I can't wait for next year's teams.'

Rise Right, Recline Sweet: Choosing a Lift Chair

By Rejimon Punchayil, Karis Life



Advertorial Content

Imagine settling into a comfortable chair that not only supports you but also assists you in getting up and down with ease.

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lifts you to a standing position, might be the perfect solution. Recliners, on the other hand, excel in providing a comfortable reclining experience. You can find functions that would meet your specific needs.

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Almost \$100,000 in Sponsorship Funding from Ku-ring-gai

KU-RING-GAI Council has allocated over \$93,000 in sponsorship funding.

During the July Ordinary Meeting, Council resolved to sponsor 19 community events, fun runs, of theatre performances for the 2024/25 financial year.

'The sponsorship funding provided by the Council will play a crucial role in ensuring that these important community projects are able to be delivered,' says Ku-ring-gai Mayor Sam Ngai.

Funding of \$25,000 will be awarded to the Ku-ring-gai Philharmonic Orchestra for 10 major events, including a community concert at the

Turrumurra Uniting Church this August.

Another sum of \$25,000 will be allocated to the Marian Street Theatre for Young People for the group to undertake a season of Shack by playwright George Kemp, and a season of Fairy Tale News by Belinda Campbell.

For the Bobbin Head Cycle Classic, the cycling event with over 2,000 riders annually, Council is awarding \$7,000 of sponsorship funding.

The Wahroonga Food and Wine Festival, held in October, has been awarded \$6,000, and another \$6,000 has been budgeted for the Wahroonga Village Fair in December.

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LIBERAL

Authorised by Julian Leeser MP, Liberal Party of Australia, Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120.

Member Matt Cross Supports Cerebral Palsy Alliance in St Ives

By Claudia Butjerevic

THE Cerebral Palsy Alliance (CPA) in St Ives has been awarded over \$12,000 by the Minn's Government.

Under the NSW Government's Community Building Partnership program, the funds awarded will be used to sand the floors of the CPA St Ives Lifestyles centre.

CPA is a registered NDIS service provider, enhancing the lives of people with cerebral palsy by delivering opportunities, individualised support and youth programs, hosting art exhibitions and musical performances, and volunteering roles at local businesses, while advocating for local council accessibility.

Member for Davidson, Matt Cross, was recently given a tour of the Lifestyles centre in St Ives by a CPA client, and attended their in-house performance of "The World on Wheels", the newest production by Performing Hearts Theatre. Eight people from the CPA created and performed the show, promoting the representation of people with disability in the art world. Funds from the performance went to continuing to positively impact the lives of people with cerebral palsy.



Above: Matt Cross pictured with recipients at CPA St Ives Lifestyles centre.

'Thank you to the Cerebral Palsy Alliance for helping bring our community together,' says Member Matt Cross. 'I'm proud to support the Cerebral Palsy Alliance. The grant to upgrade their floor at St Ives will make a real difference for clients.'

Member Cross praises the fundraising production, recommending the community attend the showing of "The World on Wheels" at the Sydney Opera House on the 29th of November.

'I encourage everyone to support the Cerebral Palsy Alliance's fundraising efforts by attending their performances at St Ives and the world-famous Sydney Opera House,' he says.

For ticketing information, visit www.sydneypoperahouse.com/theatre/world-wheels

For more information about the Cerebral Palsy Alliance, visit cerebralpalsy.org.au

Prep for Stroke, Learn F.A.S.T

By Claudia Butjerevic

THE F.A.S.T test is an easy reminder of the common signs of stroke.

For National Stroke Week this 5th to 11th of August, the Stroke Foundation are encouraging Australians to familiarise themselves with the F.A.S.T acronym.

F for face, is it drooping? **A** for arms, can you lift both arms? **S** for speech, is it slurred? **T** for time, it is crucial to call an ambulance straight away.

Reacting quickly, and actively engaging in rehabilitation treatment, is crucial for stroke survivors. The Sydney Adventist Hospital (the San) and the Royal North Shore Hospital have recently been recognised for their standard of stroke care and certified by the Australian Stroke Coalition.

Dr Naomi Halls, Clinical Psychological and McMahons Point local, survived an ischaemic stroke in January, 2017 while abroad in the United Kingdom.

'I woke up in the middle of the night and had completely lost my speech. I was rushed to hospital,' recounts Naomi. 'I was what is considered a young stroke, I was only fifty. Great health, I had none of the indicators.'

A dissection of the carotid artery produced a blood clot that travelled into the left side of her parietal lobe, wiping out the language part of her brain. Two days later, another clot lodged deeper in her brain and Naomi suffered a second ischemic stroke, resulting in the loss of movement in her right side.

Coming back to Australia in May 2017, Naomi was scheduled to have a stint put into her unhealed carotid artery, during which another blood clot was shot into her cerebral artery. The interventionist neuro radiologist retrieved the clot, but in the process caused a subarachnoid haemorrhage.

'I am forever immensely grateful to the [interventionist neuro] radiologist, the neurosurgeon, and the amazing staff at Macquarie University Hospital,' says Naomi.

Naomi spent five weeks in the ICU. After,

she committed herself to regaining her speech and movement. 'You've got to start rehab as soon as possible,' explains Naomi. 'If you don't start rehab, cell death moves from the place of the stroke. You want to contain the area, and rewire the brain. It is called neuroplasticity.'

According to the Stroke Foundation, 80% of strokes are preventable. Eating well, staying active, avoiding alcohol and smoking will reduce the likelihood of stroke. Though, over 9,000 New South Wales residents will experience stroke for the first time this year.

Stroke advocacy is more vital than ever, as rates of stroke in young people are increasing. Recent research from Bangor University in the UK suggests that sexual strangulation is causing strokes in young women.

'Young people, under the age of 40, are having more strokes,' says Naomi, urging people to learn the F.A.S.T acronym and save lives.

For more information, visit strokefoundation.org.au

Wear A Pair of Jeans for Children's Medical Research



By Claudia Butjerevic

Slimmy into a pair of jeans this August 2nd for children's medical research.

This August marks the 30-year anniversary of *Jeans for Genes Day*, an initiative fighting to solve genetic disorders and birth defects.

Australians across the country are buckling up to raise awareness and funding for the vital work being done at the Children's Medical Research Institute.

Children's Medical Research Institute was the first of its kind in Australia, determined to discover treatments for conditions thought incurable. The Institute is developing gene therapy to help young Australians fight against their threatening diseases.

Over \$250,000 has been raised this year alone for medical research into these diseases, and *Jeans for Genes Day* is slated to push the donations skyward.

Jeans for Genes are asking for communities across Australia to get involved by purchasing their apparel on their "Shop" page, host fundraising events as individuals, teams, in workplaces, at schools, or among friends. All money received will be put towards research.

Lexus Chatswood is one of the businesses supporting the cause. For the last few years, the automotive business has been fundraising.

The final Friday of every month, staff at Lexus Chatswood are encouraged to wear jeans and slip a note into their donation bin.

'Our office will wear jeans, we ask them to give a note, not change,' says Scott Stoneham, Service Manager at Lexus Chatswood. 'We find it is good for staff morale, a casual Friday at the end of the month. It keeps people motivated. Every three months, we will grab the money from

the donations jar and transfer it across for Jeans for Genes.'

This year so far, Lexus Chatswood have collected over \$1,000 in donations. On top, the car business hosts a charity golf day, where a representative from Jeans for Genes informs customers of the lifesaving work the organisation do. From the golf day, Lexus Chatswood raised \$7,000 for medical research.

'Everyone's touched,' says Scott. 'Children's cancers, genetic diseases, it's only good news you can get from putting money into [Jeans for Genes].'

For more information, visit fundraise.jeansforgenes.org.au/wear-jeans



The NORTH Foundation is the **charity partner** of your local hospitals including Royal North Shore, Ryde, Hornsby Ku-ring-gai, Mona Vale and more.

Your health district is also home to the **oldest medical research organisation in NSW**, the Kolling Institute and the Manly Adolescent and Young Adult Hospice, **Australia's first dedicated service for young people** with life-limiting illness.

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"I was so lucky to have life-saving surgery at your hospital. Thank you for my wonderful life"

- grateful patient



By John Zavaglia
Mind Life Counselling

Could We Ever Stop Worrying?

worry, which is our upper cortical region. We do this by talking through our problems, avoiding procrastination, displaying empathy, patience and reflection.

Often when we use our lower and mid mental drawers, we tend to narrow down on single occurrences. By accessing our upper cortical drawer, we can broaden our perspectives when solving problems.

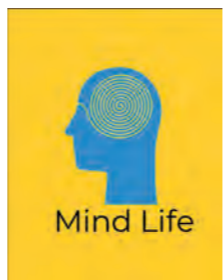
So, when we consider our mind as if it were a mental toolbox, we can see different ways to how we react with worry. We no doubt need to use all our drawers to survive, but when our lower and middle compartments become overfull it can take away our mental capacity from our top drawer to think creatively and lessen our need for worry. By using our top cortical top drawer, we become better motivated, mentally integrated to allow our emotions but not be constrained by them, and believe we have control over our reactions. We are all susceptible to worry, yet we are prolonged by our perseverance.

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 & President of the



North Sydney branch, 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)

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Baroque Classical Music Giveaway Featuring Camerata Academica of the Antipodes



A STAPLE of the classical music canon, the Baroque period is renowned and revered. Following the Renaissance period, the Baroque style dominated the Western classical scene for over 100 years, and inspired some of the world's most famous composers.

Classical Baroque composers include George Frederic Handel, Henry Purcell, Michael Praetorius, and Antonio Vivaldi. Their legacy continues to live on, treasured and adored.

Camerata Academica of the Antipodes, Chamber Orchestra and Vocal Ensemble, are celebrating the music style in upcoming performances "Baroque Unbound" and "Beyond Baroque 2".

Under the direction of Dr Imogen Coward, "Beyond Baroque 2" will feature the Vivaldi's L'Estro Armonico & La Cetra, Handel's Op6 No.5, Praetorius' Terpsichore, some of Pyotr Tchaikovsky, who is best known for Swan Lake, and piano by Australian composer Dr Leon Coward.

made from the concert will go to support the Australian Children's Music Foundation.

The Post have three exclusive double passes (valued at \$136 each) for the performance in Pymble on the 17th of August, and three exclusive double passes for the charity performance on the 25th of August.

For your chance to win email The Post telling us why you would like to see "Baroque Unbound" or "Beyond Baroque 2" performances and who you plan on taking with you.

For more information, visit www.camerataantipodes.com.au

Two concerts are slated for "Beyond Baroque 2", on the 17th of August at Pymble United Church, and on the 18th of August at Point Church Anglican, Concord.

On the 25th of August, charity performance "Baroque Unbound" and Camerata Academica will bring rarely heard, enchanting musical pieces to life at St Alban's Anglican Church Hall, Epping.

On the program is Vivaldi's La Cetra Op.9 No.1, Purcell's Abdelazar and King Arthur, and Handel's Water Music. Starring soloists Christopher Porteous on violin, Taliesin Coward on violin, Leon Coward on piano, and Sophia Clark on cello, all profits

ENTER TO WIN
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www.hkpost.com.au

57km for Breast Cancer This August

THOUSANDS of Australians are tallying up their steps for breast cancer.

During August, the National Breast Cancer Foundation (NBCF) are asking the nation to join "Step Up to Breast Cancer", a 57km walk or run throughout the month to raise funds for breast cancer research.

Every day, 57 people are diagnosed with breast cancer in Australia, and 9 people tragically lose their lives. Funds raised by the initiative is in support of research that will detect, prevent, treat, and better understand the widespread disease.

So far, over 10,000 people are registered for the challenge, and nearly \$1million has been raised.

The National Breast Cancer Foundation is Australia's leading not-for-profit organisation funding breast cancer research. First forming in 1994, NBCF has supported over 600 world-class research projects, investing nearly \$200million. Their continued vision is Zero Deaths from breast cancer, and a future devoid of fear of the disease.

To register to the Step Up for Breast Cancer 57km challenge, visit fundraise.nbcf.org.au/event/step-up/home



Christie's Classic Whodunnit? Mystery At Glen Street Theatre

For its 70th birthday, Agatha Christie's genre-breaking murder mystery *The Mousetrap* toured Australia. Crossroads Live Australia and Shake & Stir Theatre Co are bringing *The Mousetrap* back on the road after selling out in capital cities across the country.

Glen Street Theatre are the only Sydney venue to be part of the tour. *The Mousetrap* will be at Glen Street Theatre from the 15th to the 25th of August.

Produced by John Frost, directed by Robyn Nevin, with lighting design by Trudy Dalgleish, and costume and set design by Isabel Hudson, *The Mousetrap* is set to be a success.

Photo below: Courtesy Geraldine Turner



'I'm thrilled to partner with Shake & Stir Theatre Co to tour *The Mousetrap*,' says John Frost. 'I know audiences love to try and solve the mystery in what is probably the world's most loved murder whodunnit. Will you pick the murderer?'

The Mousetrap follows the murder of a local woman, and stranded during a snowstorm, the guests and staff at Monkswell Manor come together to find the killer among them. The band of suspicious strangers includes a police detective, newlyweds who run the manor, a spinster with an enticing backstory, an architect, a retired Army major, a man whose car was overturned, and a jurist.

Photo below: Courtesy Hannah Fredericksen, Tim Walker & Alex Rathgeber



Agatha Christie had not intended for the production to last on stage for more than a few months. Though, 70 years on, audiences are still enthralled by the classic Christie mystery.

'This play has been a sensation for seven decades,' says Nick Skubij, Shake & Stir Theatre Co Artistic Director. 'It will be a monumental tour.'

Audiences who attend *The Mousetrap* are asked not to reveal the twist ending after leaving the theatre.

For more information and bookings, visit glenstreet.com.au/whats-on/agatha-christies-mousetrap

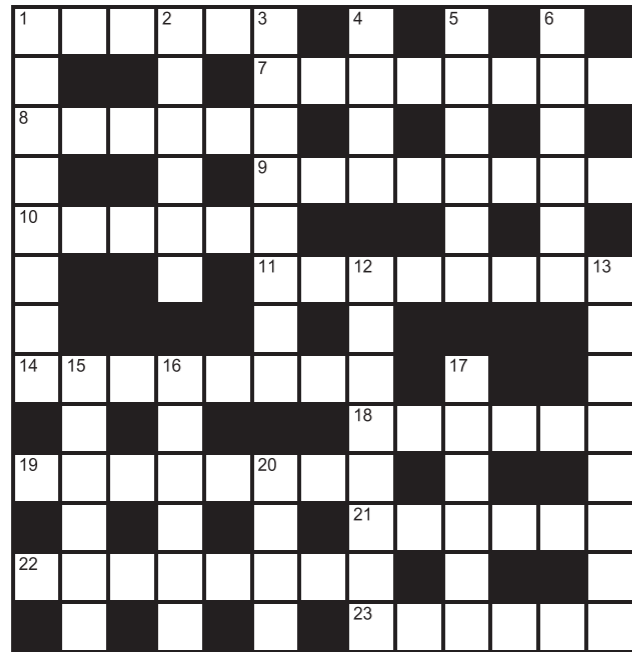
Photo below: Courtesy Gerry Connolly & Hannah Fredericksen



GENERAL KNOWLEDGE CROSSWORD 715

ACROSS

- 1 What is a place where miscellaneous goods are sold (6)
- 7 Mohawks and their like are members of which American Native confederacy (8)
- 8 What is an area of shallow water separated from the sea by low banks (6)
- 9 Who invented the safety-razor, King Camp ... (8)
- 10 What are shoulder firearms (6)
- 11 Which teeth in the anterior part of the jaw are adapted for cutting (8)
- 14 Name dogs of mixed or uncertain breed (8)
- 18 What is a sudden strong wind of brief duration (6)
- 19 What is a decorative design used on the title-page of a book (8)
- 21 Which other term describes a pill (6)
- 22 Name a person abandoned by society (8)
- 23 How many players are there in a soccer team (6)



- 3 Which are the best seats in the house, at a boxing match (8)
- 4 Name the fold of flesh hanging from the jaw of a fat person (4)
- 5 What are potatoes also called (6)
- 6 Name one who has defeated an adversary (6)
- 12 What is a tape recording container known as (8)
- 13 What is the bony framework of a body (8)
- 15 Which Dickens orphan "asked for more" (6)
- 16 Name the river that flows from India to the Bay of Bengal (6)
- 17 What is a small globule called (6)
- 20 Which term indicates a group of three (4)

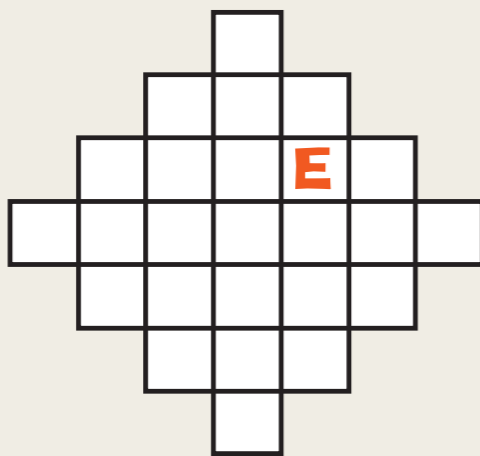
DOWN

- 1 Name an alternative term for a dance hall (8)
- 2 Who was the god of light, healing, music, etc, etc (6)

E-EQUATIONS 026

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

A	S÷H	
H	L+M	
K	T-L	
L	H-M	
M	T÷L	4
S	T-A	18
T	L+K	20



MINI WORD FIND 016

S E G A C T
C I E W O T
D I A L E U
R N U T O B
E L I A M M
W E D X O B

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

- | | | |
|-------------|-------------|-------------|
| Ages | Lot | Tax |
| Aid | Mail | Tie |
| Box | Mole | Tube |
| Dig | Nut | Web |
| Drew | Owe | Wed |

CURIO 016

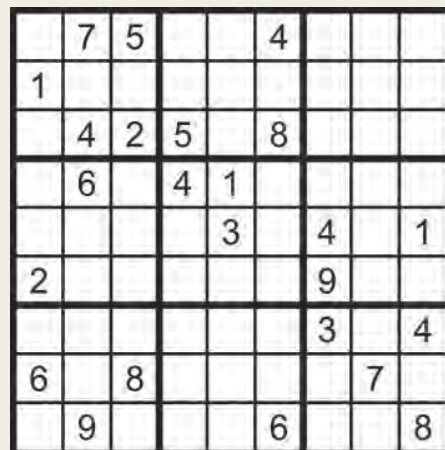
The Huntsman spider doesn't spin webs. Instead, it uses speed and stealth to hunt, and its legs allow it to run both forwards and sideways at around 1 metre per second. Huntsman spiders are social and territorial — they often hang out in groups.

BIYWORD 016

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.

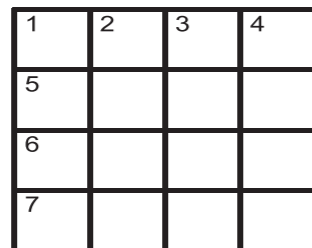
- CLUES:**
- Ballet step (3)
 - Greetings (5)
 - Group for jury selection (5)
 - Knobs on doors (7)
 - Local Environment Plan (3)
 - Pierce with a needle (5)
 - Sense of self-importance (3)
 - Sixth note (3)
 - Skin under hair (5)
 - Wrap a wound (7)
- | | | | |
|----------|----------|----------|----------|
| A | D | H | N |
| A | E | L | O |
| A | E | L | P |
| A | E | L | P |
| B | G | L | S |
| C | H | N | S |

SUDOKU 016



QUICK THINK 016

- Solve the crossword. Each answer has four letters.
- ACROSS**
- 1 Exploits
 - 5 Hard to find
 - 6 Locale
 - 7 Hive dwellers
- DOWN**
- 1 Spirited horse
 - 2 Attention
 - 3 Hammock holder
 - 4 Neptune's realm



SOLUTIONS

QUICK THINK

ACROSS: 1 Acts.
DOWN: 1 Arab, 2 Care, 3 Tree, 4 Seas, 5 Rare, 6 Area, 7 Bees.

BIYWORD

ACROSS: 1 Acts.
DOWN: 1 Arab, 2 Care, 3 Tree, 4 Seas, 5 Rare, 6 Area, 7 Bees.

MINI WORD FIND

ACROSS: 1 Acts.
DOWN: 1 Arab, 2 Care, 3 Tree, 4 Seas, 5 Rare, 6 Area, 7 Bees.

E-EQUATIONS

ACROSS: 1 Arab, 2 Care, 3 Tree, 4 Seas, 5 Rare, 6 Area, 7 Bees.
DOWN: 1 Arab, 2 Care, 3 Tree, 4 Seas, 5 Rare, 6 Area, 7 Bees.

Hayes Theatre Co. Enchanting Production of Little Women

LITTLE Women takes to the stage at the Hayes Theatre Co.

Based on the classic novel by Louisa May Alcott, Little Women tells the timeless tale of the four March sisters – Meg, Jo, Beth, and Amy – as they pass through childhood into womanhood. With the backdrop of enchanting music and acting splendor, tickets for the show are selling fast.

Leading the production as Jo March is Shannen Alyce Quan, known for her portrayal of Oolie in City of Angels and Maria in Metropolis for the Hayes Theatre Co. Kaori Maeda-Judge will play the role of Meg March, Molly Bugeja is portraying Beth March, and Vitoria Hronopoulos is the vivacious Amy March.



Photo credit: Grant Leslie Photography

Alongside the four sisters, Emily Cascarino will play Marmee March, Tisha Keleman will become Aunt March, and for the first time with the Hayes Theatre Co., Peter Carroll of Into the Woods and Les Misérables will take on the role of Mr Lawrence.

Little Women and the March sisters are iconic staples in the literary world, and capture the heartbeat of sisterhood and gender

equality. Director and choreographer Amy Campbell has a unique creative vision for the production, and with music supervisor Laura Tiposki and music director Gianna Cheung, has brought the beloved novel's themes of family, empowerment and love to life on stage.

At Hayes Theatre Co., Little Women will be showing until August 11th 2024.

Exclusively for The Post readers, we gave away two tickets for the showing of Little Women on the 7th of August at 7.30pm.

For other ticketing information, visit hayestheatre.com.au/event/little-women

International Pianist Performs 'Rhapsody' at The Concourse

WILLOUGHBY Symphony Orchestra have welcomed internationally renowned pianist Konstantin Shamray into their elusive folds.

Shamray has a distinguished history, winning the Judges' and People's Choice prizes at the Sydney International Piano Competition in 2008, and has worked under the baton of conductors Vladimir Spivakov, Dmitry Liss, Tugan Sokhiev, and

Alexandr Vedernikov.

At The Concourse Chatswood on the 27th and 28th of July, Konstantin Shamray, under the Artistic Director and Chief Conductor, Dr Nicholas Milton AM, performed "Rhapsody" by Sergei Rachmaninov. Willoughby Symphony Orchestra followed with Alexander Borodin's "Polovtsian Dances", and Dmirtri Shostakovich's Fifth Symphony written during Stalinist Russia.

After the show, Dr Milton AM revealed Willoughby Symphony Orchestra's 2025 season details, and what the community can expect in the near future.

For more information about the Willoughby Symphony Orchestra, visit www.willoughbysymphony.com.au/Home



Pictured above: Konstantin Shamray, world renowned pianist.

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