

THE POST

Edition 61 - November 2024

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Remembrance Day - 11 November



Moustaches for November!

JESUS CHRIST SUPERSTAR at Capitol Theatre



In this edition...

- Local Government Election Results
- By-Election Results
- St Edmund's \$20million Upgrade
- New Columnist, Member for Davidson Matt Cross

Photo courtesy: Juliet Taylor

\$210,000

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Editor's Word Claudia Butjerevic

Welcome to November!
Inside (and to the right) you'll find our wrap up of the Local Government Elections in September, and the recent By-Election results from October.

A big congratulations to all the new councillors across our North Shore and Northern Beaches, the elected Mayors and Deputy Mayors. Good luck for your new term! Another congratulations to our new State Members!

November includes news from some local schools, including the Passion Projects from Cherrybrook Public School, and the massive refurbishment of St Edmund's Wahroonga.

In our "Community" pages, local men's mental health group Mongrels Men has been profiled, not-for-profit counselling service The Cottage, and dog rescue organisation Denise at Paws.

Member for Davidson, Matt Cross, has come on board as a columnist. He speaks of his recent diagnosis with Bowel Cancer, and the desperate need to be conscious of your own body.

In our "Business" page, the very interesting rise of coaching is discussed with Breakthrough Leadership Coach, Karim Boktor.

November is Lung Cancer Awareness, Pancreatic Cancer Awareness, and for our men, Movember. Find this in our "Health and Lifestyle" section.

The weather has been haywire, cold then hot then cold again, so hopefully the sun and sky come to some agreement over this month, deciding to stop the torture of To Jacket? or Not To Jacket?

Until the next edition,

Claudia

By-Election Results for State Seats Hornsby, Epping, and Pittwater

By Claudia Butjerevic

The by-elections for Hornsby, Epping and Pittwater were held on the 19th of October and results are here.

All below results are accurate at the time of publication, though are subject to change.

For the state seat of Hornsby, the Liberals have managed to hold their place with James Wallace.

With a total candidate vote count of over 65%, Wallace has inched the swing higher for the Liberals. Previously, the 2023 State Election saw Matt Kean for Hornsby decreasing the Liberal margin to 8%. Now, with Wallace's win, the margin seems to be sitting at over 14%.

The Greens Party and Tania Salitra dramatically increased their margin by over 11%. This could largely be due to the absence of a Labor Party candidate.

One Nation and Steve Busch saw a margin loss of over 2% from the previous election, and Sustainable Australia and Justin Thomas saw a margin gain of just

under 1% for this by-election.

For the state seat of Epping, Monica Tudehope and the Liberals have nailed the seat down.

Tudehope has won the seat with about 68% of the total candidate vote. Under Dominic Perrottet in 2023, the Liberals lost ground from a margin of 11.3% to 4.8%, though with Monica their swing sits at 14%.

The Greens with Duncan Voyage secured 31% of the vote – another massive swing for the Greens of plus 14%.

In Pittwater, the race was tight. In 2023, Rory Amon and the Liberals won the seat at 50.7% of the vote. Jacqui Scruby, neck and neck with Amon, swung the Independent ALP margin 21.7% away from the Liberals.

This time, Scruby is victorious, winning the by-election with 56% of the vote and taking the traditional Liberal seat from Georgia Ryburn.

As such, the Liberals held their seats in Hornsby and Epping, but Independent Jacqui Scruby will now represent Pittwater.

Remembrance Day

Remembrance Day is on the 11th of November.

We honour those who served during the First World War, their sacrifice in the line of duty, for the good of our nation. It is a privilege to stand on land made free and prosperous due to their willingness to defend.

On the eleventh hour, on the eleventh day of the eleventh month, we observe a minute of silence in their memory, and as a reminder.

On this day in 1918, the Armistice Agreement was signed, marking the end of World War One.

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Local Election Results: Who Your Councillors Are

By Claudia Butjerevic

Votes have been counted, and the results are in.

Councils across the state have been swearing in their newly elected councillors on the back of the recent September Local Government Elections. During October, the NSW Electoral Commission officially declared who had been popularly elected within their communities.

Residents of Hornsby Shire Council have elected Liberal Warren Waddell as their Mayor, with Waddell securing 61% of the vote.

For Ward A, newcomer Jane Seaglove under Waddell's group has been elected, along with incumbent once Liberal now Independent Nathan Tilbury, and newcomer Greens councillor Olivia Simons.

For Ward B, Labor councillor Janelle McIntosh is returning, Liberal Sallianne McClelland is returning, and Greens councillor Monika Ball has been re-elected.

For Ward C, Liberal councillor Verity Greenwood has been re-elected, pulling up her running mate Ben McSweeney, another newcomer to Council. Labor candidate Matthew Conley has been elected to stand as the third representative for Ward C.

For Ku-ring-gai Council, there are two new councillors. In the Comenarra Ward, Jeff Pettett has been re-elected, and independent Matt Devlin, removing incumbent Greg Taylor from Council.

The Gordon Ward saw the loss of incumbent Simon Lennon to newcomer Indu Balachandran, along with the re-election of Barbara Ward.

In Roseville, incumbent and former mayor Sam Ngai has been re-elected with a massive sweep of over 8,500 first preference votes, making him one of the only candidates to meet quota. Alec Taylor was re-elected to represent the Roseville Ward.

For the St Ives Ward, both incumbents Martin Smith and Christine Kay have been re-elected, both surpassing quota.

In Wahroonga, Cedric Spencer and Kim Wheatley have yet again secured their positions on Council.

For North Sydney Council, there is an even split between old and new.

In the Cammeraygal Ward, Independent MaryAnn Beregi and Labor councillor Shannon Welch have returned. New to Council and the Cammeraygal Ward are Liberal Jessica Keen and running mate Efi Carr, as well as the Greens candidate Angus Hoy.

For the St Leonards Ward, Zoe Baker has been re-elected, pulling her group members Christopher Holding and Nicole Antonini into Council. Incumbents James Spenceley and Labor councillor Godfrey Santer have been re-elected.

Northern Beaches Council has been shaken up due to the Liberal Party's failure to submit Liberal candidates for the Local Elections.

Returning councillors include the Greens Kristyn Glanville for the Curl Curl Ward, Good For Manly Candy Bingham for the Manly Ward, Your Northern Beaches Sarah Grattan for the Manly Ward, Independent Vincent De Luca for the Narrabeen Ward,

Your Northern Beaches Ruth Robins for the Narrabeen Ward, and the Greens Miranda Korzy for the Pittwater Ward. Mayor Sue Heins of Your Northern Beaches has been re-elected for the Frenchs Forest Ward with almost 22,000 votes, pulling up her running mate Jody Williams to sit on Council for Frenchs Forest.

New councillors include Your Northern Beaches Joeline Hackman and her group member Nicholas Beaugard who will serve for the Curl Curl Ward, the Greens candidate Ethan Hrnjak for Frenchs Forest, the Greens candidate Bonnie Harvey for Manly, Independent Robert Giltinan for Narrabeen, and Your Northern Beaches Rowie Dillon for Pittwater. Mandeep Singh will serve for the Pittwater Ward, the only candidate representing the Liberal Party. Due to a nomination mishap, Councillor Singh was put forth as an Independent, though ran his campaign as a Liberal.

For Willoughby City Council, many councillors are returning.

Mayor Tanya Taylor was popularly re-elected by residents for the Mayoral seat.

For the Middle Harbour Ward, incumbents Robert Samuel and Angelo Rozos were re-elected, with newcomer Kristina Dodds as the third Ward councillor.

In the Naremburn Ward, incumbents Anna Greco, Georgie Roussac, and Nic Wright were all re-elected.

For the Sailors Bay Ward, Tanya Taylor's group member Sarah Royds was newly elected to Council. Incumbents John Moratelli and Roy McCullagh are returning for Sailors Bay.

In the West Ward, incumbent Craig Campbell will return, followed by newcomers Michelle Chuang and Andrew Nelson.

arrests, occurring more than 9,000 times annually outside hospitals in NSW alone.

The NSW Government's commitment is to guarantee that individuals engaging in sports have unrestricted access to such vital safety equipment. Through the Local Sport Defibrillator Grant Program, they aim to empower clubs to adequately respond to emergencies where every second counts.

Interested parties are advised to visit sport.nsw.gov.au/grants/local-sport-defibrillator-grant-program

Labor Slashes T1 Hornsby to Central Train Services

By Claudia Butjerevic

Key train services on the North Shore are being altered.

With the leak of a confidential document, The Sydney Morning Herald reported on the 17th of September that there will be a reduction of four services per hour in peak periods for train services from Hornsby to Central. Other changes involve interpeak trains terminating at North Sydney instead of Lindfield, and late-night trains terminating at North Sydney instead of Gordon, expect for Friday and Saturday night. These changes for the T1 Line will take effect on the 20th of October.

In a speech to Parliament on the 20th of September, Matt Cross, Member for Davidson, expressed his disagreement and disdain.

'This is yet another kick in the guts for Sydney's North Shore by the out-of-touch Labor Government,' says Matt Cross MP. 'First, Labor cut \$9.8 million from the



Pictured: Matt Cross, Member for Davidson at Lindfield Station

Lindfield commuter carparking. Secondly, the Government rezoned Roseville, Lindfield, Killara and Gordon stations for transport-oriented development with zero consultation and zero funds for new infrastructure... Thirdly, our train services have now been cut. Our community needs and deserves world-class public transport, and only the Liberals can deliver it.'

Cross MP goes on to encourage residents to sign his community petition that states:

"We, the undersigned, express concern about plans that train services on the North Shore line will be reduced..."

For further information about the petition, visit www.mattcrossmp.com.au

New Mayors and Deputy Mayors

By Claudia Butjerevic

In Ku-ring-gai Council's first Ordinary Meeting on the 8th of October, Councillor Christine Kay was elected to serve a two-year term as Mayor, and Councillor Kim Wheatley was elected to serve a one-year term as Deputy Mayor.

On the 8th of October, Northern Beaches Council re-elected Sue Heins as Mayor for a period of two years. Councillor Ruth Robins will serve as Deputy Mayor for a one-year term.

North Sydney Council held an Extraordinary Meeting on the 8th of October, re-electing Zoe Baker as the Mayor for a period of two years, and electing Councillor Godfrey Santer as Deputy Mayor until September 2025.

Willoughby City Council conducted their Deputy Mayoral election on the 21st of October at their General Meeting, electing Councillor Angelo Rozos as Deputy Mayor until October 2025.

Sporting Clubs Can Apply for Life-Saving Defibrillators

By Guangyi Liu

Sporting facilities in Davidson are being offered the chance to secure part of a \$500,000 fund from the New South Wales Government to purchase lifesaving defibrillators.

This initiative falls under the NSW Government's Local Sport Defibrillator Grant Program, which allocates up to \$3,000 per eligible sports organisation towards automated external defibrillators (AEDs) for use within their premises.

Since its inception, over 2,000 defibrillators have been deployed across the state as part of this scheme. The application deadline is set for November 27, 2024.

The Labor MLC for Davidson, Greg Donnelly, underscores the importance of equipping sports facilities in his electorate to handle potentially life-threatening incidents.

According to Minister for Sport, the Hon. Steve Kamper MP, immediate access to defibrillators could be the deciding factor between life and death during sudden cardiac

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- / Standing up for integrity

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Wage Theft Scandal Hits Macquarie University

By Hayley McNamara

After the National Tertiary Education Union (NTEU) called upon the federal parliament to inquire into university wage theft, a staggering \$2 million worth of wages was admittedly withheld from Macquarie University.

The university itself confessed to underpaying their staff in a wage scandal set to engulf the Australian institution.

However, the issue is looming to stand even greater with the NTEU tracking the underpayment of university staff to surpass \$400 million.

“University wage theft is a national disgrace that demands a

federal parliamentary inquiry to stamp out the rotten culture that’s allowing this behaviour to flourish,” states NTEU National President, Dr Alison Barnes.

With a total of 3,191 staff who work on a casual basis, Macquarie University has informed their professional employees that between January 2017 to the end of 2023, they were underpaid approximately \$1,913. This is in addition to another incident where 1,033 casual academics had \$674,000 worth of wage theft reported over a six-year period that was just announced.

As it stands, the NTEU has raised continuous concerns regarding Macquarie University and their continued poor treatment of casual staff, going so far as to criticise Macquarie’s management of its own investigations into the underpayment scandal.

“Macquarie University is boasting that they initiated this review on their own accord,” states the NTEU Macquarie Branch Vice-President, Mahyar Pourzand. “But

given the rampant wage theft across the sector, it would have been an inevitability that the regulator would come knocking.”

“In a university that has one of the highest student-to-staff ratios with a vice-chancellor on upwards of \$1 million a year, I find it absolutely disgusting that our most vulnerable staff are being systematically underpaid to this extent.”

This stands as a shocking revelation as Dr Alison Barnes also states that, “despite an avalanche of wage theft incidents at almost every public university in Australia, not a single vice-chancellor has lost their job or faced any accountability.”

Furthermore, she states that “once again, we see wages being stolen – the toxic twin of insecure employment – from casually employed university staff. We must end the insecure work crisis, which has left two in every three university staff without a permanent job, while fixing the broken governance model.”

Paralympian Daphne Hilton Recognised at Mt Wilga Hospital

By Claudia Butjerevic

Mt Wilga Private Hospital have dedicated the Neurological treatment area as the Daphne Hilton Building.

Known as a leader in the rehabilitation space and as the birthplace of the Paralympic Movement in NSW, Mt Wilga are recognising the feats of athletes who received treatment at their facilities.

Daphne Hilton is Australia’s first female Paralympian, competing at the inaugural Paralympic Games in Rome, Italy in 1960. She won six of the Australian team’s medals in Rome, and went on to secure 14 medals at three Paralympic Games in the categories of Para-athletics, Para-swimming, Para-archery, Para-table tennis, and wheelchair fencing.

Daphne Hilton’s twin daughters, Rachael and Nikki Hilton, unveiled the plaque at the ceremony marking the naming of the Daphne Hilton Building on the 15th of October 2024.

Kate McLoughlin, Australian Sports Ambassador and Chef de Mission for the 2024 Australian Paralympic Games, delivered the keynote speech on the day.

In attendance was Julian Leaser, Federal Member for Berowra.

Hornsby Shire Council New Deputy Mayor Janelle McIntosh

By Claudia Butjerevic

Hornsby Shire Council held its first General Meeting on the 23rd of October, where Councillors and the popularly elected Mayor, Warren Waddell, took their Oaths.

During the meeting, Council elected Janelle McIntosh as Deputy Mayor for a period of 12 months.

Councillor Janelle McIntosh has served on Council for three terms, making this her fourth, and is passionate about community facilities, senior representation, and the heritage and environment across the Bushland Shire.

“I look forward to collaborating with this talented team to achieve meaningful outcomes that will enhance the lives of everyone

in our Shire,’ says Mayor Waddell. ‘I am particularly happy to have nominated Councillor McIntosh as Deputy Mayor and look forward to working closely with her.’

Alongside the election, Council selected representation on five external committees.

Mayor Waddell and Councillor McSweeney will engage with the Hornsby Ku-ring-gai Bush Fire Management Committee. Mayor Waddell will engage with the Hornsby Ku-ring-gai Rural Fire Service Liaison Committee. Councillor Greenwood will represent Council in the Hornsby Shire Local Traffic Committee. Deputy Mayor McIntosh will represent Council in the NSW Public Libraries Association. Deputy Mayor McIntosh and

Councillor Greenwood will engage with the Hornsby Shire Dementia Alliance.

Mayor Waddell and Councillor Tilbury were appointed to the Northern Sydney Regional Organisation of Councils (NSROC) Board, with Deputy Mayor McIntosh and Councillor McClelland as alternate delegates.



Pictured: Deputy Mayor Janelle McIntosh

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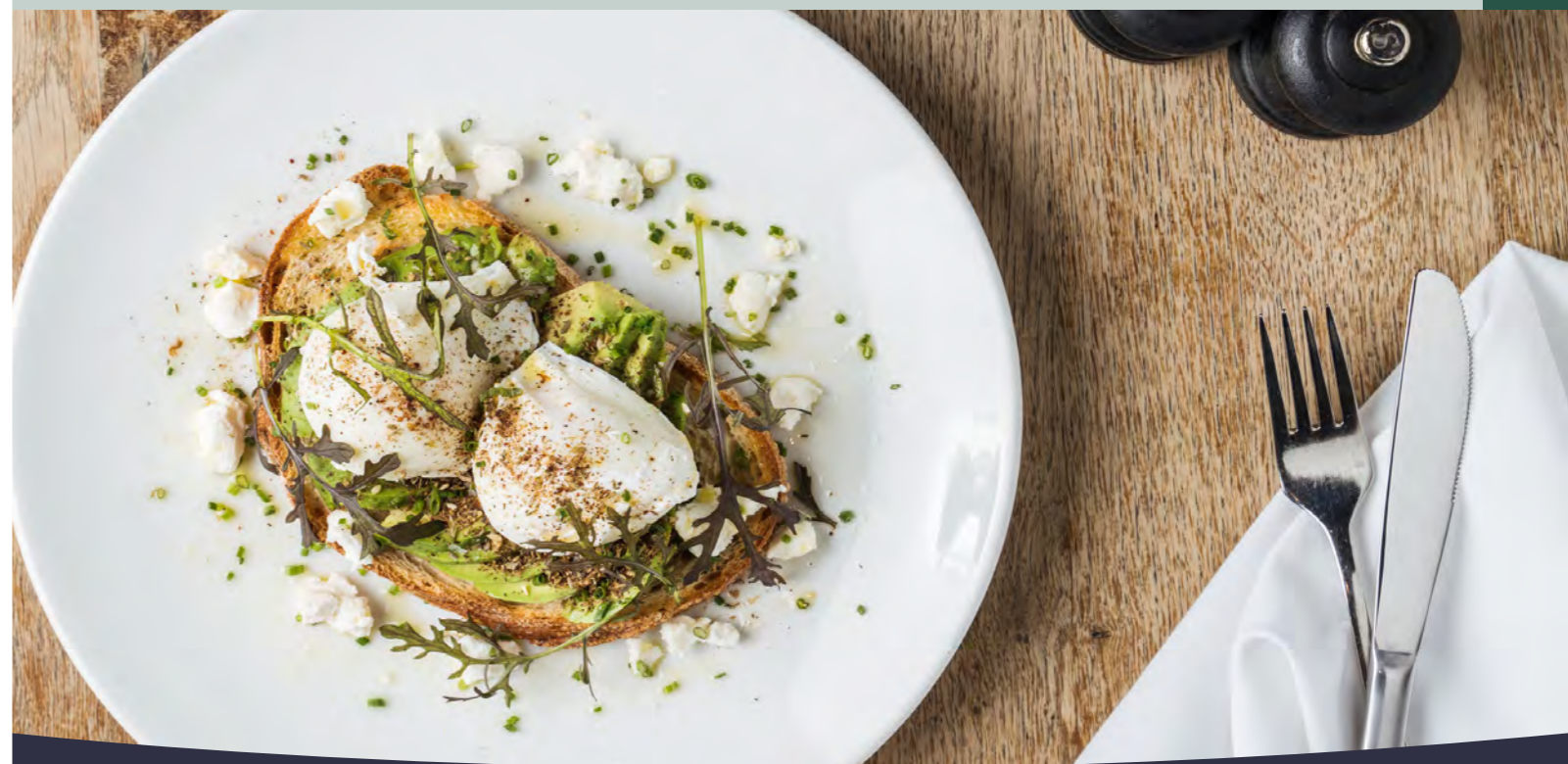


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from the Mayor's Desk

It is a great honour and a privilege to be chosen to serve my community and to represent the interests of the people of Hornsby Shire as your new Mayor. After two rewarding terms serving as a Hornsby Shire Councillor, including a period as Deputy Mayor, I am looking forward to taking the next step to ensuring our beautiful Shire continues to thrive.

As someone who was born and bred in the area, I am passionate about Hornsby Shire and our people. I was born in Hornsby Hospital and attended Galston Public School and Galston High School. I am the fifth generation of the Waddell family of fruit producers and have enjoyed a career in a range of small business entities, including the oversight of our ongoing family business. I am also a former board member of the Hornsby Ku-ring-gai Women's Shelter.

My priorities as Mayor include:

- Ensuring Hornsby Shire remains a place where our natural beauty is preserved, and our neighbourhoods are safe, attractive and functional.
- Advocating for responsible renewal of our neglected urban corridor and the enhancement of our public domain.
- Ensuring that every voice in Hornsby is heard, contributing towards transparent decision-making that reflects the needs and aspirations of all our residents.
- Building a strong future for Hornsby Shire and its next generations.

I would like to acknowledge the Hon Philip Ruddock and all the Councillors who served on the previous term of Council – thank you for your significant contribution to the community. And congratulations and welcome to all our incoming Councillors. I look forward to collaborating with everyone, new and reappointed, to serve our community. I look forward to meeting you all over the coming months as our new Council gets down to business. If you see me out and about, please don't hesitate to come and say hello. And if you have any enquiries or concerns, I am always happy to hear from you at wwaddell@hornsby.nsw.gov.au.

Warren Waddell
Mayor of Hornsby Shire

What's on

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25 OCTOBER – 10 NOVEMBER

Wallerobba Arts and Cultural Centre
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WASTE WORKSHOPS AND EVENTS

Rural E-Waste Drop Off Day
Saturday December 7, 8am – 3pm
Rural Sports Facility, Galston, entry via Mansfield Road. Recycle your old televisions, computers and computer accessories.

Kimriki Eco House and Garden Tour
Thursday 14 November, 9am – 2pm
Departing Hornsby Park Bus Stop

hornsby.nsw.gov.au/waste

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yoursay.hornsby.nsw.gov.au

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Saturday 16 November, 2pm – 9pm

Dural Lane and Peats Ferry Road, Hornsby

hornsby.nsw.gov.au/SpringFest



Together We Can Beat Cancer

By Matt Cross,
Member for Davidson

weight loss, or abdominal swelling or pain. We all need to listen to our bodies.

In early 2024, I joined 1,295 Australians diagnosed with bowel cancer every month. My initial feelings were of shock, fear and denial. I woke up every morning hoping it was just a bad dream.

My cancer journey began when I attempted to donate blood at Australian Red Cross Lifeblood in February. I've donated since my late teens. On this donation, my haemoglobin levels were far too low to donate. Lifeblood told me to visit my doctor. I initially brushed off any concern, but full credit to my doctor, who stoically referred me to have a colonoscopy, that revealed cancer.

Bowel cancer is the deadliest cancer for Australians aged 25 to 44, and it's on the rise. The risk of diagnosis before the age of 40 has more than doubled since 2000. You can be never too young to have bowel cancer.

There is hope. We can all take action to help prevent and screen for bowel cancer.

Firstly, know the symptoms of bowel cancer. I experienced fatigue from low iron levels. Symptoms also include changes in bowel habits, blood in stool, unexplained

Secondly, know and understand your family history or hereditary contribution. I have a family history of bowel cancer on my maternal side. My two aunts and uncle died from bowel cancer aged in their late 50s and 60s. Knowing your family history can make all the difference.

Thirdly, make regular visits to your doctor. You should never be told you are too young to have bowel cancer. It can be a silent killer. Donating blood gave my blood a loud voice and alerted me to danger. Visiting your doctor will help give you expert advice.

Fourthly, embrace a healthy diet and active lifestyle. Eat more naturally fibre rich foods, limit red meat consumption and alcohol, avoid processed meats, and quit smoking. Having an active lifestyle in your everyday life will also help.

Finally, request a bowel cancer screening kit. If you are aged 45 and above, this free and simple test at home could save your life. Visit www.ncsr.gov.au. Thank you to Bowel Cancer Australia, who advocated for six years to lower the screening kit age to 45 with their campaign, #Never2Young.

Millions of Dollars Abandoned On Unused Opal Cards

Millions of dollars worth of unspent funds are currently residing on inactive Opal cards according to Transport for New South Wales (NSW) Secretary, Josh Murray.

Figures show that over \$143 million sits untouched on approximately 18 million cards, which have not been used for tapping on and off public transport services in over a year.

Murray highlighted the importance of not letting these idle funds go to waste, encouraging passengers who are no longer using their old Opal cards to take action and

either reactivate their accounts or claim a refund.

"People often have numerous reasons why their cards have become dormant... cards might be lost or damaged, or individuals might have transitioned to a different type of Opal card due to changes in their fare entitlements or simply shifted to utilising contactless payment options like personal cards or digital wallets," explained Murray.

The trend towards contactless payments has significantly impacted the use of Opal cards. Over 60% of adult public transport

'Letterbox' Legends' Launch Listening Survey

By Hayley McNamara

Voices of Berowra is proud of launch a new movement together with local residents of the federal electorate of Berowra. The movement, an inaugural Listening Survey, connects kids from across communities while encouraging everyone to lend a hand dropping survey flyers into letterboxes.

Inspired by a previous model, established in the seat of Indi, the Survey hopes to deliver meaningful political representation for our communities. Additionally, if replicated successfully, will cover several seats in Australia and encourage community backed independents amidst a growing federal cross-bench.

The groups spokesperson, David Richey-Lowe stated, "We believe that the undue influence of political donors, vested interest and lobby groups no longer make it possible for major parties to represent or act in the best interests of our communities or of future generations, and our young people have the most at stake."

Young people in particular, such as Addi and Aiden are taking all the program has to offer, earning themselves the reputation of 'letterbox Legends.' Together, they cover cast areas of neighbourhood delivering the survey flyer to as many locals as possible.

Young and young at heart are encouraged to have they say and give feedback. The survey, available also through QR code, is for Berowra residents who seek to raise awareness to issues that deserve a spotlight. It hopes to establish the issues that really matter for the people of Berowra.

users now opt for the convenience of tapping in with credit or debit cards and smartphones. As a result, dormant funds on Opal cards have seen a significant increase in recent years.

Customers with registered cards or card numbers can easily tap into these lost balances.



I am happy to help you and your family with:

- access to NSW Government Services
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Scan for the Willoughby Community Survey

TIM JAMES MP

MEMBER FOR WILLOUGHBY

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

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By Julian Leaser, MHR, Member for Berowra

Supporting Our Local Clubs and Volunteers

women's changing rooms. Some clubs have bathrooms that are dilapidated and frankly just aren't equipped for the growth, especially with more young women joining up.

And as anyone involved with winter sport will tell you after the wet winter the drainage on too many of our fields is not up to standard.

Since I have been elected, I've taken up this fight for a lot of local clubs. New club houses, returfing, equipment, storage facilities, bathrooms and upgrades and improvements totalling around \$5 million worth of local investment are some of my proudest achievements as your local MP.

I've spoken about local sports clubs in Parliament and the reason is because when I'm in Canberra I'm there fighting for Berowra; I'm telling my parliamentary

colleagues about the fantastic groups in our area and reminding them that they need support to continue.

Last week I met with representatives from a couple of local clubs and community groups to talk about how they're travelling and what their plans for the future are. I met with representatives from West Pennant Hills and Cherrybrook Football Club – the Lions. The Lions play at Campbell Park, along with West Pennant Hills Cherrybrook Cricket Club which means the facilities are in demand pretty much year-round.

The representatives from the Lions gave me a few really great ideas so I've taken those thoughts and am starting work on a plan on how to support them and other clubs using Campbell Park.

If you're involved in a local sports club, community group or volunteer organisation and think your organisation might benefit from my support for more funding or a small grant then please get in touch with my office to talk about how we can work together.

One of the best parts of being your local Member of Parliament is getting to know the kids, families and volunteers involved in Berowra's local sports clubs.

Berowra's local sports clubs do a great job fundraising for new uniforms, running end of year presentations and basically keeping the lights on but right around our area we've got clubs that operate in facilities that aren't up to standard. We have club houses that don't have

Sophie Scamps Calls to Stop Fracking of the Beetaloo Basin

By Hayley McNamara

Dr Sophie Scamps, Federal Member for Mackellar, has succeeded in her campaign to trigger legislation designed to protect Australia's water resources from damage sustained through gas fracking.

Gas fracking is a technique used to draw oil and gas from shale rock. This process involves drilling high-pressure holes into the earth's crust with a mixture of water, sand and chemical compounds to release gas. The process itself injects liquid and other substances into

naturally occurring shale formations causing fractures in the surrounding rock.

The Beetaloo Basin in the Northern Territory stands at risk of being destroyed by Tamboran Resources gas fracking projects. If such projects continue, the artesian water resource that supplies the regions rivers will be destroyed.

As it stands, Tamboran has finished the drilling of 15 wells so far in the project. This means that when the project enters its final stages, thousands of wells could potentially be drilled and the impacts on the environment will be too late to reverse.

"I have been advocating strongly for the

Federal Government, under the strengthened national environment laws, to commission a comprehensive scientific assessment of any likely impacts Tamboran's fracking will have on these precious water resources. So, I am pleased and relieved this first step has finally been taken," says Member Scamps.

Additionally, if Tamboran continues to operate, it will require a staggering 375 million litres of water a year to operate. Local and Traditional elders of the area are concerned. The Roper River aquifer keeps the water supply flowing year-round, this is essential to their communities physical and cultural survival.

Early Childhood Education and Care Staff in High Demand

By Hayley McNamara

In Early Childhood Education and Care (ECEC), the ratio of staff to children is becoming harder to maintain. Especially since burnout in this field as at an all time high.

As it stands, more ECEC qualified educators are in high demand to fill staff gaps as more qualified educators exit the field. Fortunately, since 2020, a 200% increase of graduates completing a Certificate III or Diploma in Early Childhood Care and Education has been reported.

These graduates are comprised of mostly upskilled first-time mums who are returning to the workforce after starting a family. They pair their lived-in experience with their qualification, making them the most ideal candidates to fill in the vacant positions. However, a majority of these graduates are struggling to find work placement, which is essential for the completion of their qualification.

Now more than ever, more Western Sydney locals are responding to the demand for confident early childhood educators, but Early Childhood Education Trainer Elizabeth Go, asks for more centres to be open to housing a work placement student.

"At the moment, we have around 500 students enrolled at Macquarie Community College," she states. Those in the Early Childhood Education and Care program need to complete, as Elizabeth explains, either 160 hours minimum for Cert. III or 280 for a diploma.

"The main thing is that (the childcare centres) are very busy, both the educators working in the rooms and management. (The students) are seen as an additional task."

"They worry the students will need constant guidance and supervision."

MCC students undergo extensive training

with a practical room designed to simulate the child centre environment. Here, students practice nappy changes and sleep schedules in a room fitted with cots and changing stations. Additionally, they learn theory units such as child protection, work place health and safety and legal units.

"Before they go out on experience, they have a lot of experience." Elizabeth clarifies. "It's a mandated part of their course. So, we work around them to ensure that everyone gets a placement."

Elizabeth explains how this benefits the employers. "The students complete their placements as unpaid volunteers; they aren't counted as ratio. It's fantastic for recruitment. Its like a try and buy. They can try them out for a few weeks before they employ them and see how they go, how they are with the children."

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11th November 2024
7-8:30pm
Magpies Waitara
11-37 Alexandria Parade
Waitara



Nicholas Scofield
Chief Corporate Affairs
Officer Allianz



Greg Mullins OM
Former Commissioner
Fire and Rescue NSW



Sharanjit Paddam
Actuary, Climate Analytics
Finity Consulting



From the Mayor



We've had a busy start to the new Council term, with plenty of local events, activities and works underway.

On 14 September, ten Councillors were elected for a four-year term, including

two new Councillors - Matt Devlin in Comenarra Ward and Indu Balachandran in Gordon Ward.

I'd like to thank outgoing Councillors Simon Lennon and Greg Taylor for their service to the community during the previous term of Council and Councillor Sam Ngai for his dedication to the role of Mayor.

It's a great honour to have been elected Mayor for the next two years. I would like to congratulate Councillor Kim Wheatley on her election as Deputy Mayor for the coming year.

During my term as Mayor, I look forward to working closely with the community and colleagues on important issues such as housing, environmental protection and delivering community services.

In other news, we are inviting nominations for our Local Citizen of the Year Awards, which will be announced in early 2025. The awards recognise Ku-ring-gai residents who have demonstrated excellent citizenship and community contribution over the last 12 months.

Please submit nominations before 8 December at www.krg.nsw.gov.au/localcitizen

We are inviting organisations to apply for \$100,000 in new funding to help tackle the rising problem of domestic and family violence against women. Applications close on 8 November.

Finally, I invite everyone to check out some fantastic new local facilities.

With NSW Government support, Council has completed a new play and recreation area at Hassall Park at St Ives. This area has been specifically designed so it can be enjoyed by all age groups and abilities.

Council has also installed a new playground at Eldinhope Green in Wahroonga and completed playing field improvements at Princes Park at Lindfield.

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

Mayor Christine Kay



Ageing & disability rights Self-advocacy workshop

Discover how to advocate for the rights of those living with dementia or disability.

Learn how to develop working relationships with relevant agencies and how effective communication can help you to reach your goals.

This workshop is for people living with dementia, people with disability, their families and carers.

Wednesday 20 November
10am – 12pm
FREE Morning tea provided

Gordon Library Meeting Room 2
799 Pacific Highway, Gordon
or Online via Teams

Bookings krg.nsw.gov.au/disabilityrights



Dementia awareness for volunteers

Online workshop for volunteers who are supporting people living with dementia or experiencing memory and thinking problems.

The workshop will cover:

- Common memory and thinking problems
- How to communicate and support a person living with dementia
- Your duty of care as a volunteer

Workshop will be run by a trainer from Dementia Training Australia. Great for volunteers who are supporting older people living at home in services including meals delivery, transportation, gardening, home visit, social support, etc.

Thursday 14 November
1.30pm – 2.30pm

Bookings essential
krg.nsw.gov.au/dementiaawareness



Ku-ring-gai Local Citizen of the Year Awards 2025

Nominations are now open for:

- **Citizen of the Year**
- **Young Citizen of the Year**
- **Mayor's Award for an Outstanding Contribution by an Individual or Community Organisation**
- **Environmental Citizen of the Year**
- **Young Environmental Citizen of the Year**

Nominations close Sunday 8 December

Enquiries: 9424 0980

krg.nsw.gov.au/localcitizen



Chemical CleanOut

Free and safe Chemical CleanOut event.

Dispose of your chemical waste safely. Get rid of any unwanted paints, pesticides, gas bottles and batteries.

Saturday 16 November
9am – 3pm
Sunday 17 November
9am – 3pm

St Ives Showground
450 Mona Vale Road, St Ives

For more information visit www.cleanout.com.au

Council meetings and public forums

The next Council meeting will be on **26 Nov**
The next Public Forum will be on **12 Nov**

Turrumurra Local Qualifies for Special Olympics World Winter Games

By Claudia Butjerevic

Pictured: Trent Jones, Turrumurra Local

Turrumurra local, Trent Jones, has qualified to represent Australia in the Special Olympics Winter Sports Games in Turin, Italy, for skiing.

The Special Olympics World Winter Games are to be held from the 8th to the 16th of March, 2025.

Trent, now 52, has been skiing since he was ten years of age. He has regularly been on the snow at Perisher, Thredbo, and across the globe in Switzerland, North America, and New Zealand. While in New Zealand, Trent and his family noticed there was a Special Olympics team, and when they were home in Sydney, began inquiring.

Trent belongs to the organisation Special Olympics Sydney Upper North Shore. In June at Mt Buller in Victoria, Trent received a Silver Medal and after going to the alpine town of Jindabyne, was told he had been selected to represent the nation.

'He's gradually just got better and better,' says Trent's mother, Jill Jones. 'We didn't realise he'd qualified... we're absolutely bowled over.'



Finishing his schooling at Parkrose School for Specific Purposes, Trent has been an avid skier and snowboard enthusiast alongside his employment at disability service provider Aruma.

For 30 years, Trent has worked as a Supported Employee as part of the Facilities Services team.

'When I heard he was selected to represent Australia, I thought it was really amazing,' says Jono Goonan, Trent's former boss and Aruma's Current Facilities Services

Leader. 'I am really excited for him and it's an awesome achievement.'

To get to Turin, Italy, for the Games, Trent and his family have started a fundraiser with a goal of \$14,000. The proceeds will cover some of the costs associated with his voyage to represent Australia.

For more information and to donate, visit include.specialolympics.com.au/fundraisers/trentjones/wwg25

2024 Upper North Shore Volunteer of the Year

By Sophie Saunders

Margaret McClintock of Hornsby was recently honoured as the Upper North Shore Volunteer of the Year for her dedicated work supporting women impacted by incarceration, helping them rebuild their lives and reintegrate into the community.

The award celebrates individuals who demonstrate outstanding service and dedication, and Margaret's contributions have been recognised for their profound impact.

As a mentor with the Women's Justice Network, Margaret helps women affected by incarceration develop essential skills and confidence to overcome obstacles as they transition back into society.

She says, "I was attracted by the idea of women helping women. I had planned to do some form of volunteer work and I love it."

Margaret is continuously motivated by the women she works with, some are the most courageous women she has ever met.

Margaret has expressed there to be many rewarding experiences, she says, "I find the

relationship rewarding and how we work together."

Volunteering brings with it profound lessons and moments of deep realisation. One of the most heart-breaking truths, often left unspoken, is that many women, after transitioning back into society, are faced with homelessness, without a place to call home, and often with no family to turn to.

These women, who have already overcome so much, deserve compassion, support, and a chance to rebuild their lives.

Volunteering offers the opportunity to stand beside them in their journey, offering not just practical help but the dignity and hope they need to move forward.

Margaret McClintock's recognition as



Pictured: Ku-ring-gai Councillor Sam Ngai, Margaret McClintock, and Member for Davidson Matt Cross

Upper North Shore Volunteer of the Year is a testament to her remarkable compassion and dedication, we congratulate her on this well-deserved honour.



HPGE Cherrybrook Public Passion Projects

By Claudia Butjerevic

Students at Cherrybrook Public School showcased their Passion Projects in a recent school event.

Throughout the third term, both Year 5 and Year 6 of the High Potential and Gifted Education classes worked through their regular curriculum. At the same time, the students created Passion Projects to answer the question "What is success?"

For the project, students were required to keep an online progress journal using CANVA, research, design, plan, and craft something with their hands to display. As part of the criteria, the Passion Projects were presented at a presentation night on the 24th of September in the school hall.

Projects ranged in topics from the French revolution, phone photography, model airplanes, sewing, how to become a children's author, fashion design, cosmic connection, baroque music and instruments, paper airplanes and how they fly, among a host of others.

Set up in neat rows, with tables holding their Passion Projects, the event was visited by family and interest community members, who asked the students about their chosen topic.

Hornsby Shire Deputy Mayor Janelle

McIntosh was in attendance, her first public appearance since the Local Government Elections.

'I am so delighted to see such ingenuity, entrepreneurship, and the imagination gone into this work,'



Pictured: Reyansh Jain

said Deputy Mayor McIntosh. 'Local council is about peoples' ideas. I hope they go on to be involved in public life. It's an absolute honour to be with you.'

Cherrybrook Public School teachers Mrs Jasmin Kooper and Mrs Suzanne Curteis organised the event, and Ms Kelly Tennant supported the children's efforts.



Pictured above: Hornsby Shire Deputy Mayor, Janelle McIntosh



All images courtesy of Jasmin Kooper

High Schoolers Graduate from Rise for Unity Program

By Claudia Butjerevic

At the PCYC in Hornsby, students from local schools graduated from the Rise For Unity Program.

The graduation ceremony celebrated the achievements of Year 10 students who participated in the program centred around community engagement, social awareness, development of skills in leadership, and inclusivity.

Students participated in workshops over the course of the third term, understanding social issues such as healthy relationships, radicalisation, and cyber-crime. Guest speakers would attend their sessions to provide insight on the topics.

Forum One focused on radicalisation, extremism, and hate crimes presented by the Department of Community and Justice CVE Engagement and Support Unit, and the NSW Police Engagement and Hate Crime Unit.

Forum Two touched on domestic violence and healthy relationship delivered by Senior Constable Lewis Peters and Public Health Advocate, Lucy Dahill.

Forum Three focused on mental health and mental wealth presented by Nick Kenny of KYDS.

Forum Four was on inclusivity delivered by Nasrin Azizi and Jude Alnimrawi from Resolution Community Services.

Together, 83 students from 13 schools graduated from the program. These included Asquith Girls High School, Chatswood High School, Cherrybrook Technology, Barker College, Crestwood High School, Hornsby Girls High School, Galston High School, Killarney Heights High School, Ku-ring-gai High School, Normanhurst Boys High School, St Ives High School, Wahroonga Adventist School, and Killara High School.

'The talent and creativity of this group... blew me away,' says Senior Constable Lewis Peters. 'The efforts of this cohort and the time they put into this program, extremely well-involved, it was a huge success.'

The Danger of Social Media On Our Children



By Tim James, Member for Willoughby

The issue of social media access for children is one that every parent can relate to and as a father of three young kids, I am particularly concerned about it.

We need stronger laws and a better approach to protect our children from the potential harms that social media can bring.

Kids today are spending between 4 to 7 hours a day on average on their phones, often at the expense of their wellbeing.

I was proud to support the 36 Months campaign, led by Michael "Wippa" Wipfli and Hamish Blake, which advocates for raising the minimum social media access

age from 13 to 16.

When they brought this campaign to Parliament, it highlighted how crucial this delay is, giving children more time to mature before facing the pressures of the online world.

Organisations like Wait Mate, co-founded by Davina Berger and Amy Friedlander, are also making great strides in raising awareness about the dangers of unrestricted smartphone access.

I recently met with Davina and learned about their work in this area.

It's clear that children's development is suffering as they spend more time on their phones, receiving over 200 notifications a day, instead of engaging in healthy activities.

Studies, such as those by Jonathan Haidt, show that 46% of teens are constantly online, leading to higher rates of anxiety, depression and even suicide.

Many apps are designed to be addictive, much like gambling machines and it's concerning that one in four children have experienced cyberbullying.

Sleep disruption is another issue, with smartphones significantly reducing the quality and quantity of sleep, which is essential for children's growth and mental health.

Tim Levy, founder of Qoria, created a social media monitoring app after the tragic cyberbullying-related suicide of his niece's best friend.

Despite his important work, Qoria faces unfair challenges from tech giants like Google, Apple and Microsoft, who limit access to parental control apps.

We need to address this anti-competitive behaviour.

As the Director of the Menzies Research Centre (my former employer) Nick Cater stated "the most dangerous place for children is alone in their bedrooms with a smartphone."

It's time to take decisive action and implement policies that protect our children's wellbeing.

Now is the time for change.

Top Students the Bee's Knees for NSW Spelling Finals

By Hayley McNamara

With words such as 'fascinate,' 'anemometer,' and 'sovereign,' the contestants for the NSW Spelling Bee have spelled their way to the finals.

Out of 200,000 of the state's top spellers, three Hornsby and Ku-ring-gai school students have been named the best spellers in the NSW Premier Spelling Bee Finals.

Ethan Lee (Year 4) from Hornsby South Public School, Melody Liu (Year 5) from Pymble Public School and Braydon Ni (Year

6) from St Ives North Public will debut the stage at the Q theatre, Penrith on Friday the 1st of November.

Over a 10-day period, contestants competed with more than 1,800 students in order to reach the state finals. Of these students, 303 speak a language other than English and an additional 95 identify as Aboriginal and/or Torres Strait Islander.

With enrolments into the Spelling Bee increasing by almost 10%, Arts Unit Premier Spelling Bee Support Office, Desiree Lane, is elated.

"This year we've had a noticeably lower number of withdrawals from the Bee, which suggests the new Zoom format we've implemented is making it easier for schools to participate, especially in rural and remote areas."

With schools from all over NSW, Desiree Lane, comments on how the state is well represented. "In November we'll have finalists travelling into Sydney from as far away as Temora, Dungowan, Griffith and Mullumbimby."

COPING WITH GRIEF *at Christmas*

Saturday 16th November 2024
10.00am - 11.30am

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It is important to acknowledge that you are not totally responsible for others' happiness, but also that they cannot assist you if they are not aware of your pain or concerns.

Be gentle with yourself, trying not to expect too much of yourself or those around you, makes good sense, but often needs planning.

24 hour Careline 1300 130 955

The Cottage: Counselling For Those Who Can't Afford It

By Claudia Butjerevic



The Cottage participated in Bendigo Bank's Community Pitch in August 2024, asking for local businesses and individuals to consider donating and supporting their work.

'The money will go to those who can't financially access counselling,' says John. 'The Cottage will make a pathway for them.'

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

Artist credit: Hettie Rowley

There is a little cottage, made of fibro, on the grounds of St Faith's Anglican Church in Narrabeen. Once, the future of the cottage was uncertain, the possibility of demolition hanging over its trim roof.

In 1997, three skilled counsellors set out to provide counselling services to those who could not afford it. St Faith's Church allowed the counsellors to use rooms on their grounds and thus, new life was breathed into the little house, and The Cottage Counselling Centre was born.

Twenty-eight years later, slowly but surely, three counsellors grew to eleven, and the service now operates in eight locations across Sydney. The Cottage Counselling Centre can be found in Dee Why, Pymble, Belrose, Dural, Ryde, Crows Nest, Parramatta, and, of course, in Narrabeen.

Every year, The Cottage conducts around 4,000 counselling sessions across their locations, which has steadily increased since their inception.

Clients come to The Cottage through word-of-mouth as well as through referrals from general practitioners, mental health teams, and agencies like Mission Australia and NDIS. All are

welcome to inquire and receive treatment.

'It's amazing how much need is tucked in, and how many people cannot afford counselling,' says Keren Calvert, Co-Director and Counsellor at The Cottage. 'Often people will put off seeing a counsellor for years before they finally get through the door.'

Professional, seasoned therapists at The Cottage are trained to handle a range of issues. Some specialise in trauma, domestic violence, families, couples, and children.

The Cottage Counselling Centre offers a sliding scale for fees, which is income-based and dependent on what the client can realistically pay. Higher income earners will have a higher fee to those on medium income, and low-income earners will pay less. Alongside the scaling structure, The Cottage subsidizes the cost of counselling sessions.

'We take away that financial barrier, and for a lot of people that's massive,' explains John Parmentier, Co-Director and Counsellor at The Cottage. 'There are a lot of people that need counselling. There are a lot of people who won't get counselling because they can't afford it.'

Subsidies are made possible through community donations.

16 Days of Activism Against Gender-Based Violence

The 16 Days of Activism Against Gender-Based Violence begins on the 25th of November.

The UN Women's global campaign is a call to ending violence against women and girls across the world. Every year, the campaign commences on the International Day for the Elimination of Violence Against Women, and ends on December 10th, Human Rights Day.

UN Women have four strategic priorities to champion women. The 16 Days campaign pushes to achieve their third priority: for all women and girls to live a life free from violence.

Gender equality is a basic human right. Empowering women is essential to the fabric of fair and just nations. Without women, we are nothing.

St Edmund's Wahroonga \$20.5million Refurbishment Complete

By Claudia Butjerevic

St Edmund's Wahroonga have overhauled 90% of their campus.

As a specialised educational facility for students with intellectual and physical disability, St Edmund's have redeveloped the grounds with an emphasis on space, visibility, safety, and duty of care to create an environment for students to develop their potential.

Under the umbrella of Edmund Rice Education Australia (EREA), the school offers Catholic education in the Edmund Rice tradition. St Edmund's Wahroonga, along with St Gabriel's in Castle Hill, are the two Special Schools comprising the Edmund Rice Special Education Services (ERSES).

With a contribution from the New South Wales Department of Education capital assistance program, which provides funds to non-government schools through the Building Grants Assistance Scheme, St Edmund's own funds, and loans, the \$20.5million development was completed.

Beginning in 2019 under Principal Jon Franzin, passed to Principal Michael Farrell, and completed under Principal Vanessa Dillon, the upgrade was an extended three-and-a-half-year process.

The refurbishment includes a new library, a porte cochère for student drop-offs and pick-ups, a new car park, sporting field, basketball court, student hall, and learning spaces for science, music, and art. All the classrooms were upgraded to include Hearing Loops, specialised furniture was included to support the needs of students, lifts were added for accessibility between levels, and visual aids are around the school for the visually impaired.

Alongside the major upgrades, the heritage-listed Midhope building on the frontage of Burns Road was renovated to use as an administration building.

'When you walk through the building now, the width of the corridors, the amount of glass, the sunlight streaming in, it means that people aren't on top of each other,' says Michael Farrell, Regional Director for



School Library pictured above. Courtesy of Susan Dickenson

Edmund Rice Education Australia Flexible Schools. 'They have their own space to be themselves, and to be themselves in an environment that cares for them and is nurturing.'

At the official opening of the new state-of-the-art educational facility on the 25th of October, State Member for Wahroonga Alistair Henskens, Federal Member for Bradfield Paul Fletcher, and State Member for Gosford Liesl Tesch were in attendance. Michael West from the Metropolitan Local Aboriginal Land Council performed the Welcome to Country.

Principals from surrounding schools showed their support, including from Barker College, Knox Grammar, Brigidine

College St Ives, and Abbotsleigh in Wahroonga.

Rohrig Construction, Glendenning Szoboszlay Architects, and Midson Group Project Management were responsible for the refurbishment.

'I have a lot of respect for the students and the staff during that period. They endured change after change after change, and they managed that change with such professionalism, patience, and agility,' says Michael Farrell. 'It is welcoming, it is calm, the kids are engaged, the staff go above and beyond to meet their needs. That is the Edmund Rice tradition, to cater for those who may be sometimes in our community overlooked.'

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3NOV	Hanging Xmas Tree
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10 NOV	Bauble Xmas Tree
16 NOV	Wreath Making
17 NOV	Christmas Crackers
23 NOV	Gingerbread House
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Denise at Paws Rescuing Pups on the Northern Beaches and Beyond

By Claudia Butjerevic

Finding appropriate forever homes for abandoned dogs is a tough gig. In no small part because if abandoned dogs do not find a new home, their life will be cut short.

Denise at Paws is a registered not-for-profit organisation dedicated to ensuring the best outcomes for small homeless dogs. Run by volunteers, Denise at Paws rescues lost and abandoned pups, dogs in pounds across New South Wales, and takes on the dogs of people who surrender their animals.

Once coming to Denise at Paws, all dogs will undertake a veterinary examination, desexing, vaccinations, worming, microchipping, grooming, behavioural support and teeth cleaning. After, the organisation finds foster homes for the dogs to reside while they await adoption. Around 50 to 60 volunteer foster homes work with Denise at Paws, opening their doors to these abandoned dogs.

Denise Becus is the founder of Denise at Paws. After working alongside Monika from Doggie Rescue on the Northern Beaches, Denise broke off around 20 years ago and started Denise at Paws.

'At the moment, things are diabolical,' explains Denise. 'There are so many people that buy puppies and realise the error of their ways. No dog [breed] is exempt from this.'

There are a plethora of reasons why and ways dogs come into the care of Denise at

Paws. Homelessness of the owner, sickness, changing of living arrangements, and often, ignorance on the responsibility of dog ownership. Many of the dogs are surrendered by breeders, when the dog has reached the end of its use.

Denise speaks of the large market of selling puppies, and how many recognisable pet shops in Hornsby, on the Northern Beaches, in Chatswood, and across the state are getting their "supply" at puppy farms and through backyard breeders. The result is an overwhelming number of dogs, and not enough suitable homes.

After a period of fostering, Denise at Paws open up inquiries for the animal to be adopted.

'We have a great reputation because we have a strict criteria, and we do everything that the dog needs,' says Denise. 'We have an application form. We do home checks... look them up on Facebook and Instagram... It all takes time.'

Once adopted, Denise at Paws will keep in contact, and if at any point in the dog's life there is a problem, the adoptive family are contractually obligated to return the dog to Denise at Paws.

'I have a passion,' explains Denise. 'We do good, we fix these dogs. Doesn't matter what's wrong with them. We find them the best home we can, that makes us very happy.'

For more information about Denise at Paws, visit deniseatpaws.com.au

KFSL Celebrates New \$210,000 Community Grants Program

By Claudia Butjerevic

Ku-ring-gai Financial Services Limited (KFSL) are celebrating 21 years of service to the local community by giving \$210,000 in community grants.

On the 1st of October, to signify the launch of the grants program, the Bendigo Lindfield Community Bank branch held an event with prominent not-for-profits, charities, and community-minded individuals in attendance.

Federal candidate for the seat of Bradfield, Nicolette Boele, and Hornsby Shire Councillor, Sallianne McClelland, were in attendance.

'We have a super team in Lindfield,' says David Langdon, original chairperson of Ku-ring-gai Financial Services. 'It's a lot more than banking. There are community activities, community engagement, cooking and serving meals, giving away money... Customers support us, we can support the community, and everybody wins more and more.'

The grants program is aimed at not-for-profits organisations across Ku-ring-gai, Hornsby, and other nearby local areas. With the grants, KFSL hope to support projects that are making a difference in the community.

Applications opened on Tuesday the 1st of October 2024 and will close on Saturday the 30th of November 2024. Application forms will be available on the Community Bank's website.

For more, visit kfsl.com.au

Another Shelter To Be Revamped by Design for Hope

Design for Hope is transforming another crisis shelter.

Essence of Home is a Design Psychology business, mixing interior design with science to encourage positive mental health. Their "Design for Hope" initiative is a social project, supporting victims of domestic and family violence.

Design for Hope are now transforming the sunroom of the shelter known as Jeannie's, run by the Women's and Girls' Emergency Centre (WAGEC).

For Jeannie's, the refurbishment will focus on trauma-informed design. The new space will reinforce feelings of worth and dignity, reduce stress and promote well-being, and help residents self-regulate and heal.



Essence of Home donate their services through their social initiative, and have secured the help of Dulux, Luxaflex, and the Granny Flat Foundation to renovate the space. Design for Hope are calling for any contributions from the community and businesses to help revamp Jeannie's.

Contact jane@designforhope.com.au

For more information about the Women's and Girls' Emergency Centre, visit www.wagec.org.au



Scrutinising Retirement Village Contracts

By Cecilia Castle, Castle Lawyers at Asquith



Retirement village living is marketed as a lifestyle choice meeting the needs for over 55s. However, it is an expensive choice by comparative standards of normal home ownership.

Martha sold her home to enable her to enter into a retirement village contract, only to find that when she needed to exit her unit to go into a nursing home, her retirement village entry fee had dwindled to a lower amount than that required to pay for a nursing home facility.

There are various types of contracts and legal agreements to enter into retirement villages. These include Loan, Licence or Leasehold Agreements, as well as Strata Schemes.

There is no registered ownership on title for Loan, Licence and Leasehold Agreements. All agreements have fees that will impact and diminish the initial entry payment upon exit.

Pitfalls to be aware of include:

1. Entry payment with a negative return.

2. Recurring charges or ongoing fees.
3. Exit fees diminishing the entry payment.
4. Additional exit fees such as restoration of the premises.

Exiting a retirement village can be a costly exercise where residents have little or no control over the exit fees imposed upon them in their agreements. Such fees include a percentage of the entry fee up to a maximum amount depending on the length of time residents live in the village, restoration fees for the refurbishment of the unit, and re-sale delays and expenses.

Obtaining financial and legal advice before entering into retirement village agreements is essential to avoid unforeseen and detrimental financial outcomes when exiting the village.

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

Lindfield Uniting Church Volunteers Tackling Domestic Violence and Homelessness

By Claudia Butjerevic

Lindfield Uniting Church are tackling domestic violence and homelessness in a community initiative.

For the next Lindara Market on Saturday November 30th, volunteers are sorting and pricing donated goods and treasures to sell. Proceeds from the market will go towards financing a part-time social worker based in Waitara to provide help for families in crisis and those at risk of domestic violence and homelessness.

This Uniting Church community initiative has its roots from the 1980s, and has continued to help around 30 families a year.

'We get everything from antique jewellery to kitchenware and power tools from downs-sizers, who bring boxes of items for us to sell,' says volunteer coordinator, Noella Allarding. 'So many people lend a hand before, during and after the market. They come from all over the neighbourhood, all lovely people willing to come together for a good cause.'

At the Lindara Market, popular stalls include home-made cakes and jams, the \$1 books, Devonshire teas, and pre-loved jewellery.

To volunteer with pricing and sorting, sessions are held every Friday 12.30-3pm leading up to the market.

Contact the Lindfield Uniting Church office at lindfield.uniting@bigpond.com or call 9416 2106 for more information.



Pictured: Lindfield volunteers sorting through donations

Thornleigh Zig Zag Railway: New Walking Tours Announced for 2024

By Hayley McNamara

The Hornsby Shire Historical Society invites residents and history enthusiasts to experience history blended storytelling with historian and author Tim Snowden (author of Zig Zag Away).

Opening in November and December, three new community walks tracing the route from Thornleigh Station towards Zig Zag Creek which opens up onto the site of a 19th century quarry and long forgotten township.

Originally, the Thornleigh Zig Zag was intended to be temporary and was to remain small in its construction, however in turn it played a vital role in the function of the Great Northern Railway. Due to steep terrain, the only way the railway could access the quarry was via Zig Zag, much like the well-known Zig Zags in the Blue Mountains.

Thus, the Thornleigh Zig Zag became essential during construction of the Great Northern Railway from Strathfield to Hawkesbury River, supplying crushed rock for the track ballast.

The Hornsby Shire Historical Society welcomes one and all to delve into the mysteries of the Thornleigh Zig Zag Railway and announces the accompanying reprint of Tim Snowden's novel, Zig Zag Away.

"The runaway popularity of the book, these tours and the new sandstone installation and plaques at Thornleigh Station has meant that the story will continue to live on, but it's important to continue sharing and exploring this history including in these new walks coming up soon," Mr Snowden stated.

The 24-page book, upon first publication, was written exclusively about the Thornleigh Zig Zag, featuring rare photos including the railways locomotive, a self-guided walking tour and new research and insights from community members, railway experts and local historians. Now, having sold more than 500 copies, Zig Zag Away is now into its fourth print run.

"The Thornleigh Zig Zag Railway is an important site of local history in our community. I strongly encourage our local community to learn more about the railway and tour this local gem," said Alister Henskens, Member for Wahroonga.

Tour dates and details:

- Sunday 10 November 1pm to 3pm
- Saturday 16 November 9am to 11am
- Saturday 14 December 9am to 11am

Cost: \$10 pp.



Image provided by Tim Snowden
Pictured: Alister Henskens MP



For more information, visit thornleighzigzag.com.au

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Scratch the Surface with Mongrels Men

By Claudia Butjerevic

Real blokes don't talk about their feelings, apparently.

Men and women are different – they socialise in different ways, they express themselves in different ways, and they are hard-wired to view the world differently.

Research from Deborah Tannen PhD in her book "You Just Don't Understand: Women and Men in Conversation" suggests that men and women engage in different communication styles, wherein women promote emotional connection, and males are focused on exchanging information rather than offering emotional support. Tannen proposes that women make eye contact and face each other while talking, compared to men who are more likely look away.

Tim Hewson felt these differences. Going through a divorce and struggling with his mental health, he had reached out to some female friends. What he found was that the women would ask provoking questions, they listened and encouraged him, and validated his feelings. When his male friend suggested they run down Dee Why beach to help him clear his mind, Tim started to employ the conversation tactics of women to start meaningful discussion.

Soon after, Mongrels Men was born. In 2019, Tim sent out a Facebook invite for men to do a sunrise yoga session at Dee Why. Complete strangers turned up, willing to make new social connections. It expanded from there, with Pilates, endurance walks, and raising money for charities who organise events for blokes.

'After a while it became a great space for us to share,' explains Tim Hewson, Founder of Mongrels Men. 'We talked and walked shoulder to shoulder, scratching beneath the surface, which is less confronting for guys... My own personal good mental health practices are movement, activity,



Image provided by Tim Hewson

conversation and connection with others.'

Mongrels Men became a charity, the funds they raised funnelled directly into the community-based programs they offer to prevent, fight against, and reduce mental health challenges and suicidality in men.

Weekly, Mongrels Men have community meet ups – activity-based sessions around physical movement. Monthly, the charity hosts Doghouse Events, where professional educators, speakers, and facilitators will touch on subjects like sleep health, gut health, and exercise to lift the level of education among the mongrels. Tim describes the workshops as "mental health first aid".

Annually, Mongrels Men host a golf day in New South Wales, an opportunity to get guys together to raise money, awareness, and spread their message.

Mongrels Men have 12 locations across NSW and Queensland.

These include Dee Why, Manly, Avoca, Noosa, Nelson Bay, North Sydney, Bondi, Brisbane, Kingscliff, Queenscliff, Burleigh Heads, and Barcaldine. Soon, locations in Newcastle, Tasmania, Adelaide, and

Malabar are set to open.

'Generations [of men] have been told to suck it up,' explains Tim. 'It's getting better, but even though there is more awareness, you still need to learn how to have meaningful conversations. It doesn't mean you have to sit and cry, it means you have to be able to connect with others.'

Holiday season can be devastating for mental health and isolation. 'What you find during the holidays, guys use the WhatsApp groups to organise ad hoc meet ups,' says Tim. 'That's what we want them to do... create unstructured support networks in their local community. Friendship grows, the trust grows, the alliance of these men becomes a lot deeper.'

Joining involves turning up to the weekly events and introducing yourself. All details are on the Mongrels Men socials and site.

For more information about Mongrels Men, visit mongrels-men.com



As your Federal Member, I am here to:

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

Please contact my office if I can be of assistance.

JULIAN LEESER MP
FEDERAL MEMBER FOR BEROWRA

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St Lucy's Wahroonga Educator Wins 2024 Commonwealth Bank Teaching Award

By Sophie Saunders

Courtenay Peters, a teacher at St Lucy's Special Education Wahroonga, was awarded the 2024 Commonwealth Bank Teachers Award. She was selected from over 500 nominees and was one of 22 inspiring educators recognised at this year's ceremony.

The Commonwealth Bank Teaching Award honours teachers who display leadership in their field, promoting equity in educational opportunities for children and young people across Australia.

The award is one of Australia's most prestigious in education, commending teachers for their contributions to students' lives both inside and outside the classroom, specifically recognising educators who implement innovative learning initiatives within their first five years of teaching.

Courtenay says, "I am so proud to have received this award. It is a privilege to work at St Lucy's School. I think this award is a celebration not only of the work I do, but the work that we do as a

school community."

In receiving the award, there is a scholarship worth \$10,000, which Courtenay aims to utilise to access evidence-based professional development, with a particular focus on technology in classroom practice.

The students that Courtenay works at St Lucy's are diverse. By working closely with families, Courtenay ensures that the work connects to what the students know and love to make it more meaningful.

"I think it is important to meet students where they are at in their learning," says Courtenay. "I assume competence and maintain high expectations."

A colleague introduced a program to Courtenay called the 'Jane Farrell's Development Writing Scale'. "The wonderful thing about it is that it was developed for students with disabilities in mind," says Courtenay. "It captures, affirms, and celebrates expressive writing beginning at marks on a page, through to multiple paragraphs of cohesive text." With the help of the program, Courtenay was able to significantly improve the writing skill of students at St Lucy's, with 100% of her 2022 students and 85% of her 2023 advancing at least one level due to her committed teaching.

Westfield Local Heroes Announced

By Claudia Butjerevic

Westfield have announced the winners of the Westfield Local Heroes program.

Annually, Westfield recognises and awards individuals across Australia and New Zealand who impact their local communities in positive, lasting ways.

Across 42 Westfield locations, a hero is celebrated and given a \$20,000 grant for the organisation they represent, and finalists each receive a \$5,000 grant for their organisation. Altogether, the Scentre Group, owner of Westfield destinations, are giving away \$1.24 million from a total of 125 grants.

The 2024 Westfield Local Hero for Westfield Hornsby is Sian Gordon from The Burdekin Association.

Sian has worked with The Burdekin Association for five years. The organisation is a volunteer-run crisis refuge for youth based in the Northern Beaches. Sian provides accommodation, teaches life skills, and manages youth housing

across Hornsby and the Beaches. She was named a Local Hero for her dedication to tackling youth homelessness.

"Many of these young people have never had a positive adult in their life," says Sian. "By really listening and being consistent, we enable them to trust."

Finalists for the award at Hornsby Westfield will receive a smaller \$5,000 grant.

Aileen Mountfield, Founder and Executive Director of the Lisa Harnum Foundation, which supports women and children facing domestic violence, was a finalist.

Lisa Rowling, National Support Services Co-ordinator at the Children's Tumour Foundation, was another finalist.

Nominations for the 2025 Westfield Local Heroes program are open.

Visit westfieldlocalheroes.award-platform.com



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Break Through Fear of Success with Coach Karim Boktor

By Claudia Butjerevic

The coaching industry is on the rise. From life coaching to relationship coaching, sales coaching, health coaching, business coaching. In full swing across the United States, the coaching industry is still in its infancy in Australia, though gaining traction at a rapid rate.

Karim Boktor is one Australian coach. Based in Melbourne but conducting sessions that are virtual, Karim is a Breakthrough Leadership Coach tending to clients across the globe. Though Karim has been coaching for five years, his story started much sooner.

As a child, Karim had a severe stutter and trouble retaining information when reading. This naturally impacted his interactions with others, his capacity for learning, and created wounds that took years to fully heal. After working in a variety of industries, as a young entrepreneur remedial therapist, as an owner of IGA stores, as a representative for a pharmaceutical and medical device company who mentored surgeons how to use products, Karim was looking for a solution to his business problems. Though he had a marketing strategy, was dotting his Is and crossing his Ts, something was missing, and soon his businesses spiralled.

'I needed a solution, I needed to think outside of the box, I didn't want to give up,' explains Karim. 'So I started to learn about myself and human behaviour.'

Karim worked with a Life Coach and noticed that as he unravelled the issues and the suppressed emotions of his childhood, his

relationships and his businesses flourished. Soon, Karim completed a Master of Business Administration (MBA), and became a Master Trainer in Neurolinguistic Programming, Timeline Therapy, and Hypnotherapy.

Now, Karim works with high profile individuals, executives, CEOs, founders, and business owners from across many industries, to help them breakthrough their business setbacks.

'My philosophy is there are five key emotions that contribute to your negative behaviour. Every decision we make is based off a negative belief, a limiting belief,' says Karim. 'Those negative emotions are anger, sadness, fear, hurt and guilt.'

For his high-profile clients, the reoccurring emotion Karim keeps working through is fear. Fear of both failure and success.

'They will self-sabotage, they will call it perfectionism. They will find distractions and use excuses,' says Karim. 'Imposter syndrome is the same fear. Fear of being found out, fear of being exposed, even though they have people telling them how good they are, internally they don't see themselves in that way.'

To guide his clients, Karim uses his Boktor Method, a combination of famous methods he discovered on his own journey,



Pictured: Karim Boktor, Breakthrough Leadership Coach
Image courtesy StudioLensa

stitched together for a singular, fortified path to success.

Earlier in the year, Karim delivered a TEDx Talk in California in the United States. He spoke of his stutter, his willingness to overcome the impairment, and how inside everyone there is a stutter preventing us from chasing dreams, following intuition, and making us second-guess ourselves.

'It's about their inner stutter,' says Karim. 'The only fear we are born with is the fear of falling and loud noises, everything else is learned behaviour. I have the philosophy that I don't want forever clients. I help empower them, and if I've done my job properly, I've gotten to the root core of their problem.'

For more information, visit www.karimboktor.com

Need Help With A Dispute About A Will?

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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, 14 November 2024
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“Shine A Light” on Lung Cancer

By Claudia Butjerevic

November is Lung Cancer Awareness Month.

Lung Cancer is the most common cause of cancer death, making it Australia’s biggest cancer killer. In 2023, there were nearly 15,000 new cases of the disease diagnosed, and almost 8,700 deaths. For the year, this averaged to around 23 deaths a day. Most Australians (85%) are diagnosed in the late stages, when surgical options are limited, and survival rates decrease.

Despite this, Lung Cancer often falls to the wayside in terms of research, funding, and support.

Lung Foundation Australia is the nation’s leading body for lung health, committed to improving Australian lives by championing life-saving research, programs, and services.

‘There has been lower funding for aspects of lung cancer for decades because of the stigma,’ says Christa Bayer, General Manager at the Lung

Foundation. ‘People invariably associate it with smoking, and they think people have brought it on themselves. But the only thing that lung cancer patients have in common, is they all have lungs. Anybody can get lung cancer and we don’t believe that people deserve to get cancer.’

For November, the Lung Foundation are hosting their annual Shine A Light campaign across the country, empowering Australians living with lung cancer, and raising awareness and funds for the brutal disease.

The Shine A Light campaign involves engaging Australians in community walks in their local cities, and lighting lanterns to honour those living with the disease, those who lost their battle, and the families touched by lung cancer. The Purple Lantern is for remembering a loved one, the Orange Lantern is for people living with lung cancer, and the Green Lantern is to show support for the lung cancer community.

‘It is a beautiful event,’ says Christa. ‘People come together and we have a moment of reflection. We light our lanterns, honour the impacted, and we take a gentle,



reflective walk to raise funds and support for lung cancer research.’

Over the last 14 years, the Lung Foundation has been holding Shine A Light, and with every year, the number of people participating grows, and the target fundraising goal is exceeded. This year, the Lung Foundation have set a fundraising goal of \$200,000.

‘[Funding] supports our research grants into lung cancer,’ explains Christa. ‘And our specialist lung cancer nurse program, our telehealth program where people are seeking support as they navigate what is a tragic diagnosis.’

In 2024, the community walks will be held in major cities – Perth, Brisbane, Adelaide, Canberra, Wollongong, Melbourne – among smaller locales. In Sydney, on Saturday the 2nd of November at 5.30PM, the Shine A Light community walk will be held in Bradfield Park, Milsons Point, consisting of a 3km walk towards the harbour shoreline using the Luna Park boardwalk.

For more information, visit fundraise.lungfoundation.com.au/shinealightonlungcancer

Connection:

A Modern Dating Silent Struggle



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

Vulnerability plays a crucial role in forming genuine connections, particularly in the dating world. In an era where authenticity often competes with curated images and personas, embracing vulnerability can seem daunting. However, it is a skill that can be learned and harnessed to transform interactions and relationships.

As a coach, I teach my clients the art of vulnerability, which equips them to approach dating with openness and honesty. Embracing vulnerability allows individuals to connect on a deeper level. It encourages them to share their true selves, fostering a sense of “me too”

moments where partners can relate through shared experiences and emotions. This openness not only breaks down barriers but also attracts partners who appreciate and resonate with one’s true self.

Teaching vulnerability involves guiding clients to navigate their fears and insecurities, encouraging genuine expression of thoughts and feelings. My clients often find that as they practice vulnerability, they experience profound personal growth and greater self-awareness. This transformation enhances their dating experience and contributes to their overall emotional well-being.

In conclusion, vulnerability is essential



in dating as it paves the way for authentic and meaningful connections. By learning to be vulnerable, my clients find strength in openness, leading to richer connections and more fulfilling relationships. Vulnerability is not a weakness but a powerful tool in the journey towards authentic love.

Cristina Davy is a Dating and Relationship Coach.
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Moustaches for Movember!

By Sophie Saunders

Every November, men around the world grow moustaches in support of Movember.

This global movement raises awareness and funds for men’s health issues, including prostate cancer, testicular cancer, mental health and suicide prevention.

Suicide is an incredibly complex and deeply personal issue.

Still, Movember’s mission is clear, to reduce the rates of male suicide by encouraging men to establish stronger social connections, seek support, and prioritise their mental well-being.

As the month unfolds, the moustache becomes more than a symbol – it sparks conversations, educates communities, and reminds us of the importance of early detection, open dialogue and support systems.

It is important to talk to the people around you about mental health. A simple conversation can make all the difference, breaking the silence surrounding men’s struggles and creating a space where they feel safe to open up.

Whether it’s a friend, colleague or family member, checking in could be the first step in helping someone seek the support they need.

Men’s health is in crisis, across the world 69% of males account for all suicide. Movember is uniquely placed to address this crisis on a global scale.

Whether you’re growing a moustache, starting a conversation, or simply showing support, every effort counts.

The Movember movement reminds us that men’s health is so important and with continued awareness and care, we can shape a healthier more connected world for men everywhere.



By Rejimon Punchayil, Karis Life

Step Out in Style: Walkers for Spring

As spring unfolds, it’s the perfect time to rejuvenate your lifestyle and embrace the outdoors. For those seeking enhanced mobility, a walker can be the perfect companion.

Choosing the Right Walker

Selecting the right walker is crucial. Consider factors like your lifestyle and specific needs. Whether you prefer a light-weight, foldable walker for easy transport or a sturdy model with additional features, there’s a walker to suit your lifestyle.

Safety First

Safety is paramount, especially when using mobility aids. Modern walkers are designed with safety in mind, featuring anti-tip mechanisms and ergonomic handles.

Embrace Spring’s Beauty

A walker can empower you to enjoy the

beauty of spring. Take leisurely walks through parks, visit with loved ones, and explore nature’s wonders.

Expert Guidance

Consulting an Assistive Technology (AT) expert can help you choose the right walker. They can assess your individual needs and recommend the best option.

A Step Towards Independence

A walker is more than just a mobility aid. It’s a tool that can help you regain your independence and enjoy life to the fullest.

Ready to Embrace the Spring?

Take the first step towards a more active and fulfilling life. Visit your local AT provider www.karislife.com.au to explore the range of walker options available and make take that first step today!

Hornsby Relay for Life 2024

The annual Hornsby Relay for Life celebrates it’s 20th anniversary this November.

According to the Cancer Council, in Australia around 134,000 people are diagnosed with cancer every year and the stark reality is that 1 in 2 of us will be diagnosed with cancer by the age of 85. So, unfortunately, we will all feel its impact one way or another.

Bill Murphy is an honorary member of the Hornsby Relay for Life (HRFL) organising committee and has been a Relayer since 2016. Murphy has raised an estimate of \$10K over this period. He and two of his family members are all cancer survivors.

The Hornsby Relay for Life 24-hour event will be held on the on the first weekend in November. It is full of entertainment, fun, food and the celebration of cancer survivors, their carers, and those undergoing



Pictured: Bill Murphy
Provided by Karen Humphries

treatment, and commemoration of loved ones lost to cancer

This year’s event will be kicked off at 9.15am on Saturday the 2nd and Sunday the 4th at Rofe Park, Hornsby Heights.

For more information go to relayfor-life.org.au/event/hornsby-2024

The San Ranked Highest for Outpatient Cancer Services

San Integrated Cancer Centre achieves highest ranking in metropolitan NSW for outpatient cancer services and tops the state in private services in NSW.

For the seventh consecutive year, the Integrated Cancer Centre at Sydney Adventist Hospital (the San) has ranked first among metropolitan NSW hospitals in the annual Outpatient Cancer Clinics Survey. Additionally, the San ranked first in private services in NSW in the survey.

Each year, patients' experience of outpatient cancer care throughout NSW is independently surveyed by the Bureau of Health Information (BHI) in partnership with the Cancer Institute NSW. This year almost 10,000 patients from 44 facilities, both public and private, were surveyed.

The survey aims to assess patients' experiences with various aspects of their cancer care. Patients were asked to evaluate their experiences regarding compassion, respect, kindness, trust, involvement in decision-making, timely and coordinated care, effective communication, clear information, and a safe, comfortable environment.

The San's Integrated Cancer Centre (ICC) achieved the highest rankings in five key measures including: safe, high-quality care from the clinic; attentive health professionals who listen to patients' views and concerns; well-organised care; convenient appointment access; and clinic cleanliness.

Professor Gavin Marx, Clinical Director of the Integrated Cancer Service at the San, explained how proud he was of his team. "Sydney Adventist Hospital consistently leads the way in metropolitan NSW in this annual survey, reflecting our team's commitment to providing exceptional care for those undergoing cancer treatment. "While we are very proud of these results," said Prof Marx, "we are constantly striving to improve the experience of our cancer patients during their treatment. While it is gratifying to know that patients receive excellent cancer services here, each year we reflect on areas for improvement to ensure we continually provide the best possible care", Prof Marx explained.

The San's Integrated Cancer Centre



operates in partnership with Icon Cancer Centre Wahroonga, which offers radiation therapy treatment for all cancer types. Icon's Clinical Director of Radiation Oncology, Dr Andrew Fong, says "It's a privilege to care for patients and their families during such challenging times, and we're proud that our efforts are making a positive impact on their lives."

Various factors contribute to Australia's high cancer rates, and the San has long been committed to not only providing the very in latest diagnosis and treatments, but also prevention and research.

"Not only do we provide outstanding multidisciplinary clinical care with access to world class technology, but we also lead the way in multidisciplinary psychosocial support for our oncology patients through individualised patient navigation and advanced complementary therapy programs, said CEO Brett Goods. "We are truly grateful to our outstanding team at the Integrated Cancer Centre, who do us proud, year on year."

'Wish You Were Here' Gala for Pancreatic Cancer

By Claudia Butjerevic

Being diagnosed with pancreatic cancer is a tough pill to swallow, not just for the difficult medical journey that awaits, but because of the abysmal survival rate despite treatment.

On average, people with pancreatic cancer survive only twelve months after diagnosis, and the five-year survival rate is just 12.5 per cent.

Unlike the more recognisable cancers with much higher rates of patient survival, pancreatic cancer is often hidden or forgotten about.

"There are not a lot of people talking about pancreatic cancer. It comes down to having long term survivors advocating for the disease," explains Michelle Stewart, CEO of PanKind, The Australian Pancreatic Cancer Foundation. "It has the lowest survival rate... It should be getting the most attention."

November is Pancreatic Cancer Awareness Month. In the past, PanKind have received crucial funding as a result of "Wish You Were Here" Gala Dinners, which raise money and awareness to tackle the brutal illness. Funding goes towards research such as early screening measures and updated treatments, and support for patients.

In 2019, the last Gala Dinner was attended by 750 guests, and over \$310,000 was raised for pancreatic cancer.



Pictured above: Robyn Pride

"This is what PanKind is hoping to do, bring all those people together to create noise around the disease to hopefully advocate for change," says Michelle. "Survival rates are so low... anybody who believes in justice should be getting involved to make a difference."

On the 21st of November at The Star in Sydney, a third "Wish You Were Here" Gala Dinner will be held.

The Gala is in honour of the late Robyn Pride, a woman who fought pancreatic cancer for eleven years before passing in September.

"Robyn's cancer came back just over two years ago," says Jackie Orchard, long-time friend of Robyn's and organiser of this year's "Wish You Were Here" event. "She really wanted us to have a ball. It's all about celebrating the life of those who are still with us, and the life of those that have passed."

The evening will include canapes and a two-course meal, drinks and live entertainment, guest speakers and a raffle, a silent



auction and prizes.

Samantha Jade, Australian singer and the first woman to win the Australian X-factor in 2012, is the main performance on the night. Australian journalist and personality Tim Gilbert will be the Master of Ceremonies and auctioneer.

Prizes to be auctioned include a Taylor Swift autographed microphone, a Tasmanian experience package, an Armani bike, a NSW State of Origin signed jersey, and paintings by award-winning multidisciplinary Sydney artist Rebecca Pierce, among other items.

Tickets are available for purchase, and all proceeds made from the Gala will go directly to PanKind. Corporates looking to sponsor the event are also welcome to get in contact.

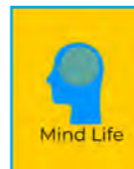
Tickets are available at events.humanitix.com/wish-you-were-here-gala-dinner

For more information about PanKind, visit pankind.org.au



By John Zavaglia
Mind Life Counselling

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We often talk about resilience as being a tool to aid us when we feel weak.

To be resilient though means so much more than just being strong. It's a mental journey that asks us many questions to discover who we are. Let us go back to the mere fabric of our thoughts and discover why we need to be resilient. It is because we are simply human. To be human we build resilience to survive, our lives though mean so much more than just to exist. By being human, we look for recognition for the job we have done or through a simple acknowledgment. It's almost like we forget that we are

resilient, as when we come under threat the first thing we often think of is that we are not good enough.

What does it mean then to be resilient?

We can go back in time through history to the ancient stoic philosopher, Epictetus.

"I have learned to see that everything which happens, if it be independent of my will, is nothing to me".

We will be surprised how much our mental effort goes towards things we cannot control. As by understanding the element of what is in our control and what is not becomes our liberation, that we don't need to focus our worry external to it.

Therefore, to be resilient we need to discover the futility of our rumination and redirect our thoughts towards what we can control, and that is to build hope from our actions.

It is how we can approach our problems applying a level of creativity with the resources we have. You may have lost your job, your partner has left you, or you feel depressed & anxious for no apparent reason. As we often believe we are only bound from what our emotions allow us. Whereby being resilient, we can deliver ourselves into a higher level of thought into a broader dimension.

For the First Time: Hornsby Spring Fest

On Peats Ferry Road and Dural Lane, a street festival will commence for the first time in the Hornsby Shire. Saturday the 16th of November, Hornsby Spring Fest will be packed with live music, market stalls, food trucks, a bar, kids' activities, and family entertainment.

Hornsby Spring Fest is funded by the NSW Government's Open Streets Program led by Transport NSW.

Music is set to come from a range of talented, lively performers. The Funky Monkeys with their 80s, 90s, and oos hits, Lucky Lartey with African dance and drumming, Samba Brazil with Brazilian capoeira, funk and soul group Gang of Brothers, alongside local school bands and performance groups are all slated to entertain Hornsby crowds.

"I am thrilled that Council can hold a festival along Peats Ferry Road this spring, providing a bigger and better celebration of entertainment and local artists, and a chance to support local businesses," says Steven Head, General Manager of Hornsby Shire Council. "It is a wonderful day-to-night event filled with fun, so make sure you save the date in your calendar and join us on the day."

International food trucks will line the streets, including Yan's Asian Caterer, Hi Chef with Vietnamese street food, Empanada Che with Argentinian empanadas, East Blue Seafood, Satay Brothers with Malaysian delights, Fritz's Wieners with German sausages, and Piggy & Moo with gourmet burgers. Satisfying any sweet tooth, Glow Fairy Floss will be open, and

for the adults, beers and cocktails are to be served.

"We're excited to support this event in Hornsby. Our streets are a critical part of our public and social infrastructure," says John Graham, Minister for Roads, Arts, Music, and the Night-Time Economy, Jobs and Tourism. "The Open Streets program is about temporarily transforming our main streets into vibrant and welcoming public event spaces. This is what our vibrancy agenda is all about, backing locals to create events and entertainment that works for their local community."

For more information, visit hornsby.nsw.gov.au/lifestyle/events/hornsby-spring-fest

Normanhurst West Music by Moonlight Event

By Sophie Saunders



Normanhurst West Public School recently hosted its annual Music by Moonlight event, a magical night where melodies from over 160 talented students from seven schools filled the air.

fostering a sense of community and collaboration.

Over the years, Music by Moonlight has continued to grow.

“We’ve had various schools asking to be involved, and it has evolved from people hearing about it,” said Mr Odams.

Mr Odams’ influence has also significantly shaped the students’ musical journeys, offering them the chance to step beyond their own environment and learn from their peers at other schools.

Normanhurst West band convenor Elena said, “We are hoping to make next year’s event special as it is the 10-year anniversary.

It will be the biggest event yet with eight to nine bands, with the hope of bringing more of the community together.”

Funds raised from this year’s event will go toward Normanhurst West Public School’s one-day band tour to the Central Coast, where students will showcase their musical talents and workshop with schools that have smaller band programs, inspiring a love of music in their peers.

The enchanting evening, held on the school grounds, attracted hundreds of attendees, all eager to experience a night of unforgettable performances.

Conducted by Mr Dave Odams, the school bands showcased their unique sets, culminating in a powerful performance by a combined “superband” that played two standout pieces: Groovee and You Belong with Me.

The event was praised as a fantastic way to unite young local musicians,

Rock Musical Sensation JESUS CHRIST SUPERSTAR in Sydney

By Claudia Butjerevic



Photo credit: Evan Zimmerman for Murphy Made

Award-winning musical JESUS CHRIST SUPERSTAR is rocking the Capitol Theatre from the 6th of November.

With lyrics from Tim Rice and music by Andrew Lloyd Webber, JESUS CHRIST SUPERSTAR has been a long running success. First released as a concept album, JESUS CHRIST SUPERSTAR debuted on Broadway in 1971 and quickly took flight, grossing over \$200 million by 1980. Since, the musical has repeatedly featured on Broadway, on the West End stage, and recently revitalised for Regent’s Park Open Air Theatre.

In 2016, this new revitalised version of the musical won the Evening Standard Award for Best Musical, and the Olivier Award for Best Musical Revival in 2017.

‘Australia has a deep affection for JESUS CHRIST SUPERSTAR,’ says Producer John Frost from Crossroads Live and Work Light Productions. ‘Regent’s Park Open Air Theatre has created a fresh and bold new version of a beloved classic.’

JESUS CHRIST SUPERSTAR loosely

follows the Passion story, the Apostles of Christ, and the betrayal of Judas. Incorporating rock opera and contemporary slang to give a modern twist, the musical recounts the political events and characters in the New Testament story.

For the Sydney production, Michael Paynter will be Jesus, Javon King will be Judas, and Mahalia Barnes is Mary Magdalene. Peter Murphy is Pontius Pilate and High Priest Caiaphas will be played by Elliot Baker.

In the ensemble is Sam Harmon, a performer hailing from Hornsby Heights.

Educated at St Leo’s Catholic College, Sam was involved in all his school performances.

‘The good thing about the North Shore is there are so many community theatre opportunities,’ says Sam. ‘I did a lot of shows with the Sydney Youth Musical Theatre, and I caught the theatre bug.’

Since graduating from the National Institute of Dramatic Art, Sam has appeared in *Rent* as a cover, an understudy in *The Marvellous Elephant Man*, in the *Metropolis* ensemble, Harry

in *Kinky Boots*, and Justin Bieber in *The Bieber Fever Tribute Show*.

‘This show is unlike anything Australia has experienced, and it is going to rock audiences. It’s one of those timeless stories,’ says Sam. ‘No matter what your background is, what you believe in, or where your faith sits, people can walk away with their own thoughts and feelings. The heart of the story is love, passion for community, and a sense of bringing people together and uplifting values.’

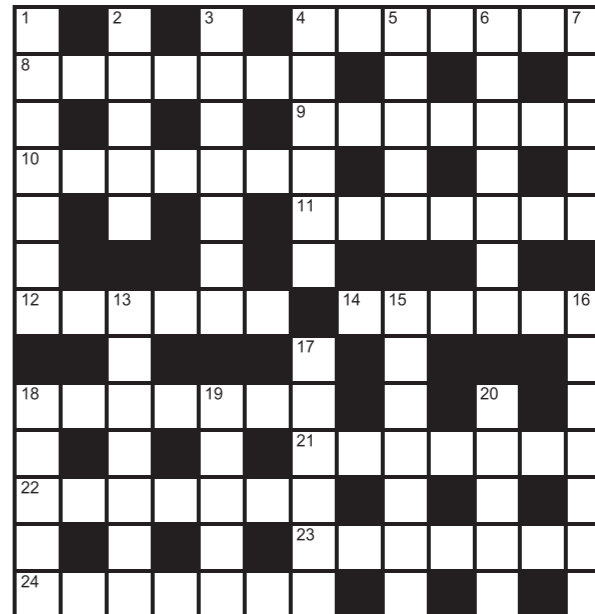
The Sydney season is running from the 6th of November 2024 to the 19th of January 2025.

For more information, visit jesuschrist-superstarmusical.com.au

GENERAL KNOWLEDGE CROSSWORD 718

ACROSS

- 4 Which royal house reigned in Britain from 1714 to 1901 (7)
- 8 Name a bitter colourless alkaloid, used to treat malaria (7)
- 9 What is another name for the white of an egg (7)
- 10 Quito is the capital of which S American republic (7)
- 11 Which cinema films with soundtracks were introduced in 1927 (7)
- 12 Which term designates dividends on investments (6)
- 14 What is a colloquial word for barristers (6)
- 18 Which term describes the diameter of a bullet (7)
- 21 What is a fixed or regular pay (7)
- 22 Name an outdoor game played by knocking wooden balls through iron arches (7)
- 23 What is otalgia more commonly known as (7)
- 24 Which was the eighth month of the early Roman year (7)



- 5 Who invented dynamite, Alfred ... (5)
- 6 Which preternatural being is said to suck blood from sleeping persons at night (7)
- 7 What are sheets of ice, for skating (5)
- 13 Who won Olympic Gold for the 1500m in 1960, Herb ... (7)
- 15 Name a popular resort region on the Mediterranean coast (7)
- 16 What is a very small quantity of something (7)

- 17 What do we call one who is given to witticisms, jokes, and pranks (6)
- 18 The seeds of which small evergreen tree are the source of chocolate (5)
- 19 What is an effusively laudatory announcement called (5)
- 20 Name a person who receives and disposes of stolen goods (5)

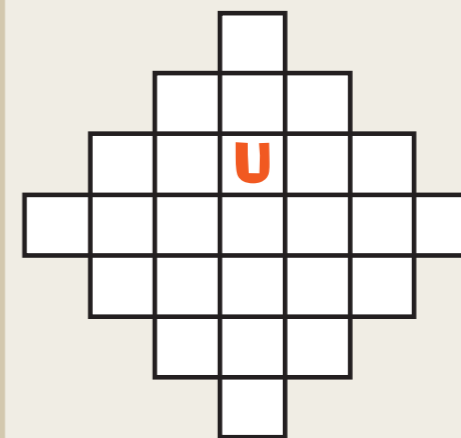
DOWN

- 1 Name a representative of the sovereign, such as a State Governor (7)
- 2 What is an infective agent called (5)
- 3 What is a body of persons related to one another (7)
- 4 Which term refers to the fireside (6)

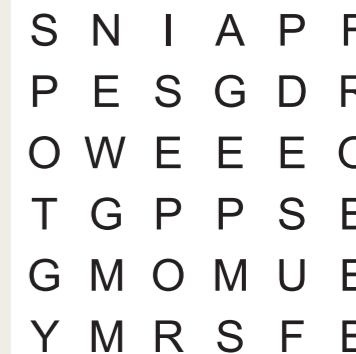
E-EQUATIONS 029

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	O÷F	5
E	R+F	
F	N÷E	
I	O-A	
N	FxE	
O	I+A	20
R	F-R	2



MINI WORD FIND 019



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

- | | | |
|-----|-------|-------|
| Age | Mrs | Pot |
| Beg | New | Pub |
| Bus | Owe | Robe |
| Egg | Pains | Ropes |
| Mom | Peg | Used |

CURIO 019

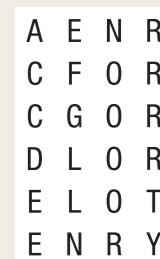
In animals, the average number of heartbeats per lifespan is 1.5 billion. The heart rate is related to the size of the animal – larger animals have slower heart rates. The blue whale will outlive the hummingbird, but both lifespans will still number about 1.5 billion beats.

BIYWORD 019

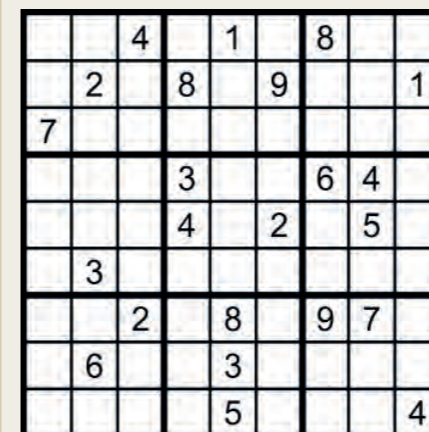
Build it yourself using the clues and each of the twenty-four letters once only to form ten words: five across and five down. A key word (bold clue) builds on the letter set in the grid.

CLUES:

- Longing (3)
- Of the cornea (7)
- Pigeon’s call (3)
- Record book (3)
- Run aground (7)
- Sailor (3)
- Sequence (5)
- Tennis play area (5)**
- Truck (5)
- Verdant (5)



SUDOKU 019



QUICK THINK 019

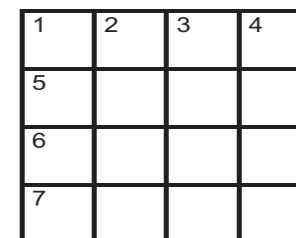
Solve the crossword. Each answer has four letters.

ACROSS

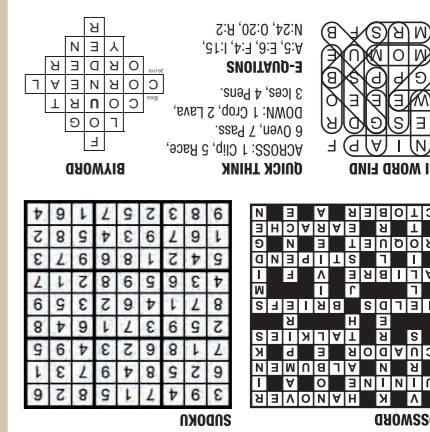
- 1 Cut short
- 5 Dash
- 6 Kiln
- 7 Free ticket

DOWN

- 1 Field yield
- 2 Etna output
- 3 Frosts, as a cake
- 4 Composes



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