

# THE POST



edition 65 • MAR 2025

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## INTERNATIONAL WOMEN'S DAY - 8 MARCH -



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## Editor's Word Claudia Butjerevic

### ADVERTISING CONTACT

sales@hkpost.com.au

### EDITORIAL CONTACT

editor@hkpost.com.au

### SOCIALS

FACEBOOK: @THEPOSTAU  
INSTAGRAM: @THEPOSTAU

### WEBSITE

thepost.sydney

## Welcome to March!

International Women's Day is the 8th of March. For this edition, we have included some special women's pages, where we showcase some influential women in the community, and feature some relevant women's health issues.

At the same time, NSW Seniors' Week is from the 3rd to the 16th of March. We have included senior pages to celebrate.

I'd like to take the opportunity to welcome David Bone, counsellor at *Straight Talk Australia Counselling*, who has joined The Post as a columnist. His first column is an interesting look into alcoholism in suburbia.

We profile the Hornsby Ku-ring-gai Community College, Mathew Ferraro from Stone Real Estate Hornsby, and feature Karen Humphries' World Cholangio Day event.

Anja Lineen, Menopause expert from *The Wellbeing Kit*, and the Honourable Philip Ruddock AO have written in and shared some of their expertise.

Our publisher, Tina Brown, was born in March, so a happy birthday is in order! If there was ever an influential woman across the North Shore of Sydney, it would be Tina. Her tenacity, love for community, and humble attitude have impacted not only myself, but any who have had the pleasure to meet her.

Happy happy birthday, Tina!  
Until the next edition,

*Claudia*

**CIRCULATING** throughout the media was an article that implied The Post is connected to the tobacco industry.

Previously, The Post had published a piece on school vaping policies, vaping misinformation, and the shortsightedness of Australian government in tackling the vaping crisis. The Post included an interview with Dr Colin Mendelsohn.

In the article published over the weekend, the journalist carefully neglected to mention that Dr. Colin Mendelsohn is not simply a "pro-vaping campaigner" — he

is a clinician, tobacco researcher, and Founding Chairman of the Australian Tobacco Harm Reduction Association with forty years experience. The core of his work, and the heart of The Post's article, revolves around using vapes as an alternative to smoking cigarettes, as Dr Mendelsohn claims they are less harmful.

The Post quoted Dr Mendelsohn: 'We need to allow people to switch to something safer as a harm reduction when other treatments don't work.'

**The Post is not pro-vaping, or**

**anti-vaping.** The Post is an independent, hyperlocal newsmagazine. The way independent media operates (and perhaps the organisation that published the sensational, misleading article can take note) is that we are free to publish any viewpoint.

We make no apologies for the article featuring Dr Colin Mendelsohn, and we stand by its publication. Just as I'm certain the journalist stands by their article about a Nationals member's comments that the government should legalise and regulate vaping.

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## Design for Hope Continues Their Mission to Renew Women's Shelters

Another local women's shelter has been transformed.

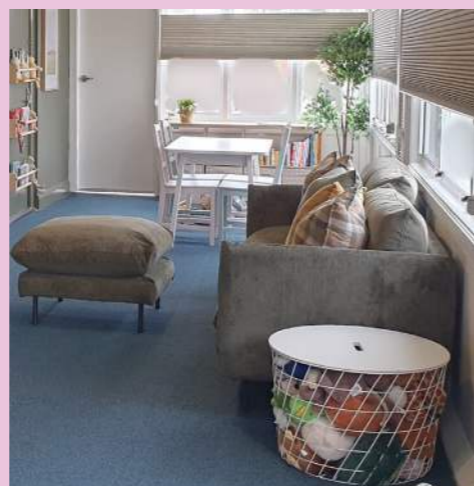
Social enterprise Design for Hope has tackled another project and given new life to the independent not-for-profits helping ease the wounds of domestic and family violence.

Design for Hope provides pro bono or low bono services and creates calm and welcoming environments by utilising trauma-informed design (TID) frameworks. TID is used to accelerate the healing process of those in crisis.

From the 19th of November 2024, in just a 7-day turnover, the Sunroom at Jeannie's for the Women's and Girls' Emergency Centre was refurbished by the talented hands of Design for Hope.

The transformation involved addressing visual clutter by painting brick walls, installing Luxaflex blinds for optimal light and thermal control, and placing furnishings provided by the Ku-ring-gai Rotary.

Project partners included Dulux, Luxaflex, the GrannyFlat Foundation, and Ku-ring-gai Rotary.



**'[We] are deeply grateful to our project partners for their generosity and hard work,'** says Design for Hope. **'Together, we've created a sanctuary where healing and empowerment can thrive.'**

For more information, visit [www.designforhope.com.au](http://www.designforhope.com.au)

## Celebrating Special Women International Women's Day



By Tina Brown  
Community Independent for Berowra  
Publisher, The Post

For me, International Women's Day is a time to reflect on the incredible women who have shaped my life.

As many of you know, I started the publication during COVID, largely in response to the void left when border closures severely impacted my international student business. Around the same time, I received the heartbreaking news that my favourite aunty, Valerie,

had been diagnosed with Motor Neuron Disease, and given how late it was detected, I wasn't sure she would live to see the first edition of what was then the Hornsby Ku-ring-gai Post. The first edition was dedicated to her, and I'm grateful that she was able to see not just the first, but the second edition as well.

Launching the publication gave me a renewed sense of focus and purpose. It also allowed me to connect with the community and find ways to celebrate the unsung heroes among us.

One such hero is Karen Humphries, our Cholangio Queen,

**Tina Brown is a candidate in the upcoming 2025 Federal Election for the seat of Berowra**

whom we recently wrote about again. Karen has shown incredible bravery in sharing her cancer journey with Cholangiocarcinoma, offering guidance and hope to those who may face a similar path in the years ahead. She is a passionate advocate for cancer survivorship and is raising awareness about this lesser known, yet increasingly prevalent, disease.

This column is dedicated to my aunty Valerie, Karen, and my daughter, Georgia, in celebration of International Women's Day.

Authorised by Tina Brown for Tina Brown for Berowra, 1/149 Peats Ferry Road, Hornsby NSW 2077



**Julia Zhang**  
CPA, Tax Agent, JP  
M: 0425 282 622  
Suite 10, Level 1,  
32 Florence St Hornsby



Julia has 25 years' experience in professional accounting.

She has been running her own practice for more than 15 years.

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**SBA TAX ACCOUNTANTS** is an independent public practice accounting firm specialising in small business accounting and taxation. It is a highly recommended business in our local community.

**Julia Zhang, the director of SBA TAX ACCOUNTANTS,** is a CPA, Tax Agent, ASIC Agent and Justice of the Peace NSW. Passionate and professional, she does not only provided high-quality services, but she has made good friends through SBA.

**The SBA motto: Attitude is Altitude.**

Julia believes that what the motto expresses is true for all professions, not just for airplane pilots. One's attitude determines the level of achievement. Care, customer service and due diligence are key pillars of good business. As an accounting firm, SBA aims

ADVERTORIAL

## Brighter Days Australia: A Journey of Resilience and Giving Back

ADVERTORIAL

Life took an unexpected turn when I was diagnosed with kidney disease at just 28 years of age. For a decade, I battled the challenges of deteriorating health, endless medical appointments, kidney dialysis and the emotional toll of waiting for a transplant.

At 38, my life changed forever due to a rock-climbing accident.

A young woman tragically lost her life at a time when it was just beginning. Her wishes to be



an organ donor were supported by her family and I was fortunate to be selected to receive a kidney transplant.

That moment not only restored my health but also gave me a new purpose — to help others facing

their own struggles and ensure the gift I received from that young woman does not go to waste.

This journey and my overwhelming sense of gratitude inspired me to create Brighter Days Australia, a company dedicated to supporting people with health issues, disabilities, and the elderly in our local community. That's why Brighter Days Australia is focused on providing comprehensive core services through the NDIS and in aged care, ensuring individuals receive the personalised care and assistance they need to live fulfilling lives.

My personal journey has shaped the foundation of this company. Brighter Days Australia isn't just a business — it's a reflection of my commitment to giving back, ensuring that no one feels alone in their journey.

If you or a loved one needs support, we're here to help — because everyone deserves brighter days ahead.

# How *Rebecca Kirkis* Rebuilt Her Life After *Human Trafficking*

Claudia Butjerevic

Feeling from an abusive home at fourteen, Rebecca Kirkis found herself homeless and alone.

Refusing to go back home, she began couch surfing and sleeping rough. One morning in Punchbowl, waking up on a park bench, a woman introduced herself to Rebecca.

The trick with most predators is their ability to spot vulnerability and exploit it. Promising Rebecca the world — a roof over her head, a chance to kick-start her new, independent life free from abuse — and Rebecca jumped headfirst at the opportunity.

But Rebecca was not being delivered to a deep, meaningful new life. She had been abducted.

Soon, Rebecca came face to face with a harsh reality: she was now in the hands of human traffickers.

From the time she was fourteen into her late twenties, Rebecca was exploited, forced into a heroin addiction, and left desolate. Her formative years, her coming of age, and her youth were stolen from her. She felt worthless.

Then Rebecca was found by police, overdosing. This was her first arrest. She had conditions to meet, which she couldn't. Rebecca had tried to escape, tried to live a normal, safe life, hold down regular employment and live in a real home. But with an addiction she couldn't curb, she would always return.

**'They get you hooked on drugs, and you're indebted to them,'** explains Rebecca. **'These**

IMAGE COURTESY:  
Laura Alicia  
fotografa.com.au



**are terrible people... You owe them money for all the drugs you use. They were the only thing I knew, so I stuck around.'**

Organised Crime would move her around — sent to Orange for punishment or hidden in the walls of a building in Villawood.

Eventually, being surrounded by dirty needles made her fall ill, and she was sent to the hospital with endocarditis, an infection in the heart.

A hospital staffer recognised Rebecca and called her mother.

**'My mum realised she was sorry for what had happened,'** says Rebecca. **'My mum put out a missing person's report.'**

The police found Rebecca as a missing person and became aware that she had a warrant out for her arrest. Being sent to prison changed Rebecca's life.

**'I'm so thankful I got sober in prison and was lucky that I got offered to be on a drug program,'** explains Rebecca.

Required to go to therapy, Rebecca was diagnosed with complex PTSD and started therapy.

Alongside mental health treatment and breaking through the haze of addiction, another saving grace was getting in touch with WISE Employment following her release from prison.

Her saving grace was getting in touch with WISE Employment following her release from prison.

**'I went into WISE and I was so sure no one was going to give me a go,'** explains Rebecca, laughing. **'I was clean, but they said "we will find something for you"... and they did. It was my first interview.'**

Now, Rebecca is five years into working at Clean Force, a social enterprise that hires disadvantaged or disabled individuals, giving them the opportunity to work stable jobs in the cleaning industry. Rebecca is a business support officer and has managed teams of over 40 people.

WISE Employment runs a program known as "WISE Women" where they strive to make positive change for all women in achieving their reemployment goals.

**'I work for a company that encourages you to grow, and since I'm in a leadership position, I would love to use my story to help others,'** says Rebecca. **'It's okay if you've made a mistake... there's light at the end of the tunnel.'**

For more information about WISE Employment, visit [wiseemployment.com.au](http://wiseemployment.com.au)



Claudia Butjerevic

trogel (estradiol), and Prometrium (progesterone) will be available through the Pharmaceutical Benefits Scheme.

**More than 100,000 Australian women pay around \$650 per year for these treatments. Now, under the PBS, patients will pay up to \$31,60 a month.**

For the first time in two decades, the Federal Government is subsidising a new menopausal hormone therapy.

From the 1st of March, Estrogel Pro (estradiol/progesterone), Es-

Menopause is the process that a woman's body permanently stops the menstrual period, caused by a drop of reproductive hormones. These hormone therapies replace the hormones lost and ease the symptoms that negatively affect the day-to-day life of menopausal women.



By Anja Lineen

Health and menopause coach and personal trainer

**The Wellbeing Toolkit**

## Why Are We Talking About Menopause?

[thewellbeingtoolkit.com.au](http://thewellbeingtoolkit.com.au)

The conversation around menopause has exploded in recent years. Awareness is growing — no longer do people carefully back away from me when I say I work in menopause, but we have a long way to go.

**Too many women don't realise that the anxiety, brain fog and joint pain, to name a few symptoms they are feeling, may be due to menopause.** I recently spoke to a woman who knew something wasn't quite right, yet all her medical tests were normal.

A brief conversation about her symptoms left her feeling heard and determined to seek help.

Education and awareness empowers a woman to advocate for herself and to know what questions to ask in order to get the appropriate medical help.

Awareness in the workplace helps reduce the stigma around

menopause and aging. Open conversations and support can help workplaces develop useful policies such as flexible work from home, sanitary products available in bathrooms, and access to desk fans, for example.

Education can help foster an inclusive and supportive work culture, boosting staff satisfaction and retention. It gives staff the tools to support their friends, colleagues and family members. I frequently get feedback from men, telling me they had no idea about the effects of menopause, or how to support their partner or colleagues.

The government is on board too — following the Senate inquiry into menopause last year, they recently announced modern menopause medications being included on the PBS from 1 March 2025, thereby making it more affordable for those who want it. There are

funds for doctor education as well as a general public awareness campaign and higher Medicare rebates for longer medical appointments.

**Yes, we are talking about menopause and hopefully there will come a time when menopause is understood, supported, and no longer a source of confusion or stigma.**

After decades of silence, misinformation, and inadequate medical training, this awareness campaign is essential. Women need access to accurate information, doctors need better education on menopause care, and society as a whole must recognise that this is not just a "women's issue" but a societal one. **The more we educate now, the less we'll need to talk about it in the future — because understanding will replace ignorance, and support will replace stigma.**

## 20 Years Later: Government Finally Subsidises Menopause Treatments

Claudia Butjerevic

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# Voices of Immigrants in the "Land and Love" Podcast

Claudia Butjerevic

Immigration is challenging. Assimilation is difficult. Keeping your cultural identity as an immigrant may be the toughest of all.

Local Brazilian immigrant, Rosana Wayand, has lived in the Hornsby Ku-ring-gai area for over 20 years. Living in Australia, Rosana has considered herself a local and became a part of her community. It was only after having children that she began to consider the effects of her immigration, and the notion of assimilation.

**'I love Australia,' says Rosana. 'This is home to me.... but once I had kids the question of identity and belonging, that issue started**

**ed to surface. I started to reflect about it.'**

A story-tale lover, Rosana began to write about her experiences as a foreigner and later decided to start a podcast.

The **Land and Love** podcast is a not-for-profit passion project, giving local immigrant voices the opportunity to chat about their perspectives and feelings towards complex issues of settling in a country different from their homeland.

Rosana has spoken to foreigners living in Australia from the Czech Republic, Morocco, Turkey, India, South Africa, and the United Kingdom. She believes it is an eye-opener and important for the



**PICTURED: Rosana Wayand**

wider community. **'They get the diversity of thought, of worldviews... People don't have to look like us for you to develop a bond with them... humans are humans,'** says Rosana. Find the **Land and Love** podcast on Spotify under the same name.

# March is ENDOMETRIOSIS Awareness Month

**E**ndometriosis is a chronic disease that affects one in nine Australian women.

It causes tissue that mimics the same tissue in the uterine lining to grow outside of the uterus. As the symptoms are similar to that of other conditions, and even regular menstrual cycles, the condition is often overlooked. Symptoms include severe pain during menstrual periods, heavy bleeding, bloating, nausea, fatigue, and infertility.

March is Endometriosis Awareness Month and an opportunity to learn about the illness.

The Post's publisher, Tina Brown, speaks about her own experience with endometriosis.

After suffering with constant, debilitating pain throughout her teens and 20s, Tina was finally diagnosed

in her mid-20s with endometriosis.

**'I was shaking and vomiting, I started to cancel personal things I was looking forward to. I had a high-pressure job in management consulting, and I found myself physically unable to make commitments,'** explains Tina. 'It was unbearable.'

Her first laparoscopy to remove the overgrown tissue was when she was 26, though the endometriosis always grew back. The gynaecologist told Tina that if she was thinking about children, it would need to be sooner rather than later. This timeline didn't suit her as she was committed to building her career, so when it came to conceiving, it took some effort.

It was only after having her children almost ten years later did the

condition settle. When the children were primary school age, endometriosis returned. Tina underwent a subtotal hysterectomy, and after twenty years, the symptoms were alleviated.

**'I've never looked back, it was the best decision,'** she says. **'Now to be 50 and be healthy and have none of these issues, I feel like a totally different person.'**

Looking back, Tina realises that for a long time, she had internalised the pain and convinced herself that she was simply not handling regular menstruation well.

**'If you don't feel right, check it out,'** says Tina. **'If it's too much pain for you, it's too much pain for you and that is valid. You must advocate for yourself.'**

# The Power of One Million: Women Taking Action on Climate Change

**1** Million Women is a global movement where over a million women are committed to taking action on climate change. This commitment extends to all areas of their lives — in their households, their workplaces, and in their wider communities.

**Over the past 12 months, 1 Million Women has been mobil-**

**ising Australian women through their Women Power Program.** The program involves online information sessions, community events, and a regular newsletter.

1 Million Women wants the Australian government to support households through home electrification by promoting household batteries, rooftop solar for renters,

social housing upgrades, and a zero-interest loan scheme such as the Electrify Everything Loan Scheme by Rewiring Australia and other existing loan schemes in Victoria and the ACT.

**Australia has the highest rate of rooftop solar in the world.** For more information, visit [www.1millionwomen.com.au](http://www.1millionwomen.com.au)



## International Women's Day

Join us in celebrating International Women's Day with this year's inspiring theme, *March Forward!*

Juanita Phillips, an experienced journalist and bestselling author, will share her professional journey, personal reflections, and insights on the remarkable achievements of women, the challenges they continue to face, and the path forward toward a more equitable and inclusive future.

Guests will also be invited to participate in round table discussions and hear from local students on their feedback on the recent Next Generation Forum on respectful relationships.

**Thursday 6 March 11:45am to 2:15pm**  
**Pymble Golf Club** Cowan Rd, St Ives

**Free to attend** - Bookings essential

For more information and bookings go to [krg.nsw.gov.au/iwd](http://krg.nsw.gov.au/iwd)

Enquiries: [kharris@krg.nsw.gov.au](mailto:kharris@krg.nsw.gov.au)



**kate mitchell**  
PHOTOGRAPHY

**To celebrate International Women's Day, I am offering exclusive portrait sessions for the remarkable women of Hornsby and Ku-ring-gai through March.**

### THE OFFER:

- 30% OFF all professional portrait sessions for women
- Choice of indoor studio or outdoor natural light settings

### PERFECT FOR:

- Professional headshots to elevate your career
- Personal branding photos for entrepreneurs and small business owners
- Self-celebration portraits to commemorate your achievements
- Mother-daughter sessions to capture that special bond

### BOOKING DETAILS:

- Promotional period: 1 March – 31 March 2025
- Sessions available Monday – Saturday 9am – 7pm
- Limited spots available – book early to secure your preferred date
- Quote "The Post" when booking

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# Women in Healthcare

## Dynamic Careers, Ever-evolving Opportunities

Sydney Adventist Hospital

**ADVERTORIAL**

A lot of work has been done over the years in healthcare to train, recruit and promote women into specialist and leadership roles traditionally dominated by men, and to also make healthcare an attractive career compatible with raising a family.

Being able to use different but complementary skills of logic, science and compassion drew Dr Avelyn Kwok to healthcare.

**"We often see patients at a very vulnerable time,"** says Dr Kwok, a gastroenterologist at Sydney Adventist Hospital (the San). **"We are in a privileged position of trust as we guide them through a difficult process. It's a very special aspect of what we do."**

Historically, while more women than men worked in healthcare overall, more men than women held leadership roles. But that is changing.

**"I was an anaesthetist before I moved into an executive role as Chief Medical Officer (CMO) at the San,"** says Dr Nicole Phillips. **"Through the Australian and New Zealand College of Anaesthetists, I was actively involved in the work being done to promote more women in research, in scientific representation at conferences, and in leadership**

**roles. I am a firm believer in 'You can't be what you can't see'. When I was younger, some women in very senior roles had made significant sacrifices in order to get there – particularly in relation to having a family. But over time I started to see women actually have a career and a family and move into leadership positions. We still need to get better at creating pathways back into**

**"At the start of your career, you may have particular goals. Over time, your ambitions may change, your priorities regarding career and family may change. I think it is important to regularly reevaluate your needs and priorities."**

We are now seeing more women going into healthcare careers traditionally considered male-dominated.

Dr Phillips notes that a lot of work has been done to recruit women into roles as surgeons, heads of departments, and chairs of academic institutions.

**"Many**

**Specialist Colleges have 50:50 gender balance in each intake of medical trainees, leading to more women coming up through the ranks into these positions."**

Dr Phillips says she has had some wonderful female mentors throughout her career.

**"I've also been very lucky to have wonderful male advocates who've really gone into bat for me. These men played pivotal roles in putting me forward to speak at meetings, or to take on roles as clinical lead. Women can support each other, but when we've also got men promoting women, then we get so much further together."**

**their academic or leadership careers after women take time off to have children, and that's one of the things I'm focusing on in my current role."**

Dr Kwok concurs. **"Decades ago women might have had to give up part of their career for motherhood. Now there is more job flexibility and a lot more job-sharing opportunities which makes it easier for women to continue with their career while raising a family. It is a welcome change and is really exciting."**

Dr Kwok encourages women to regularly assess their current situation and their priorities.



## Brown for Berowra Official Campaign Launch at Storey Park

At Storey Park Community Centre on February 8, a crowd of volunteers, supporters, and politically engaged locals gathered—not for the sitting member, but for Tina Brown, an Independent hoping to reshape the conversation in this once-complacent seat.

Among those in attendance were figures who, under normal circumstances, might be found at a Liberal fundraiser rather than backing an Independent. Heather Ruddock, a former Liberal Party stalwart and wife of Howard-era immigration minister Phillip Ruddock, lent her support.

Alongside her, Tim Buckley, a finance and energy expert, and Karen Humphries, a cancer survivor and advocate, openly backed Tina Brown. The group Voices of Berowra, which played a role in Brown's selection, took to the stage to explain the extensive consultation process that led to her candidacy.

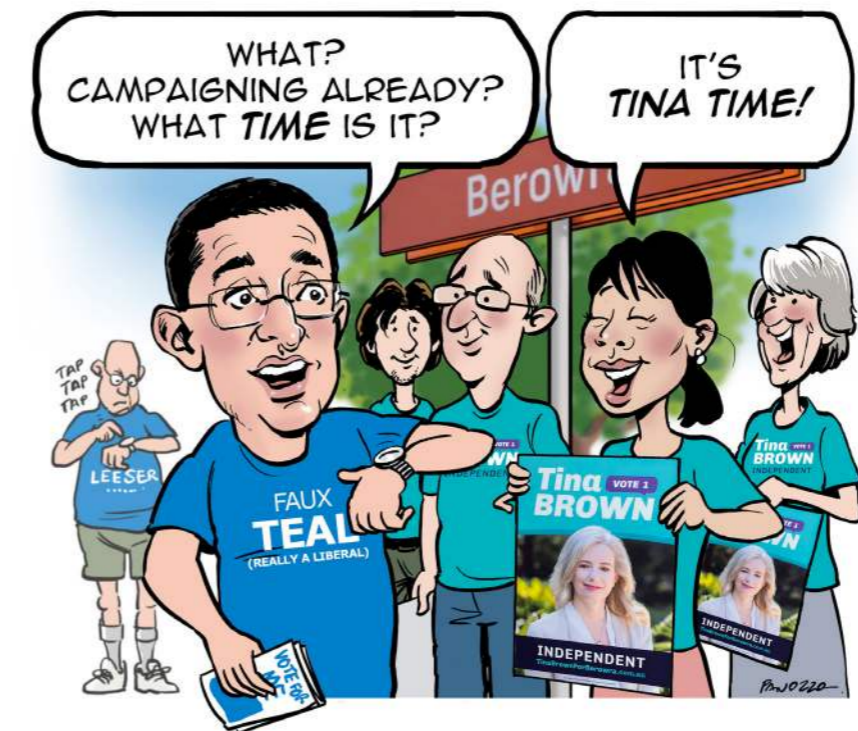
Standing before a sea of sup-

porters in teal shirts with her name on them, Brown wasted no time in outlining what's at stake and how she will be a strong local voice the community needs.

**"We now have a pro-development government at every level,"** she told the audience. **'A Liberal Hornsby Mayor wants to carve up and subdivide Glenorie village. New Line Road is no better today than when Julian Leeser and Matt Kean announced upgrades in 2019. We need a voice that represents us—not developers, not donors, not party interests.'**

Her words were met with an eruption of applause, followed by chants of **"IT'S TINA TIME!"**

But perhaps the clearest sign that Brown's campaign is making waves wasn't inside the venue—it was down the street, where Liberal incumbent Julian Leeser's team had assembled, waving signs. Maybe Julian is more worried about his seat than he leads on to believe.



## We Heart the Arts: Pro-Arts Protest for Marian St Theatre

Fire to revive Marian St Theatre continues to burn brightly.

Performers came together at Killara Uniting Church for a pro-Arts protest "We Heart the Arts" on the 16th of February.

The Gordon-based Hummingbird Choir performed a percussive piece. The Killara Scottish Country Dance Group entertained the crowd with audience participation. A string sextet from the Ku-ring-gai Philharmonic Orchestra showcased the pieces they rehearsed during the coronavirus. The Challis Singers performed items from the musical "Rent". Kathak Indian dance duo entertained with a blend of traditional and contemporary music.

Despite the joyous atmosphere, the crowd and Marian St Theatre came out steadfast in their advocacy to reopen the theatre. The stage at the Killara Uniting Church was small, only holding a maximum of 15 performers, and could not accommodate the need for cultural arts.

'Sport gets our attention, but anything cultural requires us to get in a private vehicle and drive somewhere else. Or hire a church hall,' said Tony Bates, Chair of Marian St Action.

In attendance was Gisele Kapterian, Liberal candidate for Bradfield; Nicolette Boele, Independent candidate for Bradfield; Ku-ring-gai Council Mayor, Christine Kay; Member for Davidson, Matt Cross; Ku-ring-gai councillors Indu Balachandran and Barbara Ward; and former Mayor of Ku-ring-gai Cheryl Sztatow.



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## Celebrating Harmony Day, Harmony Week is About Living in Harmony

By **Hon Philip Ruddock AO**, former Minister in the Howard Government and Australia's longest serving Immigration Minister; Federal MP for Berowra 1993-2016; Mayor of Hornsby 2017-2024

**W**hen each of my grandchildren started school in Kindergarten, they celebrated Harmony Day on 21 March. Every year on that date I have been thrilled they continue to enjoy a very special engagement with the cultural diversity of their school community. For them it's an exciting day of traditional costumes and cultures, storytelling, songs, dance and especially tasting the many cuisines that each friend, including indigenous friends, bring as a shared experience.

**For me it's much more.**

**I was the Minister for Immigration and Multicultural Affairs who introduced Harmony Day as part of a new initiative of national celebration known as Harmony Week in March 1999.** It was intended to bring us together in a very positive celebration of our rich multicultural society, commencing with the acknowledgement of our first Australians.

One of my advisers Kate Wallace had ownership of the initiative where she left nothing to chance in laying the foundations for what Harmony Week and Harmony Day has become. Much time and detailed consideration were spent selecting suitable messaging, posters, badges, caps, T shirts and the like to reach out to schools and community organisations throughout Australia and very importantly, to secure permission at our launch to use what is now our de facto national anthem "I am Australian" composed by the Seeker Bruce Woodley and Dobe Newton in 1987.

**Since 1999 more than 80,000 Harmony Week events have been held across Australia.**

Once again this year we will celebrate Harmony Week and the successful integration of migrants into our community. We will celebrate Australia as one of the most successful multicultural countries in the world.

Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a core set of Australian values embedded in our citizenship ceremonies.

**Let's come together with friends and family and through schools, workplaces and our wider communities to celebrate our rich diversity.**

Orange is the colour chosen to represent Harmony Week. Please choose to wear something orange during Harmony Week to show your support. All people who migrate to Australia bring with them their own cultural and religious traditions, as well as taking new traditions. Collectively, these shared traditions have enriched us.

When Kate and I started our Harmony Week journey in 1999 we knew it was very important for our social harmony. Now we know it has become a living, breathing testimony to our vibrant, tolerant and multicultural nation. **Our cultural diversity is one of our greatest strengths and is at the heart of who we are. It makes Australia a great place to live and what being Australian is all about.**

## Outrage at 87% Rate Increase for North Sydney Ratepayers

Claudia Butjerevic

**R**esidents are in uproar as North Sydney Council proposes a possible 87% rate rise.

Witnessed by a gallery of outraged ratepayers during a Council Meeting on the 10th of February, North Sydney councillors carried a motion to submit a Special Rate Variation (SRV) application to IPART. The SRV application outlines a 45% rate increase for the 2025-26 financial year, and a 29% rate increase for the 2026-27 financial year.

Prior to the decision, concerned ratepayers packed Council chambers and 28 registered speakers addressed the matter.

The gallery vocalised their anger, saying they would rather have

Council cut assets and services.

Councillor James Spenceley, Councillor Jessica Keen, and Councillor Efi Carr voted against the motion.

**'This budget is immature. It is just pushing the burden onto the rate payers, there is nothing smart or intensive about this business plan,'** said Cr Spenceley. **'What you'll hear tonight from the councillors is that there was community consultation, they will massage the results... it is flawed.'**

Community consultation in the form of a survey completions, email submissions, and in person and phone responses found that 56% preferred Option 1, which detailed a cumulative rate increase of 65.38%.

Despite this, Council decided on

a cumulative 87.5% rate increase application to the outrage of residents.

Mayor Baker and other councillors pointed to the failures of the previous "Liberal-aligned" Council, and how frivolous spending such as the bloated North Sydney Olympic Pool project has left Council in a financial crisis.

**'The failure of previous councils to address the structural issues of the minimum rate have all contributed to the current liquidity crisis and the need for the rate rise to secure financial sustainability,'** said Mayor Baker.

Whether the rate rise will occur for ratepayers is in the hands of IPART. Once an application is put forth by Council, the public are open to submitting their opinions on the matter.

# Tina BROWN

**VOTE 1**

## MEET THE CANDIDATE

**Beecroft Scout Hall**  
**Thursday 6th March**  
**7PM**

**SCAN TO RSVP**

Authorised by Tina Brown,  
1/149 Peats Ferry Road,  
Hornsby NSW 2077

SCAN ME

**CLIMATE | COST OF LIVING | COMMUNITY**  
**INDEPENDENT**

# Latest News



As a Council, it is our commitment that we remain community led in all our decisions, projects and plans. Our draft 10-year Community Strategic Plan, your plan for how you would like Hornsby Shire to be in 2035, goes on public exhibition from 13 March. Titled *'Your Vision | Your Future 2035'*, the Community Strategic Plan is the highest-level plan that Council prepares and is developed collaboratively with you, our community. It identifies your main priorities and aspirations for the next 10 years and outlines the various strategies to achieve them. Every project led by Council is guided by this plan.

The major challenges you have identified for the next 10 years include population growth, housing affordability, traffic and transport, economic and technological change, preserving our natural environment, climate change, social diversity and resilience.

In preparing the document, we have considered the feedback from over 10,000 residents, as we work toward a more prosperous and sustainable future for our residents. I strongly encourage you to share your thoughts on this important document before 21 April at [yoursay.hornsby.nsw.gov.au](https://yoursay.hornsby.nsw.gov.au)

This month, we also mark NSW Senior's Festival from 3 – 16 March with a vibrant range of events, activities and workshops celebrating Hornsby Shire's valued seniors. From an art exhibition to writing workshops, an empowering community forum and a lively community choir, there's so much to enjoy. Tickets are sure to be in high demand! Visit [hornsby.nsw.gov.au/seniorsweek](https://hornsby.nsw.gov.au/seniorsweek) for more information.

**Warren Waddell**  
Mayor of Hornsby Shire

For more Council information visit [hornsby.nsw.gov.au](https://hornsby.nsw.gov.au)

**NEXT COUNCIL MEETING WEDNESDAY 12 MARCH, 6.30PM**

## Local Post Office Set to Close for Korean BBQ Development

Claudia Butjerevic

Another local post office is closing in the North Shore.

At the site of the Pennant Hills Australia Post Office, the community was informed of a proposed development application at the end of January. Though a chance was given to submit feedback, the community was only allotted a two-week window.

The development application was submitted on the 13th of January, lodged on the 21st of January, and community notification began on the 29th of January. The applicant is Mokishide Pty Ltd, a private Australian company.

The DA details that the site of the Pennant Hills Post Office would become a commercial Kore-

an BBQ restaurant. Australia Post must vacate the premises by April 2025.

When asked why the opportunity for community period only extended two-weeks, Hornsby Shire Council responded, **'The timeline is the standard timeline for this kind of application.'**

Councillor Monika Ball tabled a petition signed by over 600 locals in Council's February meeting.

**'The community is not happy, in fact they are very angry, about the lack of notice, the lack of transparency from Australia post,'** said Cr Ball. **'Australia Post offices are an essential service to the community... How did our federal member not know about it sooner?'**

Member for Berowra Julian

Leeser did not reply to questions about his involvement by The Post's deadline.

Independent candidate for Berowra Tina Brown has launched her own petition, seeking to cancel or suspend the development application, extend the objection period for the public, and transition the post office into a franchise **"operated in partnership with the local newsagent, a solution already supported by local businesses"**.

Hornsby Shire Council moved a motion to appeal to Australia Post about maintaining a post office in Pennant Hills, to seek further dialogue with Australia Post, and to liaise with state and federal members.

# Ku-ring-gai Council



## From the Mayor



As we move into the cooler months of autumn, there are plenty of activities and events happening across Ku-ring-gai.

During March, Council will be hosting or promoting 39 free and paid activities as part of its 2025 Seniors Festival. This is a great opportunity to enjoy events as diverse as river cruises, seniors ballet and artificial intelligence talks.

Go to [krg.nsw.gov.au/seniorsfestival](https://krg.nsw.gov.au/seniorsfestival) to find out more.

Another important event during March is our free International Women's Day lunch at Pymble Golf Club on 6 March.

At this event, you'll hear from Juanita Phillips, a seasoned journalist who anchored ABC's 7pm News in Sydney for 21 years. Juanita will share her experience of balancing career and family life. For bookings and more information go to [krg.nsw.gov.au/iwd](https://krg.nsw.gov.au/iwd)

Meanwhile, on 23 March, we're holding Ku-ring-gai's first Multicultural Festival at St Ives Showground.

This event will feature music and dance performances, workshops and stalls with community information and food from around the world. Go to [krg.nsw.gov.au/multicultural](https://krg.nsw.gov.au/multicultural) for more information.

In other news, Council is seeking feedback on a long-term blueprint that will assist travel between parks and retail centres on a network of green and shady routes.

The draft Ku-ring-gai Green Grid Strategy outlines regional, suburban, local and bushland routes. Have your say by 12 March at [krg.nsw.gov.au/yoursay](https://krg.nsw.gov.au/yoursay)

Finally, in February, we welcomed the opening of East Killara's new Rural Fire Service brigade station, which was delivered by the NSW Government with Council support and will boost local capacity to fight bushfires.

We'll be holding a series of Get Ready Ku-ring-gai neighbourhood street meetings to help you prepare for any bushfires this year. Go to [krg.nsw.gov.au/whatson](https://krg.nsw.gov.au/whatson) for more details.

You can contact me at [mayor@krg.nsw.gov.au](mailto:mayor@krg.nsw.gov.au)

**Mayor Christine Kay**



### Online workshop: Writing grant applications & finding funds

Learn how to access a diverse range of funding resources and how to improve quality of grant applications.

The workshop is suitable for aged care providers, community organisations, not-for-profit organisations and community groups.

This free online workshop is brought to you by the Sector Support & Development Teams in the Northern Sydney region: Your Side, Ku-ring-gai Council, Mosman Municipal Council, Willoughby City Council.

**Tuesday 25 March**  
1pm – 3pm



Register now:  
[krg.nsw.gov.au/volunteerevents](https://krg.nsw.gov.au/volunteerevents)

**2025 Multicultural Festival HARMONY**

Community info, Food & market stalls, Kids activities, Performances & workshops, Camel rides

St Ives Showground  
450 Mona Vale Road, St Ives

**SUNDAY 23 MARCH, 10AM – 3PM**

Free shuttle bus from Gordon train station and St Ives Shopping Village

[krg.nsw.gov.au](https://krg.nsw.gov.au)



### Online workshop: Creating positive auspicing relationships

Auspicing can be a great way for community groups to trial a new project or program, hold a one-off event, or access funding or insurance.

Learn more including the importance of understanding the legal implications and responsibilities of all parties.

This workshop is suitable for any community organisation or group who wants to collaborate through auspicing arrangement.

This free online workshop is jointly brought to you by Ku-ring-gai Council and Your Side.

**Wednesday 2 April**  
1pm – 2.30pm



Register now:  
[krg.nsw.gov.au/volunteerevents](https://krg.nsw.gov.au/volunteerevents)

Ku-ring-gai **HERITAGE FESTIVAL** 2025



**18 April – 19 May**

Our heritage for the future

[krg.nsw.gov.au/heritagefestival](https://krg.nsw.gov.au/heritagefestival)



### Council meetings and public forums

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





# OVER 65'S ACTIVITIES

NEW ACTIVITIES FOR OUR OVER 65's COMMUNITY LAUNCHING IN MARCH SENIORS WEEK

## Specialised PT led class

- Trial classes running each day from 10 – 10:45am from 18 – 20 Mar for FREE during seniors week
- Over 65's only (Proof of age card)
- Age appropriate resistance training focusing on fall prevention, mobility and bone density
- Free Tea / Coffee biscuits after the class

## Hit & Giggle

- Social Squash & Racketball
- No competition or match play just friendly hitting

## Open day say hello

Monday 17 Mar between 10am and 2pm

- Special membership offer \$12 / week
- Access to Squash courts & rackets bouncy balls
- Gym Classes
- Gym & Squash access between 9am – 4pm

**Call to register interest**

0299802655 / 0422626461

[www.thornleighsquash.com](http://www.thornleighsquash.com)



This year, the World Health Organization has designated the 2025 theme to be, "Changing mindsets: Empower yourself to make ear and hearing care a reality for all!"

**By 2030, over 500 million people across the globe are slated to have disabling hearing loss.**

World Hearing Day as a campaign is an effort to have people recognise the importance of their ear health, and to inspire people to change behaviour to protect their hearing.

By increasing public awareness of hearing care, WHO hope to reduce the stigma of hearing loss and encourage regular check-ups, using protection, and using hearing-assistive technology.

## March 3rd is *World Hearing Day*

Early intervention, rehabilitation, and adopting good hearing practices will lead to the highest potential hearing retention in those experiencing hearing loss.

**Hornsby Jewellers**  
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Engagements • Weddings • Anniversaries

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Hornsby 2077  
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## The Perfect Sport for Older

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## Australians at *Thornleigh Squash*

**S**quash is one of the healthiest sports to play. It lowers blood pressure, increases muscle strength, improves flexibility, and helps with coordination and bone density. It can be played solo or with a partner.

To make the deal sweeter, squash isn't subject to the temper of the sky — it is an indoor sport that can be played year-round.

This all combines to make a great option for older Australians who are want to stay active and have an opportunity for socialisation.

Established in 1979, Thornleigh Squash and Fitness is teeming with both regular squash enthusiasts and novices. At Thornleigh Squash and Fitness, there is access to individual and group coaching, a Pro Shop for purchasing equipment, internal and external competitions, personal training, and restringing services. The facility has specialised balls that bounce

higher than usual to aid those with joint issues when they play.

On the premises, there is a fully licensed bar, a large venue space, and Jimmy's Smash Burgers outside the door. All ages are welcome, and encouraged, to pick up a racket and play.

Harry, aged 68, has been coming to Thornleigh Squash since it opened its doors.

**'You can get a lot more exercising in 30 minutes of squash than you can with anything else,'** he says. **'There's a lot of people here in my generation and older.'**

One of the oldest squash players coming to Thornleigh Squash is Bruce, who is 88 years young, and has been playing squash for 70 years.

**'I enjoy squash, you get a lot of exercise very quickly,'** says Bruce. **'I play and if I win, I win, and if I don't, I play another**

**game.'**

Hoy, a Malaysian immigrant in his 70s, loves the social aspect of coming to Thornleigh Squash. **'I love to joke with my partners... come and meet friends... it's a great way to de-stress.'**

Nicki, 67, has played for 40 years but took a lengthy break before returning. **'I used to dream about it,'** says Nicky, laughing. **'I like the tactics, trying got analyse what the other player is going to do... I don't have any friends who play squash, so the fact that Thornleigh Squash organises competitions means I can come along and always have someone to play with.'**

Year-round, the centre has Social Round Robin matches every Saturday, Friday, and Thursday for casual participants and members.

Thornleigh Squash is offering a special deal for adults aged 65 plus to celebrate Seniors Week.



Proudly supported by THORNLEIGH  
MAKING SQUASHIES FOR LIFE!

## Seniors Week in Ku-ring-gai

**A**cross Ku-ring-gai, nearly 40 activities and events will be held to celebrate Seniors Week.

From 3 to the 16 of March, Ku-ring-gai Council are bringing river cruises, ballet lessons, jazz concerts, and guest speakers and talks.

Ku-ring-gai Council's 2025 Seniors Festival is a way to recognise the value of older residents in the area and within the community.

**'I encourage all Ku-ring-gai residents who are over the age of 55 to check out the wide variety of fun and educational 2025 Seniors Festival activities,'** says Ku-ring-gai Council Mayor, Christine Kay.

Some highlights include a visit to the Sydney Tramway Museum at Loftus, cruises on the Hawkesbury River and Parramatta River, a jazz performance at the Eryldene Historic House in Gordon, talks on the future of the Australian Broadcasting Corporation, environmental and citizen science projects, and activities to promote flexibility, balance, mental agility, and co-ordination.

For more information, visit

[www.krg.nsw.gov.au/Community/Seniors/SeniorsFestival](http://www.krg.nsw.gov.au/Community/Seniors/SeniorsFestival)

## Seniors Activities in North Sydney

**N**orth Sydney Seniors Festival is running from the 3rd to the 16th of March. The program of events is part of the statewide NSW Seniors Festival 2025.

### Events on the program include:

- The Swinging Sixties, Crows Nest Centre, Friday 7 March 10.30am
- Scones, Jam & Cream – a variety show, Seaborn, Broughton and Walford Foundation, Monday 10 March 2pm
- Playgroup for Grandparents and Grandkids, North Sydney Community Centre, Thursday 13 March 10am
- Introduction to Drawing, North Sydney Community Centre, Friday 14 March 9am
- Boost your Media Literacy, North Sydney Community Centre, Friday 14 March 10.15am
- Tai Chi, Fitness and Zumba Taster Classes, North Sydney Community Centre, Friday 14 March

## Your Opportunity to Live Seniors Week Every Week

Hornsby Ku-ring-gai Community Transport

**There is no doubt that as we age and need more support, many of us want the option of spending our final years in our own home.**

While commencing with "My Aged Care" is a process, it provides our seniors with the support and caring programs that they need to stay at home. It is also vital that every senior is empowered and encouraged to socialise and use the services that are available to them.

Apart from assisting with essential trips to medical appointments, the shops or hairdresser, we develop excursions that are available to people with diverse mobility, all deliberately chosen to introduce them to new places and experiences and create new memories, new friends and happiness.

**'Everything we do is intended to make our seniors' lives easier and happier,'** said Helen Crouch, General Manager of Hornsby Ku-ring-gai Community Transport.

For more information on the services provided by Hornsby Ku-ring-gai Community Transport call **9983 1611**

Proudly supported by THORNLEIGH  
MAKING SQUASHIES FOR LIFE!  
squash and fitness



By Rejimon Punchayil  
**Karis Life**

## Time to Shine: Celebrating Seniors Week

**KarisLife**  
Assistive Independence

**G**et ready to shine! New South Wales celebrates Seniors Week showcasing incredible contributions and vibrant lives of our senior citizens. This year's theme, "Time to Shine," perfectly captures the essence of this special occasion – a chance for seniors to showcase their talents, share their stories, and radiate their unique brilliance.

From informative workshops and engaging social gatherings to cultural performances and recreational activities, Seniors Week offers a diverse program of events across the state. Whether you're a retiree looking to explore new passions, a case manager seeking enriching experiences for your clients, or an occupational therapist wanting to connect with the community, there's something for everyone to enjoy.

At Karis Life, we understand the

importance of maintaining independence, mobility, and dignity as we age. That's why we're proud to support Seniors Week and its mission to empower seniors to live fulfilling lives. We believe that everyone deserves the opportunity to shine, regardless of age or ability.

As part of our commitment to supporting seniors, Karis Life hosts the "Live Life Better: Seminar for Seniors". This informative and engaging seminar will cover a range of topics relevant to seniors' well-being, including:

- **Maintaining independence and mobility**
- **Accessing assistive technology and support services.**
- **Staying active and engaged in the community**
- **Tips for healthy aging**
- **And much more!**

The seminar will feature expert speakers, interactive sessions, and opportunities to connect with other seniors. It's a valuable chance to gain knowledge, ask questions, and discover resources to help you live life to the fullest. These engaging sessions can be conveniently organized within the comfort of your own residential community or as part of a community group. For more details and to reserve your spot, connect with us at **1300 662 880** or drop us an email at [events@KarisLife.com.au](mailto:events@KarisLife.com.au) or visit [www.KarisLife.com.au/resources/seminars/live-life-better](http://www.KarisLife.com.au/resources/seminars/live-life-better)

Let's make Seniors Week 2025 a resounding success, filled with laughter, joy, and the radiant spirit of our seniors. It's their time to shine, and we're here to celebrate alongside them.

## Eco Expert offers sustainable pest management solutions.

With an expert team, Eco Expert prioritise their ability to tailor personalised services for their clients and is dedicated to environmental responsibility while ensuring pest-free environments in homes and businesses. Their commitment to their clients' needs has earned them the reputation of being leaders in the industry,

**Eco Expert focuses on environmental responsibility, effective solutions, customer satisfaction, and being trusted professionals.** Safety of

### ADVERTORIAL



their clients is paramount, with all their treatments safe for adults, children, and pets alike. Understanding the urgency of pest issues, Eco Expert is prompt. Depending on the location of the home or business and the severity,

they respond within 24 to 48 hours of contact.

**Services provided include residential pest control, commercial pest management, environmentally responsible treatments, integrated pest management, and termite control, among others.** Pests treated are cockroaches, spiders, ants, wasps, bed bugs, fleas, rodents, and birds.

To schedule a consultation or service, phone **0405 062 676** or email [info@ecopestexpert.com.au](mailto:info@ecopestexpert.com.au)

**Eco Expert**  
Pest Management

# Got household problem waste? Not a problem.

These items and more can be dropped off at the Community Recycling Centre:

 Gas bottles and fire extinguishers	 Paint and aerosols	 Motor and other oils	 Floro globes and tubes
 Household and car batteries	 Flattened cardboard and clothing	 Electronic waste and mobile phones	 Smoke detectors and ink cartridges

## Before you arrive

**1** Check the website or phone us on **13 70 30**

**2** Separate waste into individual containers and flatten cardboard boxes

**Location:**  
29 Sefton Road,  
Thornleigh 2120

**Hours:**  
Tuesday to Friday, 8.30am-4pm  
Saturday, 8.30am-12pm  
Closed Public Holidays



For more information, visit  
[hornsby.nsw.gov.au/crc](http://hornsby.nsw.gov.au/crc)



## Westfield Heroes Nominations Open

Nominations are open for the 2025 Local Westfield Heroes program.

Each year, Westfield awards \$20,000 to one Local Hero at each Westfield location for the organisation or group they represent. The Heroes are individuals who are dedicated to contributing positively to their communities.

**In total, 126 grants are up for grabs and over \$1.2 million will be awarded.**

Among the Local Hero alumni is 2024 Westfield Hero, Sian Gordon. Sian is a team leader at the not-for-profit organisation, The Burdekin Association.

**'My CEO put me forward for it, I really didn't do much,'** said Sian, speaking about her initial nomination. **'I won and it was a shock to be honest... it was unexpected, but I was so pleased, it was such a huge boost for us.'**

Winning allowed Burdekin to provide personalised care for individuals in need — to brighten their spirits and lessen their load.

Nominations close for the 2025 Westfield Local Heroes program on 13 March 2025.

For more information, visit  
[www.westfield.com.au/local-heroes](http://www.westfield.com.au/local-heroes)

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Comfort Discovered



## Federal Election Looming

By Cecilia Castle  
**Castle Lawyers at Asquith**



**Federal elections are on the horizon, with community Teal Independent candidates making a strong pitch to challenge the local Liberal held seats of Berowra and Bradfield.**

Bennelong, Warringah and Mackellar are already represented by Teal Independents who are seeking re-election. A redistribution of boundaries has abolished the seat of North Sydney.

Berowra has a new local community Teal Independent, Tina Brown, challenging incumbent Liberal Julian Leeser for a seat in federal parliament.

Liberal held Bradfield had the biggest swing against the Liberal party at the last federal election in favour of Teal Independent Nicolette Boele, who is again running for Bradfield, which now incorporates a large part of North Sydney.

There is a strong growing attraction in favour of community Teal Independent candidates. Liberal policies on offer include subsidised business lunches and cutting government spending. Teal Independents prioritise their

communities' needs. Teal policies include addressing the cost of living, housing affordability, climate change, and anti-corruption.

**Voters will be required to elect federal members of parliament in a two tier system of government, namely the House of Representatives (Lower House) and the Senate (Upper House). The Lower House initiates and approves legislation, and the Senate scrutinises and approves the decisions and legislation of the Lower House.**

Australia has a Preferential Voting system, whereby voters select candidates in order of preference. This means that candidates with the least votes in each round of counting are knocked out, until there is a preferential winner.

**Voting is an important part of democracy. Choosing to vote informally, also known as a donkey vote, is to forego a voter's democratic right to have a say as to who is elected. Each registered voter has the Power of One in deciding how and by whom our country is governed.**

**Stronger Economy**

**Affordable Energy**

**Community First**

**VOTE 1**

**Nicolette BOELE**  
**INDEPENDENT**



**We're here for people, not parties**

Authorised by N. Boele for Nixs Run Pty Ltd, 1/784 Pacific Highway Gordon, NSW 2072



David Bone  
Counsellor at Straight Talk Australia Counselling

# Mummy Drinking The Secret Suburban Shame

While it's young men getting drunk and doing stupid things that tends to attract media attention, research shows over the last 25 years the number of middle aged Australian women drinking more than they should, continues to rise.

Counsellor David Bone from Straight Talk Australia Counselling says many women don't even realise they're drinking at harmful levels. **'Look, everyone knows there's no safe level of smoking, but plenty of people, including mums, want to pretend and defend their drinking.'**

He says one of the biggest problems for mummy drinkers is continuous access. Unlike men who proudly stack and rack beer cans, women are much more secretive drinkers and can even forget how

much they've actually had. Women might start with a glass of wine over dinner, another while helping with homework, finding kiddy socks requires one more re-fill and eventually a glass becomes a bottle or more, every night.

**'Everyone drinks for a reason, women typically drink to 'help' them deal with their busy days, lack of partner support, demanding jobs, it's a long list and because all your friends drink the same amount, it's easy to socialise away the actual harm.'**

David Bone says alcohol is a massive depressant. **'The more you drink, the sadder you get, while it might press pause on some of life's problems, it doesn't fix anything. Drinking a bottle a night will definitely harm your health, ruin your rela-**

**tionships even risk your life.'** **'I've helped hundreds of people put down the bottle and bring joy back to their life. It's not easy, actually it can be really hard, but it's possible. The first step is often just realising and accepting you've got a drinking problem. One simple way to assess your drinking is keeping a drinking diary and record your drinks for a week.'**

Reaching out for help is a vital step towards recovery – Straight Talk Australia Counselling are specialists in problem drinking and struggling relationships.

Take the right step for yourself, for your family and call STAC on **0432 567 637** or find out more online at

**STAC.AU**

## Need Help With A Dispute About A Will?

### Free Seminar

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

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

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

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

Thursday, 29 May 2025  
6.45pm – 7.45pm

The Board Room  
Hornsby RSL  
4 High Street  
HORNSBY NSW 2077

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

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[www.willchallenge.com.au](http://www.willchallenge.com.au)



Dennis Barton



# Cholangio Queen's World Cholangio Day Event

Claudia Butjerevic

**World Cholangiocarcinoma Day was on the 20th of February.**

The Post were invited to an event by advocate and local superstar, Karen Humphries. Despite the weight of the cancer, Karen is using her voice to spread awareness about the devastating holes in research, treatment, and care for not only gallbladder cancer, but all cancers at large.

A concerning reality for Karen is not just the lives lost to cancer, but the lives of cancer patients lost to suicide as a result of inadequate wellbeing and mental health care.

**'Cancer may end after treatment for some, but its impact lingers far beyond. With 1 in 2**



IMAGES COURTESY:  
Simon Cardwell



**people predicted to have cancer before they are 85, it is time for change, and time for real lasting support,'** says Karen.

Karen is on the cancer survivorship steering committee at the Royal North Shore Hospital. Together with CanSupport Manager Caelum Davis, the two have been able to launch a pilot program.

**Karen Humphries is the Founder of Socks4Cancer, and responsible for the "Light Australia Green" initiative.**

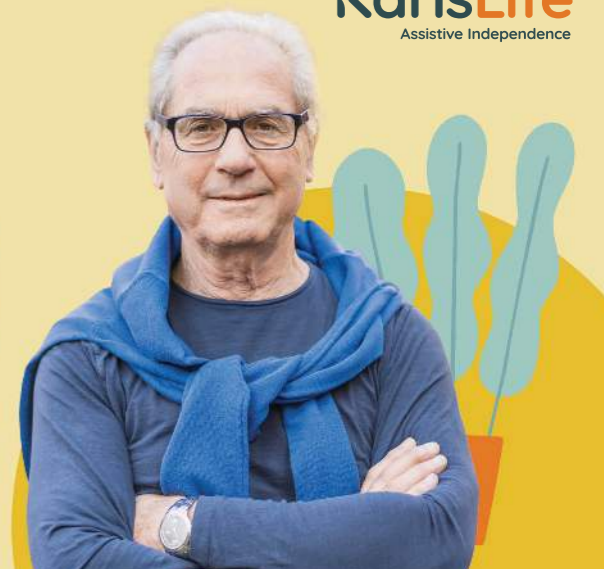
To donate to Karen Humphries Costumes for Cancer initiative, visit [costumes-for-cancer.raiselysite.com/karen-humphries](http://costumes-for-cancer.raiselysite.com/karen-humphries)

To find out more about Socks4Cancer, visit [www.facebook.com/Socks4Cancer/](http://www.facebook.com/Socks4Cancer/)

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# HKCC Turns 100: *A Century of Lifelong Learning*

Claudia Butjerevic

**H**ornsby Ku-ring-gai Community College (HKCC) is celebrating its centenary.

Established in 1925, HKCC has been a pillar in the community as a not-for-profit providing the gift of learning. At its inception, the college had 80 pupils and has continued to grow. Last year there were almost 7,000 enrolments.

A common thread throughout its history has been the college's commitment to community.

**'In an article from 1925, they are talking about the poverty of the students in some classes,'** says Inga Rosenberg, Principal at HKCC. **'The college handed out free railway passes so the pupils could get to class.'**

There is a wide array of courses available. Lifestyle courses include Sewing for Beginners, Bridge for Beginners, and Canine Loss and Grief, among others. Art & Music courses include Acrylic Painting, Watercolour for Beginners, and Guitar Beginner, to name a few. Leisure & Wellbeing courses include ballroom dancing, aqua aerobics, line dancing, pickleball,



**PICTURED: (L to R) Nerys Thompson, Inga Rosenberg, Jay Reddy**

meditation, Tai Chi, and Rock n Roll.

HKCC offers accredited and subsidised courses, foundational skill classes, senior digital technology training, and languages classes. Fully funded by the NSW Government, HKCC offers the Adult Community Education (ACE) program. Some criteria to qualify for the ACE program include being Aboriginal or Torres Strait Islander, living with a disability, experiencing financial hardship, not having completed Year 12 or equivalent,

facing domestic violence, recovering from addiction, or dealing with the justice system.

**'It's the community that keeps us alive,'** says Jay Reddy, Outreach Support Officer at HKCC. **'The community has evolved, and we have evolved with them.'**

Lifestyle Coordinator Nerys Thompson speaks about the value of HKCC, and why it has flourished over its 100 years. **'One student did mahjong for beginners, and from that the social club started once a week. She has reduced mobility so she can't go out and about, but she makes sure to come to social club. She**

**said that it's changed her life... she's got a friend group, a reason to get out of the house.'**

For their 100th Birthday, HKCC are holding a party on the 24th of May. The college is calling out to any alumni, any past staff members, or any person who has been involved in HKCC's history to contact them. For the birthday, staff are on the hunt for any historical records, images, or information about the school.

Contact the Hornsby Ku-ring-gai Community College at email

[enquiries@hkcc.nsw.edu.au](mailto:enquiries@hkcc.nsw.edu.au)



By Nicolette Boele

Community Independent for Bradfield

**H**ello, I'm Nicolette Boele and I'm running as a community independent candidate for the seat of Bradfield in the upcoming federal election.

**If we haven't already met, I'm a local mum and I raised my two kids here in Bradfield. I've built my career driving change across finance and clean energy, working with industry and government.** Over the last year I've spoken to thousands of people across Bradfield to understand their biggest concerns about the future. One thing stands above all else: the rising cost of living. Every day I hear how people in our community are worried about increasing costs. It's particularly upsetting to hear from so many people, young and old, who are worried about losing their home, or not being able to find affordable and decent housing where and when they need it. **This is a problem across Australia that affects all of us.**

Our government can address the issues that increase our everyday expenses, but too often party

## Bradfield *Deserves Better*

politics and personal attacks block serious policy debate and reform. That's why having truly independent community representatives sitting in Parliament is so important. By taking a long-term approach, listening to communities, and relying on evidence and experts, we can solve many of these problems. In the most recent parliament, community independents drove serious changes including:

- **HECs debt relief to support those with higher education loans, which reduced student debt by \$3 billion**
- **Ambitious policies to increase rental housing stock and support for shared equity schemes**
- **And significant commitments on climate that will modernise our economy and drive investment.**

If you see me or one of my volunteer supporters out and about, please come and say hello, I'd love to get to know you!

**Nicolette Boele is a candidate in the upcoming 2025 Federal Election for the seat of Bradfield**

## *A Lesson Unlearned:* Ku-ring-gai Council on Another Getaway

Claudia Butjerevic

**I**t seems Ku-ring-gai Council has yet to learn their lesson. Either that, or they find no issue with a multi-night stay at an out-of-area hotel on the ratepayers' dime.

Last year, Ku-ring-gai staff and councillors, and their families, stayed at the luxury accommodation The Convent Hunter Valley on what was described as a "conference".

**Council elected to go on another getaway, this time to the Blue Mountains.**

Ku-ring-gai Council has confirmed that senior staff attended the two-day workshop at The Hydro Majestic Hotel.

As the two-day event was not recorded for public viewing, the exact nature of the workshop remains a mystery.

Councillor Cedric Spencer seems to have had a change of heart about such workshops, given he had attended the previous event at The Convent. **'Are councillors attending a working conference or a ball?'** writes Cr Spencer on a Facebook forum.

Perhaps for their next conference, Council might consider a venue within their LGA and support a Ku-ring-gai business.



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# Double the Lifeline: Supporting Mental Health in Our Community

Bendigo Bank, Community Bank  
Lindfield & Districts



This March, we have the chance to create a lasting impact for our community. The 'Double the Lifeline' fundraising campaign launches on March 6, aiming to raise \$130,000 to bring Lifeline Connect to Lindfield. This free, face-to-face support service will provide immediate assistance to those in need.

**Thanks to a generous partnership with Lindfield & Districts Community Bank, every donation will be matched dollar for dollar, up to total donations of \$50,000, doubling the impact of every contribution.**

Lifeline Connect offers a safe, judgment-free environment for individuals seeking help with mental health struggles, relationship issues, financial stress, or simply needing someone to listen. It also provides connections to further resources and ongoing support, giving people the tools and services they need to move forward.

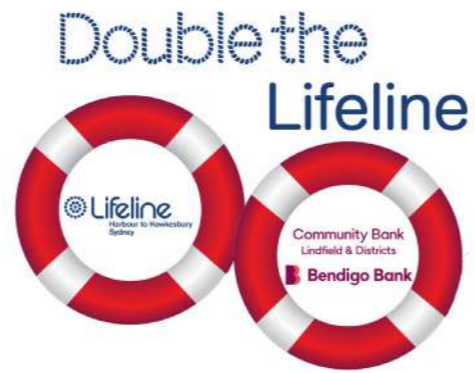
Elizabeth Lovell, CEO of Lifeline Harbour to Hawkesbury Sydney, emphasises the importance of this initiative:

**"Lifeline Connect is a new, impactful service already making a difference in Hornsby, Chatswood, and North Sydney. We're now excited to bring this early intervention face-to-face service to Lindfield."**

The campaign's success relies on community participation and the generous support of Lindfield & Districts Community Bank. Michele Ferris, Branch Manager of Lindfield & Districts Community Bank, shares her excitement:

**"We are proud to partner with Lifeline Harbour to Hawkesbury Sydney to bring Lifeline Connect to Lindfield. This initiative will provide essential support for our community."**

The 'Double the Lifeline' campaign is an opportunity for every-



one to contribute. With donations matched dollar for dollar, even small contributions have a significant impact. For example, **a \$50 donation becomes \$100, and a \$200 donation becomes \$400—each step bringing us closer to the \$130,000 goal.**

Donations can be made online at the Lifeline Harbour to Hawkesbury Sydney website, or in person at the Lindfield & Districts Community Bank branch at 318 Pacific Highway Lindfield, starting March 6. Together, we can bring this vital service to Lindfield.

**Let's come together to double the lifeline, double the support, and double the hope for our community.** With your help, we can make this Christmas truly meaningful and provide life-changing support to those who need it most.

# Beyond Property Sales: Stone Real Estate's Mathew Ferraro

Claudia Butjerevic

Real estate is not about selling property.

This is what Mathew Ferraro, Sales Agent at Stone Real Estate Hornsby, believes.

It is about emotion, understanding people's needs and their big, overarching "Why?".

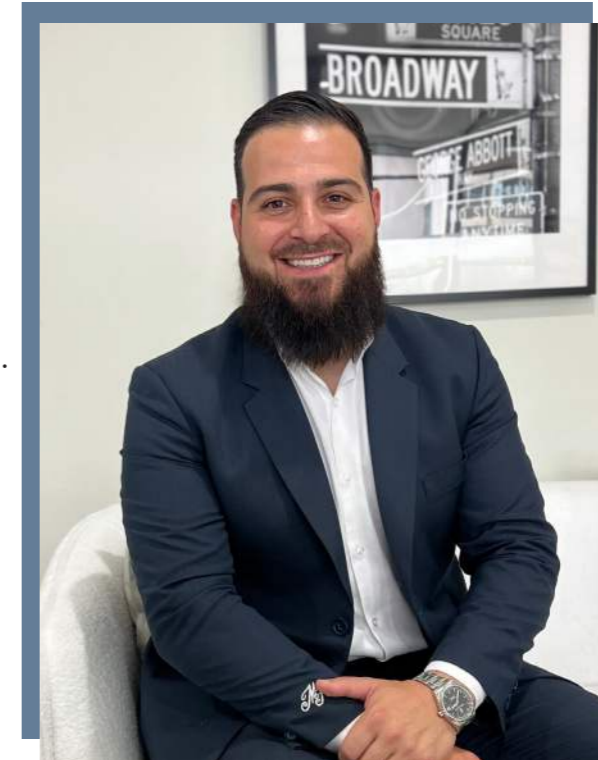
**'Anyone who's thinking of becoming a real estate agent just to sell houses, it's not the career for you,'** says Mathew. **'It's about helping people make their next step in life. One of the biggest steps they will ever make.'**

For Mathew, since first entering the industry in 2010, the landscape has drastically changed. Before agents would print a contract out, drive hours interstate, get a signature, rip a carbon copy agreement and hand the client their half.

Now the industry, as with every industry, is digitalised.

**'The speed that things are happening is huge,'** explains Mathew. **'People spent a lot more time in a home years ago... Generally, people lived in their house most of their life. The first home they bought, they stayed there.'**

Stone Real Estate Hornsby's footprint reaches from Waitara



PICTURED: Mathew Ferraro

to Berowra Heights and Cowan. The Hornsby area, according to Mathew, has stayed consistent over time.

**'Hornsby is one of those suburbs that stays steady with no drastic changes unlike many other suburbs. Most people have been [in Hornsby] for 20, 30 plus years,'** says Mathew. **'They've got themselves steady. It's those people in the middle that find it hard... the second-generation**

**residents are stuck between their parents owning a house in the area and them wanting to buy one.'**

The key in closing a deal, so both the buyer and seller are in harmony. Mathew, the only way to facilitate that harmony is to be open and honest, and to have a consistent team steering the sails.

**'We are a family at Stone,'** explains Mathew. **'We are a genuine team. It makes a big difference when you have their back and they have yours... If there is something somebody can't do, someone else can, we share and this is one of the main reasons that sets us apart from other offices.'**

Mathew Ferraro has been Agent of the Year, Hornsby for 2023 and 2025.

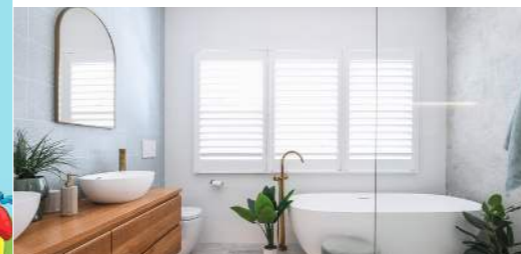
Though usually clean shaven, Mathew has changed his look up to support a local charity. Growing his beard until August, Mathew has a fundraising goal of \$3,000 to help support the work of Dom's Place, an organisation in Hornsby that works with people at risk of homelessness.

Find Stone Real Estate Hornsby at

[www.stonerealestate.com.au/stone-hornsby](http://www.stonerealestate.com.au/stone-hornsby)

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The Normanhurst Public School P&C welcomes parents, carers, community members, and friends of the school to join us for a 'Welcome to 2025' evening of fun!

Scan the QR Code for more information and updates.





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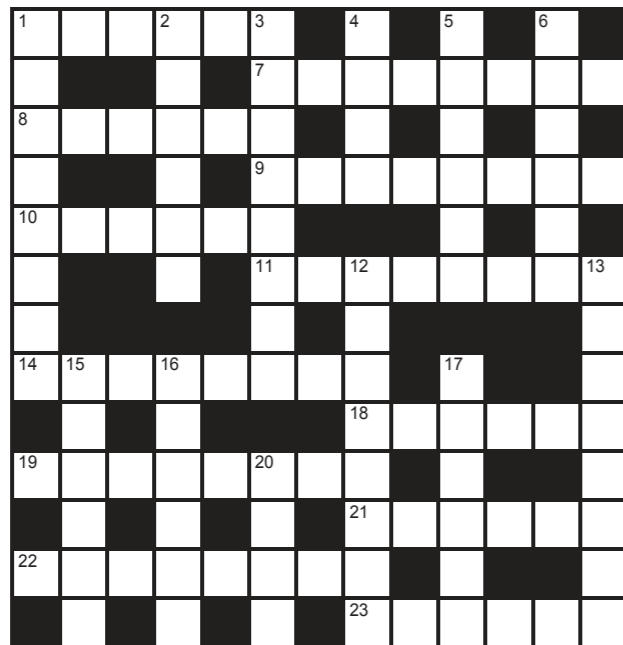
## GENERAL KNOWLEDGE CROSSWORD 721

### ACROSS

- To have a highly coloured or ruddy complexion, is to appear as what (6)
- The Roman numeral XVIII is the symbol for which number (8)
- What is a decoration made of small pieces of stone, glass, etc., of different colours (6)
- Which enlarged mass of lymphoid tissue in the upper pharynx common in children, often prevents nasal breathing (8)
- Which measles are known as rubella (6)
- Name substances used in hygiene such as soap, deodorant, etc (8)
- Which communication was once sent by morse code (8)
- Which term describes something that is contrary to reason, or common sense (6)
- What do we call one who seeks advancement, honours, etc (8)
- Which person lends money at an exorbitant rate of interest (6)
- What is a journalist also known as (8)
- What are items in a sports program (6)

### DOWN

- Which type of chemical is used in disinfecting (8)
- What are royal domains or kingdoms called (6)



- What is a vessel from which wine, water, etc, is served at table (8)
- Name a monster, commonly represented as a hideous giant (4)
- What is a sudden interruption to the supply of blood to the brain (6)
- What is an offer of something for acceptance (6)
- To be underdeveloped, is to be what (8)
- What are the ends of yards of square sails (8)
- Name an annual Christian festival (6)
- Who was a prolific US inventor, Thomas ... (6)
- To be sagacious or shrewd, is to be what (6)
- Name an alternative term for a poker stake (4)

## MINI WORD FIND 022

G N O R T S  
A T G A I A  
R E C N A D  
O Y K E U D  
R E E D A R  
G N O M A R

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

**Add**     **Dancer**     **Eye**     **Rid**  
**Among**   **Den**     **Ink**     **Rung**  
**Cat**     **Due**     **Rag**     **Strong**  
**Dam**     **Ear**     **Reed**

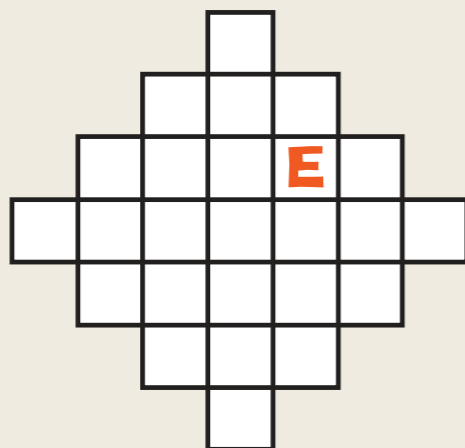
## CURIO 022

In NSW, in 1940, two RAAF training planes collided mid-air and became stuck together – one on top of the other! Most of the two crews bailed with their parachutes, but one brave pilot landed both planes at once. All crew members and both planes survived the incident!

## E-QUATIONS 032

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

C	N+P	
F	T-W	
N	C-P	17
P	Z-W	9
T	W+F	
W	P+F	10
Z	P+W	



## BIYWORD 022

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:

- Bitterly amusing (3)
- Desalination (abb) (5)
- Egg and milk dessert (7)
- In the middle (7)
- Liquor distilled from sugar cane (3)
- Make good again** (5)
- Produce an egg (3)
- Tired (5)
- Water droplets on surfaces (3)
- Wed (5)

A D N T  
A E R U  
A E R W  
C L R W  
C L R Y  
D M S Y

## SUDOKU 022

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

## QUICK THINK 022

Solve the crossword. Each answer has four letters.

### ACROSS

- Bypass
- Dash
- Acres
- Minus

### DOWN

- Voiced
- Foal's mother
- Frozen treats
- Darjeeling and oolong

1	2	3	4
5			
6			
7			

## SOLUTIONS

**QUICK THINK**  
1 Bypass     1 Voiced  
2 Dash     2 Foal's mother  
3 Acres     3 Frozen treats  
4 Minus     4 Darjeeling and oolong

**BIYWORD**  
A D N T  
A E R U  
A E R W  
C L R W  
C L R Y  
D M S Y

**SUDOKU**  
111, W:10, Z:19  
C:26, F:1, N:17, P:9  
E-QUATIONS  
3 Aces, 4 Teas.  
DOWN: 1 Oral, 2 Mares, 7 Less.  
ACROSS: 1 Omit.

**MINI WORD FIND**  
G N O R T S  
A T G A I A  
R E C N A D  
O Y K E U D  
R E E D A R  
G N O M A R

# Bobbin Head Cycle Classic Returns This March

Lifeline Harbour to Hawkebury Sydney

*Register Now!*

Cyclists of all skill levels are gearing up for the Bobbin Head Cycle Classic (Bobbo), returning on Sunday, 30 March 2025. This beloved community cycling event offers breathtaking scenery, a well-organised ride, and the chance to support vital local charities to help those in need.

**Organised by the Rotary Clubs of Ku-ring-gai, St Ives, Turramurra, Wahroonga, and Upper Northern Beaches, the Bobbo features four ride distances—27km, 57km, 80km, and 104km—catering to all abilities.**

Whether you're a seasoned cyclist looking for a challenge or a casual rider keen to enjoy Sydney's spectacular landscapes, there's an option for you. The iconic course winds through Bobbin Head, Ku-ring-gai Chase National Park, and West Head, offering a unique mix of stunning rolling hills, scenic waterways, and well-maintained roads lined with eager-to-help volunteer road marshals.

**More than just a cycling event, the Bobbo raises crucial funds for Lifeline Harbour to Hawkebury Sydney, supporting crisis support and suicide prevention services.** A variety of other local charities also benefit from funds raised, ensuring the event has a lasting community impact.

Every Bobbo rider will enjoy an outstanding event experience, with fully stocked rest stops, on-course support from first-aid and roaming bike mechanics to dedicated traffic management for a safe and smooth ride. Participants can also take advantage of free training plans to help them pre-

pare for the challenge.

After the ride, all participants can kick back and soak up the atmosphere at the Bobbo Village in Karuah Park, Turramurra. With fantastic offerings from our event partners, plus a variety of food and drink trucks, it's the perfect place to celebrate your ride. Plus, every rider will receive a finisher medal to commemorate their achievement!

**This year, there's even more incentive to get involved with incredible top fundraising prizes, including a \$2,000 Trek bike for the top individual fundraiser, a \$2,000 Ride and Seek tour discount for the second-highest fundraiser and a \$1,095 Verve Portraits photography package for third place!**

Registrations are still open, so don't miss your chance to be part of this unforgettable event and start your fundraising journey today:

[www.bobbo.org.au](http://www.bobbo.org.au)

King Publications Pty Ltd  
T/a The Post  
ABN 93 636 850 550

### Edition deadlines:

Ed 66: Deadline 15/03, Print 05/04  
Ed 67: Deadline 15/04, Print 03/05  
Ed 68: Deadline 15/05, Print 01/06  
Ed 69: Deadline 15/06, Print 28/06

The Post is printed monthly and delivered to key locations across the north shore of Sydney.

### CONTACT:

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STONE

# Stone Hornsby's Annual BBQ Fundraiser

Our Colouring Competition is Here!

**THE PRIZE ON OFFER: 4 ATTRACTION PASS FOR A FAMILY OF FOUR - SEA LIFE / MADAME TUSSAUDS / WILD LIFE SYDNEY & SYDNEY EYE TOWER + ACCOMODATION AT THE MERITON SUITES DURING VIVID**

Entries will be sent out in March, or you can collect your colouring sheet directly from our office at Stone Real Estate Hornsby - Shop 1, 2 Burdett Street, Hornsby. We can't wait to see your masterpieces!

The winner will be announced at our big fundraiser event on 12th of April from 3-5.30pm.

***(Please note you must attend the fundraiser to collect the prize.)***

All proceeds from the fundraiser will go directly to supporting the Women's Shelter in Hornsby Ku-ring-gai, helping women in need in our community.

**We are incredibly grateful for the generous support from our sponsors, who have contributed some fantastic prizes for the day; Hornsby Ku-ring-gai Community College, The Hornsby Inn, Gozleme King, Wild Finance, Tender Gourmet Butchers, PCYC, Momo's, Blackout Theatre Company and Stylz Hairdressers.**

Join us in making a difference—one colourful creation at a time! ❤️

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