

# THE POST



thepost.sydney



edition 79 • MAY 2026

**It's better to bank local.**  
**We invest in community.**

Community Bank Lindfield

**Bendigo Bank**

0434 730 976

9416 6337

[lindfield@bendigoadelaide.com.au](mailto:lindfield@bendigoadelaide.com.au)

Opp Lindfield Train Station  
318 Pacific Hwy, Lindfield



## INSIDE:

- **Steel Magnolias Ticket Giveaway**
- **Lifesaving Initiative for Hornsby & Ku-ring-gai**
- **Insights from the Community Energy Summit**
- **North Shore World Class Neurosurgery Theatre**
- **Saving Young Lives: "Lights On" Initiative Arrives in St Ives**
- **Penno HS Carnival Celebrates 60 Years!**

**Your Complete Tree & Garden Specialists**

*Expert care for your landscape, from the roots up.*

**Ready to Transform your garden?**

Get expert advice and a clear plan for your trees today.

**FOR A FREE QUOTE Call Quentin Napier Mobile: 0413 050 649**

## LACHAM TREES

*Operated by: LACHAM Trees PTY LTD*



# Welcome to May

## Publisher's Word

Tina Brown

### ADVERTISING CONTACT

[sales@hkpost.com.au](mailto:sales@hkpost.com.au)

### EDITORIAL CONTACT

[editor@hkpost.com.au](mailto:editor@hkpost.com.au)

### SOCIALS

 @THEPOSTAU

 @THEPOSTAU

### WEBSITE

[www.thepost.sydney](http://www.thepost.sydney)

### WHERE TO FIND

**THE POST  
SYDNEY**

- 2077 • 2080 • 2081 •
- 2082 • 2119 • 2120 •
- 2121 • 2122 • 2125 •
- 2126 • 2157 • 2158 •
- 2159 • 2256 • 2775 •
- 2070 • 2071 • 2072 •
- 2073 • 2074 • 2075 •
- 2076 • 2069 •

There is something special about this month, though I'll admit, the lead-up to Mother's Day feels a little different these days.

This marks my second year without my own mum to spoil, and I no longer have a mother-in-law to share the day with, either. I know I'm far from alone in that; for so many of us, this day is as much about quiet reflection as it is about breakfast in bed.

I count myself incredibly lucky to have been guided by two such formidable women. My mother-in-law was a pillar of the community, a woman of deep faith and strong values who set a wonderful example long before my own children arrived. Then there was my mum - a creative, funny soul with a fierce sense of social justice and a wit that could light up a room. Between the two of them, I was well and truly blessed for every year I had them.

So, these days, the "Mum" mantle officially rests on my shoulders. I suppose one day I'll add "mother-in-law" to my resume, too - but I'm in no rush for that particular promotion! For now, I'm quite happy just being the one opening the handmade cards and enjoying the extra cup of tea.

It is wonderful to see so many Australia's Biggest Morning Tea events popping up across our calendar this month; I'm looking forward to dropping in for a cuppa (and a cake!) at a few.

I also want to extend a massive congratulations to everyone involved in the recent fundraising for the Hornsby Ku-ring-gai Women's Shelter. I am thrilled to share that they soared past their \$300,000 goal, raising a staggering \$328,745. These funds provide more than just bricks and mortar; they represent earlier intervention and a safer future for women and children escaping domestic violence in our area.

A special mention must go to Community Bank Lindfield, whose incredible dollar-matching contribution of \$150,000 was the heartbeat of the SAFE PLACE Appeal. Once again, you have risen to meet a vital community need. Well done to all involved!

I'm also thrilled to have published our first Aged Care and Disability magazine in April and that has hit the streets, so grab a copy or contact our office if you missed out!

To everyone celebrating, remembering, or just navigating the day - wishing you a wonderful Mother's Day!

*Tina*



### Steel Magnolias - Strength and Sisterhood Enter to Win

As The Post is a supporter of the arts, we have been given a double pass for Steel Magnolias for one lucky winner.

Email: [Editor@hkpost.com.au](mailto:Editor@hkpost.com.au)  
with 25 words about why you'd like to win by **Friday 15 May 2026**.

**GROW YOUR BUSINESS  
WITH THE POST**

**THE POST**  
the post sydney

[www.thepost.sydney](http://www.thepost.sydney)

**OVER 99.2% PICKUP RATE**  
Readers seek out The Post  
across Hornsby and Ku-ring-gai

Booking deadline is the 15th of each Month

**Call (02) 8355 5136**

or email [sales@hkpost.com.au](mailto:sales@hkpost.com.au)

THE POST. Your Local Business Partner



Adventist  
Aged Care

Wahroonga














# What's Next?

Adventist Aged Care is the Answer

*Caring* with  
compassion, hope & dignity

## Residential Aged Care Facility & Retirement Village

All our residential facilities are surrounded by beautiful gardens and include:

-  24/7 Registered nursing staff on duty
-  Modern amenities including ensuite
-  Fully secured site
-  Shared kitchens and indoor recreational areas
-  Outdoor activity and relaxation areas
-  Close to public transport and nearby shopping village
-  Activity coordinators
-  Physical therapy facilities and physiotherapists on-site
-  Private and companion rooms
-  Integrated church services
-  A holistic approach to the individual needs of resident

“ Our Residential Aged Care Facilities include modern amenities and provide a home-like environment for all our residents. Our spacious apartments, units and villas allow for independent living whilst providing the peace of mind that comes with being co-located with our newly built and renovated Aged Care ”

Call us today to  
find your new home

✉ [aacsyd@adventist.org.au](mailto:aacsyd@adventist.org.au)  
🌐 [www.aacsyd.org.au](http://www.aacsyd.org.au)

Call (02) 9487 0600

79 Mt Pleasant Avenue Wahroonga, NSW 2076



# Seconds Count: New Lifesaving Initiative Hits Hornsby and Ku-ring-gai

by TINA BROWN

A major community safety initiative is currently unfolding across our communities, driven by a powerful partnership between Community Bank Lindfield and St John Ambulance NSW.



This life-saving collaboration is set to install ten St John G5 fully automatic defibrillators across the Hornsby and Ku-ring-gai LGAs, strategically placed in high-foot-traffic hubs where they are needed most.

The urgency of this project cannot be overstated. Out-of-hospital sudden cardiac arrest impacts more than 26,000 Australians annually.

With survival rates currently below 10%, the first few minutes are absolutely critical. While only 1 in 10 Australians feel "very confident" to provide first aid, a shock from a bystander using an Automated External Defibrillator (AED) can triple the chance of survival, poten-

tially increasing it to as high as 70%.

So far, two key locations have been activated namely West Pymble Pharmacy and Eastern Road Pharmacy, Turramurra.

The defibrillators being installed were funded by a grant of \$38,250 from Community Bank Lindfield as part of their 21st Birthday celebrations back in January 2025. The grant was for 10 publicly accessible defibrillators across Hornsby and Ku-ring-gai council areas.

In the case of both locations, they are ideally situated near local parks and sporting facilities, this device ensures that residents and weekend athletes have immediate access to life-saving technology.

Pharmacist Ben Wilkins, proprietor of Eastern Road Pharmacy was a first mover in advocating for these defibrillators.

On Friday 17 April, The AED was launched at Eastern Road Pharmacy. Nicolette Boele, Federal MP for Bradfield was in attendance and took part in practicing compressions along with locals, volunteers from St Johns Ambulance and staff from the Community Bank Lindfield.



## Future Locations to watch for:

- Berowra Library and Community Centre
- Mt Colah Community Centre
- Storey Park Community Centre, Hornsby
- Galston Community Centre, Arcadia
- Cherrybrook Community Centre
- Pennant Hills Library and Community Centre

Dominic Teakle, CEO of St John Ambulance NSW has been present at both locations to welcome the new defibrillators along with Jennifer Anderson OAM, Chair of Ku-ring-gai Financial Services Limited.

"Every community deserves access to life-saving equipment," says Ben Wilkins, proprietor of Eastern Road Pharmacy. "Our location means we're well-placed to support the wider community when it matters most."

Local man, Bruce welcomed the new defibrillator in his community. Bruce had collapsed in the Turramurra pharmacy nine months ago and he recalled

that "if I had been in a bad way and needed a defibrillator it would have certainly been a marvellous result".

Are you worried about debt, bills or want to do a budget?

FREE SERVICE



Lifeline's Financial Counsellors can help you.

We will listen, talk about your circumstances and your financial situation. We provide financial guidance, can advocate and negotiate on your behalf, and empower you to take control. Our team is non-judgmental, qualified, and respectful. We have male and female counsellors, as well as a Chinese-speaking counsellor. **Appointments are by phone, online or in person at Gordon, Chatswood or Hornsby.**

☎ 8287 1162 ✉ csappointments@lifelineh2h.org.au 🌐 lifelineh2hsydney.org.au



# Blue Gum Community School

## Not Just Any Place

Blue Gum Community School entered the landscape in 2022, presenting families in and around Hornsby with a new option for their children's education - a small school that seamlessly supports children's learning journey from Preschool (for 3 and 4 year olds) into Primary School... currently through to Year 3, and adding a new year level each year.

Four years down the track, Jill McLachlan, the school's Principal, shares that the process of opening the school has been an exhausting but exhilarating roller-coaster ride.

"In a time of uncertainty, our school honours the complexity of the world in which our students are living and

prepares them for that world. Learning is a meaningful exploration of their world, through real and engaging experiences, where deep thinking is normal, accompanied by wonder, curiosity and joy! It's not just any place..."

What makes Blue Gum different?

Its educators' strong belief that children come to school with strengths and a desire to make deep connections - with each other, with ideas, and with the wider community. Learning at Blue Gum is contextualised in research projects that welcome students' different voices, questions and skills. Students develop deep understandings together, explore multiple perspectives and learn to respectfully listen to one another, in a shared search for meaning and knowledge.

Blue Gum's Primary School features an intentional design: two teachers for every 24 students.

The Preschool (ages 3-5) maintains a 2:16 ratio, significantly above the mandated 2:20.

These exceptional ratios allow students to frequently venture beyond the school gates, utilising the broader community - from Hornsby Library to the Royal Botanic Gardens - as a "rich classroom."

This exploration is anchored by a



deep sense of community. In a complex world, Blue Gum prioritises teaching children to tackle challenges and negotiate solutions.

While academic success is nurtured, equal weight is given to social-emotional development.

Ultimately, the school's impact is driven by the quality of its educators. As Jill notes, while the historic house and gardens are stunning, it is the dedicated team working alongside students that ensures an exceptional experience.

This collaborative environment encourages students to listen deeply, with one student reflecting, "listening to other people helps me figure out what I think and sometimes it even changes my mind." At Blue Gum, the focus remains on who the students are and what the community is becoming together.



The school experience you wish your child could have is possible...

**Blue Gum**  
Community School

### Where?

1 Rosemead Road, Hornsby  
9138 2019 [www.bluegum.nsw.edu.au](http://www.bluegum.nsw.edu.au)

### Preschool

9am - 3pm

### Primary School

8:30-3pm

### BGOSH (Blue Gum Out of School Hours)

Before (8 - 9am) + After School Care (3 - 6pm)  
School Holiday Program (8:30am - 3:30pm)

Join our free Waiting List online to be invited to our next School Tour.



**GROW YOUR BUSINESS  
WITH THE POST**

**THE POST**

**OVER 99.2% PICKUP RATE**  
Readers seek out The Post  
across Hornsby and Ku-ring-gai

Booking deadline is the 15th of each Month

**Call (02) 8355 5136**

or email [sales@hkpost.com.au](mailto:sales@hkpost.com.au)

**THE POST. Your Local Business Partner**



# From a Bump to a Baby

## A simpler path to parenthood at the San

Welcoming a baby is a profound milestone, yet for many families, the planning process can feel complex and overwhelming. Sydney Adventist Hospital (the San) is addressing these concerns with a refreshed maternity service designed to provide clarity, convenience, and peace of mind.

Following surveys with local families, the San identified the rising cost of birth and the complexity of private maternity journeys as primary worries.

In response, the hospital has introduced a streamlined approach that focuses on transparency and simplicity, moving away from fragmented care to a more coordinated experience from pregnancy through to postnatal recovery.

A central feature of this update is the introduction of fully bundled maternity packages. These packages are designed to help families manage financial planning amid ongoing cost-of-living pressures, covering core hospital services such as birth (vaginal or caesarean), anaesthetics, and paediatric care.

**Affordability:** Families can save up to \$800 for a vaginal birth or up to \$1,500 for a caesarean, with packages starting from \$800.

**Convenience:** Essential services like pathology and ultrasound imaging are located on-site, allowing families to access care in one place.

**Preparation:** Antenatal education is available online to help families feel prepared well ahead of their due date.

It is important to note that while these bundles cover hospital costs, they do not include obstetrician fees or higher-level care such as ICU or special care nursery services.

### A Focus on Postnatal Wellbeing

While affordability is a key driver, the San's model places significant emphasis on the postnatal period—recognising that the first few days of parenthood are both joyful and challenging. Families are cared for in private rooms, many featuring views of Ku-ring-gai Chase National Park and equipped with double beds so partners can stay comfortably.

Dedicated midwives and nurses provide continuous support, offering guidance on feeding, settling, and bathing. To further support recovery and wellbeing, the hospital offers:

Access to an on-site lactation consultant for personalised breastfeeding

support.

Optional overnight care in a well-baby nursery to allow parents vital rest.

Postnatal exercise classes held throughout the week to aid physical recovery.

### Memorable Touches

The San has also introduced new elements to ensure the experience is as supportive as it is clinically strong. Special inclusions, such as a high tea service during the stay and a commemorative keepsake box, reflect a commitment to making the birth experience memorable for every family.

As families increasingly weigh their healthcare choices, the San's updated maternity model offers a pathway that is easier to navigate, ensuring that planning for a new arrival is as exciting as the moment the baby finally arrives.



Est. 1843

100% Locally owned and operated  
creightonsfuneralservice.com.au

100%  
LOCALLY OWNED  
& OPERATED

Book an appointment at one of our offices or in the comfort of your own home with our mobile representatives.

Office Locations: Phone 1300 130 955

ERINA HEIGHTS  
376 The Entrance Road

TOUKLEY  
2 Viewpoint Drive

PALMDALE  
47 Palmdale Road

GREEN POINT  
460 Avoca Drive

PYMBLE  
1083 Pacific Hwy (cnr Telegraph Rd)

PRE-PAID FUNERALS  
AVAILABLE

LOCK IN THE PRICE  
TODAY!

DOCUMENT YOUR  
WISHES





# Saving Young Lives "Lights On Initiative"



The safety of our youngest road users is a top priority for the Northern Sydney community. To address this, the Northern Sydney Sector Highway Patrol, in partnership with HART St Ives, launched "Lights On" - a vital community engagement event designed to prevent road trauma before it starts.

Held on Saturday 29 March 2026, at the HART facility on Mona Vale Road, this free event offered Learner Drivers under 25 and their supervisors a rare opportunity to practice night driving. By using the controlled HART Road Circuit, learners can gain essential confidence after dark without the stress of regular traffic - all while logging official hours.

The initiative goes far beyond simple driving practice. Local Police from the Highway Patrol were on-site to provide crucial education on:

- Common mistakes and offences made by novice drivers.
- Specific conditions attached to Learner and Provisional licences.
- A simulated roadside testing site to experience police interactions in a relaxed, non-confrontational setting.

With additional presentations from Fire Rescue NSW and HART staff covering crash statistics and vehicle technology, the event aims to empower our local youth with the knowledge to stay safe.

While modeled after successful programs at Eastern Creek, this event was specifically tailored for the Ku-ring-gai and Northern Beaches catchments. It is an invaluable resource for local families looking to protect their teenage drivers. For more information, visit the HART website or call 9391 5110.



Newington College



# Newington friends

**Tour our Lindfield Prep Campus**  
Wednesday 20 May | 9.00am-10.30am

**Book now**  
[newington.info/open](http://newington.info/open)



# The Invisible Debt: The Cost of Addiction

by TINA BROWN

We often discuss gambling in terms of cold, hard numbers, but there is another ledger rarely published: the emotional bankruptcy of the partners and families left in the wake of an addict's deceit.

Recently, a friend shared the harrowing reality of living in the shadow of a partner's addiction. Outwardly, he was the picture of charm, charismatic and caring.

Yet in just ten months, over \$20,000 vanished into poker machines. Remarkably, this same man couldn't find the means to contribute to the couples relationship for necessary expenses.

Ultimately, the addict fled the relationship to outrun his shame, leaving the partner to pick up the pieces of a life she didn't even know was broken.

When a partner gambles, and conceals to this extent, they are wagering the self-worth of the person who loves them. And sometimes this is a wager they lose.

Addiction is rarely just about the behaviour itself; it is often rooted in a complex attempt to escape emotional pain, trauma, or a sense of inadequacy.

For the addict, the high provides a temporary sanctuary, but it is quickly followed by an overwhelming wave of shame.

It is a documented and tragic reality that gambling addicts are frequently susceptible to a second addiction as was the case with this individual.

Whether it is a compulsive turn toward digital sexual stimulation or the use of substances to numb the anxiety of financial loss, these dual lives work in tandem to further isolate the partner.

Within an intimate relationship, a hidden addiction acts like a slow-acting poison.

This systematic deception, often reinforced by gaslighting to protect the secrets and their movements, shatters the foundational bond of trust in a relationship.

The abandoned partner isn't just grieving the lost money; they are grieving the loss of their own sense of safety and the integrity of the person

they thought they knew.

I'm pleased to see that the Albanese government is finally curtailing gambling advertising. Although some believe the recent reform is just 'tinkering around the edges,' I believe it is a crucial start.

We must stop the normalisation of gambling and the association it has with sports, especially for the next generation.

Shining a light on these stories is the first step in breaking the cycle. We must support the loved ones who bear the weight of a debt they never signed for, and a betrayal they never deserved.

**Need support?** If this story has raised concerns for you or someone you know, free and confidential support is available 24/7.

**GambleAware: 1800 858 858 or**

**visit [gambleaware.nsw.gov.au](https://gambleaware.nsw.gov.au)**

**Lifeline: 13 11 14 for crisis support.**

**Family Drug Support: 1300 368 186 for help dealing with a loved one's addiction.**

**Starting January 1, 2027, measures to reduce the public's exposure to pervasive gambling marketing include:**

**Television & Radio:** Capping broadcast ads at three per hour (6 am-8:30 pm), a total ban during live daytime sports, and school-run radio blackouts.

**Digital:** Prohibiting online ads unless users are logged in, verified as over 18, and provided with an opt-out.

**Sports Integrity:** Banning gambling logos on uniforms and in venues, as well as the use of celebrities and athletes in promotions.

To support those affected, the government will expand financial counseling services and enhance the BetStop National Self-Exclusion Register.

By tackling both the visibility and the availability of harmful products, these reforms represent a significant shift toward prioritising community well-being over the saturation of gambling interests in Australian life.

OUTLANDER

TRITON

ASX

AUSTRALIA'S FIRST

10  
YEARS  
NEW CAR WARRANTY

10  
YEARS  
CAPPED PRICE SERVICING

MITSUBISHI  
DIAMOND  
ADVANTAGE  
WHEN ALL SCHEDULED SERVICES ARE COMPLETED AT A MITSUBISHI DEALERSHIP



Alto Mitsubishi Pennant Hills

336 Pennant Hills Rd,  
Pennant Hills NSW 2120

(02) 8817 7777

[altomitsubishipennant hills.com.au](https://altomitsubishipennant hills.com.au)

MD 12957



# Update from Your MP

by  
NICOLETTE BOELE MP  
FEDERAL MEMBER FOR BRADFIELD

This month, I'm launching my petition on housing — if homes are being built in our community, they should be homes we can afford.

I am calling for a clear national definition of affordable housing.

It might sound technical, but the reason is simple: we can't fix a problem if we can't clearly define it.

We hear a lot about "affordable housing", yet Australia still doesn't have a consistent national standard for what that actually means. Governments fund projects under that label, developers build them, and still many people find the homes are out of reach.

**Here on the North Shore, the pressure is being felt across generations.**

Young families are being priced out of the communities they grew up in. Too many grandparents are watching their families move away because they simply can't afford to stay. And essential workers who keep our schools, hospitals and aged care running often can't afford to live here.

We do need more homes — there's no question about that. We also need to make sure the homes being delivered are genuinely affordable and suitable

for the people who live and work in our area.

**I'm calling for a clear, national definition of affordable housing, so that funding, planning and construction are all working toward the same goal.**

If we can't define affordable housing, how can we deliver enough of it?

It's time for governments to set a clear standard and be accountable for the results.

**This petition is about setting that standard — so when we say "affordable housing", it means homes people can actually afford.**

**"Affordable housing" should mean homes people can afford.**

Governments fund "affordable housing".  
Developers build "affordable housing".  
Yet families can't afford it.



Sign my petition to set a clear national definition, so when we build "affordable housing", it means homes that families can afford.



**Nicolette BOELE MP**  
FEDERAL MEMBER FOR BRADFIELD

**There's no consistent national definition of affordable housing.**

## New Playground Opens in Ku-ring-gai

Just in time for the school holidays, Ku-ring-gai Council has unveiled a brand-new playground at Comenarra Reserve in South Turramurra.

The upgraded play space features a sky tower with a slide, swings, climbing poles, a spinner, and fitness equipment. Safety is a priority, with the area resurfaced using rubber and mulch softfall. The project also includes new seating, picnic benches, bike racks, and a bubbler, all enclosed by fresh fencing and landscaping.

Designed with a neutral colour scheme, the equipment blends seamlessly into the surrounding bushland. Ku-ring-gai Mayor Christine Kay highlighted the project's broad appeal,



noting that the space was designed for both children and their carers.

Comenarra Reserve remains a vital hub for the local community and sporting clubs, complementing the new facilities with its existing soccer

field and cricket nets. Whether you're looking for a family picnic or an active afternoon outdoors, the new-look reserve is ready to welcome everyone these holidays.



by **CECILIA CASTLE**  
**CASTLE LAWYERS AT ASQUITH**



Strata Titles have evolved into much more than what once used to be strata dwellings on commonly owned land. Ensuring comprehensive legal advice is received when acquiring strata title property will avoid unexpected findings.

Strata titles can comprise a modest row of townhouses or hundreds of units, sometimes occupying more than one building and configured like a babushka doll. They may contain shared facilities managed by a building management committee under a strata management statement.

Strata titles may also contain community titles, exclusive occupancies and special by-laws applicable only to particular lots. Large developments may contain tiered structures of neighbourhood and precinct schemes within community associations.

# Understanding Strata Titles

Definitions include:

**Strata Title:** The system of property ownership used for units, townhouses and some commercial properties where owners purchase individual "lots" within a larger, common property. Strata titles are usually vertical, such as high rise apartment complexes where private residences are divided by walls. Common areas such as foyers, lifts and staircases are managed by a body corporate known as the "Owners Corporation".

**Community Title:** A system of property ownership primarily used for gated estates, holiday parks and large developments. Similar to Strata, Community Title involves ownership of individual lots within a larger common property. However, Community Title typically involves lots consisting of private land and houses, and of communal spaces including amenities like parks, roads and private recreation facilities. Financial responsibility for communal "association property" is shared by the "Association" under various tiered schemes of management. The primary tier is a "Community Scheme" where, beyond Association property, ownership and maintenance of individual lots operates much like the

Torrens system of non-strata homes.

**Neighbourhood Scheme:** Neighbourhood Schemes provide a subsidiary management structure for houses and townhouses with minimal shared property, usually driveways and landscaping. Neighbourhood Schemes can stand alone, or be used in conjunction with other schemes to subdivide the management of lots within a large development under Community Title. A "Management Statement" is required to set out by-laws for owners, and architectural restrictions can be imposed on buildings within the scheme.

**Precinct Scheme:** Precinct Schemes are a less common, intermediary tier of management structure for large, ongoing developments under Community Title. Unlike Neighbourhood Schemes, Precinct Schemes cannot exist without a parent Community Scheme. They are useful for breaking down groups of lots into specified precincts to oversee the management of shared amenities as each stage of a large development unfolds.

And that is a babushka doll redefined in strata legal terms.

## From Grandparents to Game-Changers

by **ANO MAKURUMIDZE**

In a world where personal safety concerns are growing, two Sydney grandparents have turned their lived experience into innovation, launching Watchfuli. This smart personal safety app gives individuals and their families real-time peace of mind, wherever they are.

Ken and Adelle, the founders behind Watchfuli, didn't come from the tech world. Ken is a psychologist, and Adelle is a former teacher. But when they found themselves lying awake worrying about their grandchildren's safety, they decided to stop worrying and start building." Five years in the making, Watchfuli is now available to Australian users in both free and premium versions.

At the heart of the app is an intuitive

traffic-light system that anyone can use in seconds. A red alert immediately contacts both emergency services and the user's nominated protectors. Orange signals a potential concern and monitors quietly until the user checks in. Green simply lets loved ones know all is safe.

But Watchfuli goes further than a standard emergency button. Even if a phone is damaged or loses power, the app continues to record and securely upload location and audio data. Built-in deterrents, including sirens and spoken alerts, can help de-escalate threatening situations before they worsen.

For everyday safety, the self-monitoring timer lets users set a personal check-in window. If they don't check back in, their Protectors are notified automatically, ideal for someone walking to their car late at night, a teenager heading home from training, or an elderly parent

living alone.

Drawing on Ken's professional background, Watchfuli incorporates the RESCUE model, a framework rooted in international emergency management, to guide users clearly through high-stress situations. The dual-role design means both the person seeking help and those looking out for them (protectors) are kept informed and connected throughout any incident.

What began as a grandparent's wish has grown into a mission to protect thousands of Australians. Watchfuli is already drawing interest from families, schools, and community organisations who see its potential beyond individual use.

The app is available now in free and premium versions at [www.watchfuli.com](http://www.watchfuli.com).

# The Post Launches Aged Care & Disability Magazine

by TINA BROWN

This April, The Post was incredibly proud to launch our inaugural Aged Care & Disability Magazine, a publication specifically curated for our Upper North Shore community.

The response has been heart-warming; it has been so well received that we are already hard at work preparing our next edition, slated for release later this year for the Summer/Autumn season.

With our region home to a significant number of residents over the age of 80, we recognise the vital need for high-quality, local, and relevant information that truly serves our community. Our goal is to ensure that essential resources and inspiring stories are easily accessible to those who need them most.

A massive thank you goes out to the advertisers and contributors who made this first publication possible. Your support is what allows us to keep our community connected and informed.

You can find copies of the magazine at all our usual local distribution points, and they are currently making their way into aged care facilities across the area.

Want to be involved in the next issue?

If you have a local story to share or would like to explore advertising opportunities, we would love to hear from you.

Email: Simply reach out to us at [Editor@hkpost.com.au](mailto:Editor@hkpost.com.au)

Register: Scan the QR code, and our team will get back to you.

## Aged Care & Disability

THE POST

Autumn / Winter 2026



### Your Guide to Living Well

From navigating dementia care and elder law to the secrets of stress-free downsizing, eye health and neurodiversity... it's all right here!

Everything you need to thrive and more!

KarisLife  
Assistive Independence

Your Local Assistive Technology Specialists

We understand the needs of people in NDIS and Support at home.

Speak to our knowledgeable staff who understand your mobility needs.

[KarisLife.com.au](http://KarisLife.com.au)  
1300 662 800



# OUT NOW!

## COUNTRYWIDE COACHES SOME 2026 TOURS

Expressions of interest wanted for the following tours:

Please check the website, phone, or email. There's no obligation

- Murray River Explorer Mid-Year Departure for multiple days. Echuca to Swan Hill region. Includes a paddle steamer lunch cruise.
- Parkes Agricultural Show. Largest in the region with equestrian and dog trial events. Includes a visit to "The Dish". End of August.
- Grafton Jacaranda Festival. Explore the Northern Rivers region for multiple days at the end of October.

Don't miss out, Call now!

Countrywide Coaches takes bookings for Groups, large and small. 52 Seat Capacity for:

- ☞ Day Trips
- ☞ Overnight and Short Breaks
- ☞ Extended Tours

Or our 9 seat Mini coach which is ideal for Weddings, Christmas Functions, Airport Transfers

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

Call: 0409 864 853

Email: [greg@countrywidecoaches.com.au](mailto:greg@countrywidecoaches.com.au)

TfNSW Accreditation No. 43301



# Dream. Dare. Do.

## Where Confidence Takes Centre Stage This Youth Week

by ANO MAKURUMIDZE

This Youth Week, Marian Street Theatre for Young People (MSTYP) brought a unique experience to Sydney's North Shore, an inspiring day dedicated to encouraging young individuals to dream bigger, take bold steps, and achieve.

On 17 April, the East Lindfield Community Hall buzzed with energy during three free events centred around this year's theme, "Dream. Dare. Do."

Organized by MSTYP, a not-for-profit theatre company and drama school with a rich history of over 50 years in the Ku-ring-gai community, the program provided a wonderful opportunity for young people to immerse themselves in creativity, build connections, and embrace courage.

The day kicked off with an Improv Workshop led by the talented Nicolas Hiatt, a professional actor renowned for his work in both theatre and film.

Aimed at teenagers, this engaging session encouraged participants to embrace spontaneity, think on their feet, and build confidence through the joy of play, an experience beyond the confines of textbooks.

"Confidence isn't something that just appears," shared Giselle Beale, Chair of MSTYP. "It's something that's nurtured over time, through creative risk-taking, teamwork, and the bravery to let yourself be seen. Youth Week provides a remarkable chance to create environments where young individuals can discover who they are and what they're capable of."

Ryan Ennis hosted a Q&A session, the acclaimed playwright of *Drizzle Boy*, which proudly won the Queensland Premier's Drama Award for 2022-2023.

As well as being the first Australian play written by an autistic playwright about an autistic protagonist. Brought

to life by MSTYP's Access Class and Performance Ensemble, the production beautifully explores themes of identity, connection, and belonging, with remarkable warmth and authenticity.

The Q&A offered young individuals a unique opportunity to engage directly with a working theatre maker. Ryan shared valuable insights into his creative process and the diverse pathways that can lead to a career in the arts.

MSTYP expressed its heartfelt gratitude to the Ku-ring-gai Council, the Creative Advisory Committee chaired by Wendy Blaxland, and the passionate teaching artists and young performers whose hard work made the day a success. As a not-for-profit organization, MSTYP reinvests all proceeds from its programs to enhance access to the arts for young people from diverse backgrounds and abilities throughout the North Shore.



## *Beyond the Sold Sign*

### *Why the 'How' Matters as much as the 'How Much'*

by  
THOMAS SKELLY  
FORSYTH REAL ESTATE

Selling a family home in Sydney is rarely just a financial transaction; it's one of the most significant emotional hurdles a homeowner will ever face. We often see the glossy "Sold" stickers, but we rarely talk about the weeks of uncertainty that lead up to them.

A recent story involving a local Sydney vendor has been gaining traction, not just for the final price achieved, but for the "process" behind it. Like many long-term residents, these owners were cautious. They weren't looking for a "high-pressure" environment; they were looking for **clarity**.

In a fast-moving market, the temptation for agents is to rush to the finish line. However, in my experi-

ence, the best results come from slowing down the strategy to speed up the sale.

By focusing on "Strategic Positioning" over "Market Hype," the goal is to give the vendor back something rare in real estate: **Control**.

When the process is structured - from the initial appraisal to the final negotiation - the stress of the "unknown" evaporates.

As this local family discovered, when you have a roadmap, the result often exceeds the expectation. In today's Sydney market, success isn't an accident; it's the result of a partnership built on transparency.

I combine modern property strategy

with the traditional values of a family business that has served Sydney since 1898.

If you are curious about your property's potential, I offer a straightforward, no-pressure approach to help you understand the current landscape.

Discover your property's true value. Book your complimentary appraisal with Thomas Skelly today.

Forsyth Real Estate | Trusted Since 1898



# Powering The Future

## Insights from the Community at the Business Energy Summit

by TINA BROWN



On Wednesday, 8 April, I had the pleasure of attending the Community and Business Energy Summit. This significant event was a collaborative initiative between the Ku-ring-gai Chamber of Commerce and EnergyZE North Shore Inc., supported by a Ku-ring-gai Council Net Zero Grant.

The evening brought together a diverse group of local leaders and sustainability experts to explore how the clean energy transition is reshaping our economy and community. It offered practical insights into the energy transition at a local level and highlighted some of the risks and opportunities.

A major highlight was the keynote address by Cathy Foley, former Chief Scientist of Australia, titled "Energy Strategy for a Changing Economy," which framed the transition not as a values issue, but as a vital matter of economic sovereignty.

Foley emphasised that Australia possesses the vast resources needed to become a renewable energy superpower. While storage remains a hurdle, the pace of development is exceeding expectations, and renewables are already the cheapest energy source available by a significant margin. Interestingly, while some key

technologies may not be fully realised until 2040, the shift is already driving productivity through initiatives like the Future Made in Australia Plan.

**What This Means for Local Business**  
A portion of the summit focused on the new Mandatory Reporting Requirements for businesses.

While large entities began reporting on climate-related risks in January 2025, smaller businesses will see flow-through effects by July 2026 and 2027. Foley urged the business community to "get on the front foot" by:

- Understanding current energy costs and carbon footprints.
- Creating a plan to decarbonise, not all at once, but at the appropriate time.
- Connecting with stakeholders to build resilient supply chains.

Panelists included Dr Kate Wilson, Climate and Sustainability Advisor, Tim Buckley, Climate Energy Finance, Rod Sharples Community Advocate. Nicolette Boele, Federal Member for Bradfield was the Moderator for the event.

The success of the summit is a testament to the leadership of Adrienne McLean, President of the Ku-ring-gai Chamber of Commerce. Her focus on topics relevant to both business

growth and sustainable development has truly revitalised the Chamber.

McLean's leadership of the Ku-ring-gai Chamber has seen membership grow significantly in recent years.

Locals in attendance asked a range of questions such as 'Is there a way to insulate your house without renovating', to 'are community batteries still government policy and are there plans for Ku-ring-gai'. Mr Peter Vun, Energy & net Zero Strategy also spoke about Ku-ring-gai Councils broader initiatives.

As we look toward the future, it is clear that clean, green energy is a sovereign asset for Australia.

Whether you are a small business owner or a resident, embracing this transition offers a pathway to save costs while contributing to a sustainable local legacy.

It was wonderful to see Ku-ring-gai Council supporting this event and considering the various ways they can support not only residents in their community but also small businesses with energy transition and there were several Councillors in attendance.

It was a great community event with a focus on hyperlocal initiatives and connecting business and community.

## Page&Co

Our purpose goes beyond selling properties – *we're here to help you.*

This belief drives unwavering commitment in everything we do.

We understand the lasting impact these decisions have on lives and futures.

Our people-first focus allows us to deliver emotional insight, expert strategy, and exceptional service.

**Because People Come First.**

**WE SELL HOMES LIKE**  
*They are our own*

Driven to get the best results for you

Call **Karen** or **Chloe** today

📞 0418 643 264 | 0439 662 495



# Changing the Moment that Changes Everything

## The P.A.R.T.Y Program

Every year, thousands of young Australians make decisions that change their lives in an instant. For those aged 16 to 24, unintentional injury is the leading cause of death in NSW, accounting for 88% of all fatalities in this age group. It's a confronting reality and one that shows just how important prevention is.

More than 200,000 young Australians are admitted to emergency departments each year due to preventable trauma.

Behind every number is a life forever changed, a family impacted, and a future that may never look the same.

The P.A.R.T.Y. (Prevent Alcohol and Risk-related Trauma in Youth) Program is changing that story.

Delivered by trauma clinicians at Royal North Shore Hospital and Hornsby Ku-ring-gai Hospital, the program offers an immersive, evidence-based experience that takes young people through the real-life journey of a trauma patient - from emergency admission to surgery, intensive care and rehabilitation.

It's a powerful education experience that stays with you.

Designed for students aged 15 to 25, the program brings the consequences of risk-taking into sharp focus - from alcohol and drug use to reckless driving and peer pressure. Students hear directly from doctors, nurses and



decision can have lifelong consequences.

"The P.A.R.T.Y. Program helps students understand the ripple effect of their choices," says Renee Peard, Nurse Manager at the Trauma Centre, Royal North Shore Hospital. "By giving them the tools to recognise potential injury-producing situations, they can develop strategies to make safer decisions and minimise unnecessary risk."

Teachers are seeing the impact. Many local high school teachers have highlighted the importance of the program being free and accessible, especially for at-risk students. While not every student can attend, those who do share what they have learned, spreading awareness through their peers and

communities.

The results speak for themselves. Evaluations show a 31% reduction in not wearing seatbelts and a 27% drop in behaviours linked to spinal cord and head injuries - clear evidence that the program is changing attitudes and saving lives.

Now, the opportunity is to reach even more young people.

With demand continuing to grow, there are plans to scale up the P.A.R.T.Y. Program across NSW. The expansion to the mobile P.A.R.T.Y. Plus+ model means sessions can now be delivered directly in schools, with capacity for up to four each week. Building on the success of the original program, P.A.R.T.Y. Plus+ is set to make an even greater impact on the safety and wellbeing of young Australians.

But this growth depends on philanthropic support from the community.

Through the NORTH Foundation charity, donors can help bring this to more schools, more communities and more young Australians.

Because the most powerful way to change behaviour is not to tell young people what could happen - but to show them.

And in doing so, help more young people make it safely into the future.

To donate to the P.A.R.T.Y. Program go to: P.A.R.T.Y. (Prevent Alcohol and Risk-Related Trauma in Youth) Program.

**GROW YOUR BUSINESS  
WITH THE POST**

**THE POST**

**OVER 99.2% PICKUP RATE**  
Readers seek out The Post  
across Hornsby and Ku-ring-gai

Booking deadline is the 15th of each Month

**Call (02) 8355 5136**

or email [sales@hkpost.com.au](mailto:sales@hkpost.com.au)

THE POST. Your Local Business Partner



## Thinking of renovating?

**Think Smith & Sons Hornsby and Turramurra!**

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



**Smith & Sons**  
RENOVATIONS & EXTENSIONS

Contact our team today on 1300 787 577 or  
head to [www.smithandsons.com.au](http://www.smithandsons.com.au)



by OSCAR SIMMONS

Sydney Adventist Hospital (the San) in Wahroonga has launched Australia's most advanced neurosurgery theatre, a facility only the second of its kind in the world outside the United States.

The new interventional neuroradiology theatre allows clinicians to diagnose and treat patients in the same room, removing the need to transfer critically ill patients between imaging and surgical suites. For stroke and aneurysm cases, where every moment of delay causes further harm, that capability can be lifesaving.

Research published in the journal *Stroke* by neurologist Jeffrey Saver has quantified precisely what delay costs: during a large-vessel stroke, the brain loses approximately 1.9 million neurons per minute. Subsequent clinical studies on mechanical thrombectomy, the clot-removal procedure this theatre is built to support, found that every minute saved in treatment time yields an additional 4.2 days of healthy life.

Eliminating a single intrahospital transfer, which research shows can take between 20 and 60 minutes, can translate to months of recovered function and

## North Shore Gains World-Class Neurosurgery Theatre



Pictured: Head of Neurosurgery at the San, Clinical Professor Brian Owler AM

Head of Neurosurgery at the San, Clinical Professor Brian Owler AM, said the theatre delivers on that urgency. "By combining advanced biplane imaging with open neurosurgery capability in a single operating room, we can diagnose and treat patients in real time, without delay," he said.

Adventist HealthCare CEO Brett Goods highlighted the scale of need. Stroke affects more than 55,000 Australians each year and remains one of the country's leading causes of death and

disability.

The theatre was officially opened on 1 April by Member for Wahroonga, Alister Henskens SC MP, and was made possible through the generosity of San Foundation donors. The milestone builds on the San's recent recognition as Australia's first private hospital to receive an Angels Award from the World Stroke Organisation. For the Hornsby and Kuring-gai communities, it means access to world-class neurological care closer to home.



# PURE PLUMBING PROFESSIONALS

EDITION 79 – MAY 2026

# PLUMBING PROBLEM? WE'LL SOLVE IT FAST!



Call The Punctual Plumber

## 0485 800 196

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

**24/7** Emergency  
Service

License no: 267530C

  @pureplumbingpros



# Celebrate 60 Years of Penno Pride at the PHHS Carnival!

On Saturday 27 June



Photo courtesy Leeanne Young

Spirit." Over 300 parents and carers roll up their sleeves to make this magic happen, with support from local police, emergency services, and St John Ambulance. Best of all, every dollar raised goes directly toward essential learning and wellbeing resources for our students.

### The Grand Finale

The night concludes with a fabulous fireworks display that will light up the Pennant Hills sky. Wrapped up by 9:00 pm, so you can enjoy the full experience and still have the kids home at a reasonable hour!

Entry for the carnival will be \$2 per person and Under 5s free. There will also be early bird pricing for ride armbands available prior to the event.

### Calling All Sponsors

Our Carnival is fully funded by the generosity of local partners. If you'd like to see your business featured in our newsletter, across social media, and host a stall on the day, contact Michelle at:

[pennohighcarnival@gmail.com](mailto:pennohighcarnival@gmail.com).

Brought to you by the PHHS P&C. See you at the 60th Anniversary Carnival!

Get ready, Pennant Hills! The most anticipated event on the community calendar is back, and this year, it carries a very special significance.

The Pennant Hills High School Carnival is officially taking centre stage as the highlight of our school's 60th Anniversary celebrations, and we are inviting the entire community to join the party.

After welcoming over 10,000 patrons at our last event, we've pulled out all the stops to make this year's milestone even bigger. Whether you're a teenager looking for a high-energy vibe or a family seeking a fun night out, there is something for everyone to eat, buy, experience and explore.

Lock in the date: Saturday 27 June, 3 - 9 pm.

"We've got hours of entertainment lined up for the whole family, from thrill rides for the big kids to fun rides for the little ones, plus a fantastic range of local artisans and novelty vendors as part of our Market stalls. And come hungry, because with everything from sweet treats to pizza, there's something to keep everyone satisfied all night,"

Michelle Scott,  
Carnival Director.

### Rides, Radiance, and Resilience

From the adrenaline of the big rides to the creative flair of Makeover Mile and the sugar-hit of Sweet Street, the school grounds will be transformed into a vibrant festival hub. You can wander through over 30 market stalls, grab a bite from a fleet of food trucks, or support our dedicated P&C cafe and cake stalls. If you need a moment of calm, our Zen Den offers a peaceful space to chill and record memories in the photo booth dome before hitting the excitement again.

### A Stage for Local Talent

The air will be filled with music and performance, featuring our incredibly talented PHHS bands alongside local primary schools and dance academies. It's a true showcase of the North Shore's rising stars!

A Community Effort with a Heart

This event is a testament to the "Penno





# In a Market of Uncertainty, Clarity is Your Greatest Asset

by **TIM MITCHELL**  
**FOUNDER OF BOW TIE BUYERS AGENCY**

Right now, if you read the morning headlines, you'd be forgiven for feeling entirely paralysed about the property market. Are interest rates holding? Is it a buyer's or seller's market? If we relocate up the M1 to the Central Coast, are we buying at the right time?

Lately, I've noticed a significant shift in the conversations I am having with buyers. They aren't just coming to me for access to real estate; they are coming to me for clarity.

In times of market uncertainty, the sheer volume of conflicting information causes "analysis paralysis."

Buyers become so overwhelmed by the noise that they either make rushed, emotional decisions or do nothing at all, watching great opportunities pass them by.

When you are looking to make a major life change like uprooting your household from Sydney for a coastal lifestyle that uncertainty is naturally amplified. You are navigating unfamiliar micro-markets, different pricing structures, and the fear of the unknown.

Clarity comes from stripping away the emotion and the media hype and replacing it with hard data and a defined strategy. As a Buyer's Agent, my job is to filter the noise. We sit down, define exactly what your family needs and then evaluate the market objectively. We look at the actual numbers, the true local market conditions, and the fundamental value of a property.

Uncertainty breeds stress, but clarity brings confidence. When you have a clear strategy, buying a property stops feeling like a gamble and becomes a secure, calculated step forward.



## STOP BUYING WITH YOUR HEART. START BUYING WITH DATA.

We don't buy "nice houses". We engineer portfolios.

- ✓ Portfolio Sequencing (Unlock Property #3)
- ✓ The Dual-Metric Model™ (Balance Yield & Growth)
- ✓ Forensic Due Diligence (Avoid the lemons)
- ✓ Valuation Guarantee (Never overpay)

**BOOK YOUR FREE PORTFOLIO FEASIBILITY STUDY**

w: [bowtiebuyersagency.com.au](http://bowtiebuyersagency.com.au)  
E: [Tim@bowtiebuyersagency.com.au](mailto:Tim@bowtiebuyersagency.com.au)  
T: 0402 293 933

Tim Mitchell is the Principal Buyer's Agent at Bow Tie Buyers Agency. If you are looking to buy a property and want a data-led approach to your next property, contact Tim at 0402 293 933, [tim@bowtiebuyersagency.com.au](mailto:tim@bowtiebuyersagency.com.au) or visit [www.bowtiebuyersagency.com.au](http://www.bowtiebuyersagency.com.au)

**BETTER CONNECTED**

Join us for real conversations and local growth

**The Junction | Hornsby & Ku-ring-gai**

Friday 29 May 2026  
from 10:00 AM  
at Cafe Patina, Wahroonga

**Hornsby Jewellers**  
Local Family owned & run Jewellery Business

Alterations • Re-modelling • Repairs  
Engagements • Weddings • Anniversaries

Onsite Workshop

LAB GROWN DIAMONDS In stock

Together we can design an original piece of jewellery and quote while you wait.

If you have your own gold

- whether to save or sentimental - we can reuse
- We also buy gold & jewellery in any condition

We now do laser engraving

**Kurt & Daniel Seifert Jewellers**  
1A William Street,  
Hornsby 2077  
Phone 9476 4711

*Kurt Seifert the real Jewellers*

# LIFE COULD BE A DREAM

In Cinemas 14 May

by  
TINA BROWN

It was a privilege to attend the premiere of *Life Could Be a Dream* on 22 April, a film that beautifully captures the resilience and spirit of a woman called Sarah, a forty-year-old woman standing at the threshold of a life she has never fully lived.

As she and her teenage son navigate their way toward freedom, they confront both external threats and the mythology Sarah has long held about rescue and relationships.

Finding temporary sanctuary in a luxurious mansion she has been tasked

with selling, Sarah begins to imagine a future defined by choice rather than fear. At its heart, the film explores the fierce and fragile bond between mother and son as they attempt to break cycles and redefine love on their own terms.

Seeing such a poignant story unfold on the big screen was a reminder of why I am so passionate about my work in advocacy and media - storytelling has a unique power to bridge divides and foster deep connections.

It's a visually poetic Australian production and is a debut feature from award-winning Australian filmmaker Jasmin Tarasin.

The evening was a wonderful opportunity to catch up with local creatives and fellow supporters of the arts, all while celebrating a project that truly champions the values of empathy and courage we hold dear on the North Shore.



## Steel Magnolias Strength and Sisterhood

Theatre Royal  
13-31 May

Get ready to step into Truvy's beauty salon, the beating heart of a small Southern town where the hair is big, the gossip is juicy, and the friendships are unbreakable.

Producers Neil Gooding and Alex Woodward have assembled a "who's who" of Australian screen and stage royalty for a dazzling new national tour of the cherished classic, *Steel Magnolias*.

Under the visionary direction of Lee Lewis, this production unites an extraordinary ensemble that reads like

a television Hall of Fame. Leading the cast is Gold Logie winner Lisa McCune as M'Lynn, joined by Home and Away icons Belinda Giblin as the crotchety Ouiser and Debra Lawrance as the witty Clairee.

The talented Mandy Bishop takes on the role of the salon matriarch, Truvy, while current star Jessica Redmayne portrays the spirited Shelby. Rounding out this elite lineup is the brilliant newcomer Lotte Beckett as Annelle.

Director Lee Lewis describes the group as a "magic cast," promising a production filled with the signature love, laughter, and tears that have made Robert Harling's play a global phenomenon.

Within the familiar walls of the salon, these six women navigate life's greatest milestones - from weddings and babies to the profound weight of tragedy - with humour and fierce courage. It is a timeless exploration of the "steel" found within the delicate "magnolia."

This 2026 tour marks a significant homecoming for the play, which famously featured a young Nicole Kidman in her professional stage debut during its 1988 Australian premiere.

ENTER TO WIN TICKETS  
See Page 2

# Juno Gemes and Robert Adamson on the Hawkesbury River

8-30 May 2026

Celebrating the photography of Juno Gemes  
and the poetry of Robert Adamson and their kindred, collaborative spirits

Curated by Rhonda Davis, Senior Curator, Macquarie University Art Gallery

To be opened at 2pm on Saturday 9 May by the Hon Linda Burney  
with a poetry reading by Chris Haywood

Gallery hours Tues to Sat 10 am-5 pm FREE ENTRY | Gate 7, 1666 Pacific Highway, Wahroonga |  
02 9473 7878 | gcsgallery@abbotsleigh.nsw.edu.au | www.gcsgallery.com.au |  
An Anglican Pre K-12 Day and Boarding School for Girls

 Grace  
CossingtonSmithGallery

 ABBOTSLEIGH



Juno Gemes Dawn beside the camp fire - Juno Gemes and Robert Adamson -  
Mount White, Winter 1987, photograph

## A Life on the River

by OSCAR SIMMONS

At Cheero Point, the kitchen window of Juno Gemes' home looks out across the Hawkesbury River. Mangroves and mudflats stretch along the bank. Tea is ready the moment I walk in the door.

She leads me through to the library; books line the floor-to-ceiling shelves. "The greatest collection of poetry in the country," she tells me. This was the room where her late husband, the renowned poet Robert Adamson, devoted his life to poetry. I sit beneath an oil portrait of Adamson by Garry Shead. His presence radiates from the walls, the scattered thoughts on loose pages, the piles of sketches, and from Gemes herself.

Best known for over fifty years of photographic advocacy documenting First Nations peoples' struggles for recognition and rights, Gemes now turns to a more intimate archive: her life with Adamson on the Hawkesbury.



This month, for the first time since Adamson's passing in late 2022, their forty-year creative partnership will be celebrated at the Grace Cossington Smith Gallery. "I wanted it to be an exhibition for the river community, for Hornsby Shire, for the local community," she says.

"I wanted to acknowledge and celebrate our life together, but not in a sentimental way," Gemes says. "In a searching way. What can I discover that I didn't know?"

Adamson had loved the river since childhood. After they got together

in 1986 and made it their permanent home, Gemes quickly understood that his connection ran deeper than the water itself. "This was his spiritual country," she recalls. "It didn't take me long to fall in love with it either."

Together, they founded and ran the distinguished Paper Bark Press, publishing forty volumes over twenty-five years. Their book *The Language of Oysters, a portrait of life on the river*, underpins the exhibition. "In the years of being without Bob, I've been examining our life," Gemes reflects.

The day before my visit, Gemes had been clearing out Adamson's desks. Among the discoveries were sketchbooks dense with writing and bird drawings. "He wanted to be an ornithologist," she says. "He loved birds all his life."

In his final months, Adamson spent his days with Spinoza, a satin bowerbird the couple had nursed from three days old. "His greatest comfort," Gemes says.

Six months after Adamson died, Spinoza flew free. Two bowerbirds were waiting for him by the river.

Every now and again, she says, she still sees him.

Juno Gemes and Robert Adamson on the Hawkesbury River opens Saturday 9 May and runs to 30 May at the Grace Cossington Smith Gallery, Wahroonga. Free entry, Tuesday to Saturday 10am-5pm.

Images from: *The Language of Oysters, Poems* by Robert Adamson, Photographs by Juno Gemes, Fine Arts Press, 1997.





## North Shore Residents Targeted in Sophisticated "Romance Baiting Scams"

by TINA BROWN

A sophisticated wave of relationship and "romance baiting" scams is targeting local residents, prompting a fresh warning from Scamwatch and consumer advocates to stay vigilant when connecting online.

With a high concentration of retirees and professionals across suburbs like Turramurra, St Ives, and Mosman, North Shore residents are often viewed as prime targets by overseas syndicates. These scammers use emotional manipulation to fleece victims of life savings, often under the guise of fake medical emergencies or "exclusive" cryptocurrency opportunities.

The National Anti-Scam Centre has launched a new campaign to help locals spot the signs of a relationship scam before the financial and emotional damage becomes irreversible.

While traditional romance scams often play out over months, a newer trend known as "romance baiting" is catching locals off guard. These scams move quickly from friendly banter on dating apps or social media to high-pressure investment pitches.

Scammers build trust, then ask for money, gifts, or personal details, with some scammers pushing fake investments, including cryptocurrency, and ask the person to move the chat to a private messaging app where it's harder to trace.

For many in our community, particularly those who may be newly single or navigating a life change, the promise

of both connection and financial gain can be a powerful lure.

Cristina Davy, Aligned Love Strategist and Coach says "What I'm noticing is that people often see what doesn't quite fit early on, but part of them still wants to make it work because of how it feels. They're made to feel special, important, and deeply seen, often very quickly. For someone who has been feeling lonely, that kind of attention can feel very real, even when things don't fully add up or don't move into real life in a consistent way. That's why it's important to look at what is actually happening, not just how it feels."

On the North Shore, where privacy is often valued, scammers use secrecy to isolate their victims. They frequently invent "crises," such as hospital bills or legal trouble, to pressure residents into sending money quickly via untraceable methods like gift cards or crypto-transfers.

Local residents are urged to watch for these key warning signs:

**The "L-Word" Lead:** Proclaiming deep feelings or a desire for marriage very quickly.

**The Technical Pivot:** An insistence on moving the conversation off the original platform to encrypted apps like WhatsApp or Telegram.

**The "Broken Camera" Excuse:** Repeatedly cancelling video calls or in-person meetings.

**Isolation Tactics:** Encouraging you to keep the relationship secret from friends, family, or financial advisors.

## Neutral Bay's Newest Gem



It was a glorious, sun-drenched Sunday on April 12 when the doors swung open for the soft launch of Honey Rider Bar in Neutral Bay.

The afternoon was a beautiful celebration of a new local chapter, and we couldn't be more thrilled for its new owner, none other than Sarah Monahan.

Our Publisher, Tina, first connected with Sarah back in March at the International Women's Day event in Roseville. Sarah was the guest speaker for the Hornsby Ku-ring-gai Women's Shelter that day, and it was immediately clear that she is an inspiring woman of immense talent and heart.

Many of you will fondly remember Sarah from her days on the iconic Australian series *Hey Dad!*, and you can dive deeper into her journey in our April edition of *The Post*.

Spending time at the bar and chatting with Sarah was a true highlight. Her creative vision for the space is as bold as it is welcoming. *Honey Rider* isn't just a place for a drink; it's a budding hub for community-focused initiatives, including podcasting and engaging local events. You can already feel the vibrant, creative energy that she is pouring into every corner of this venue.

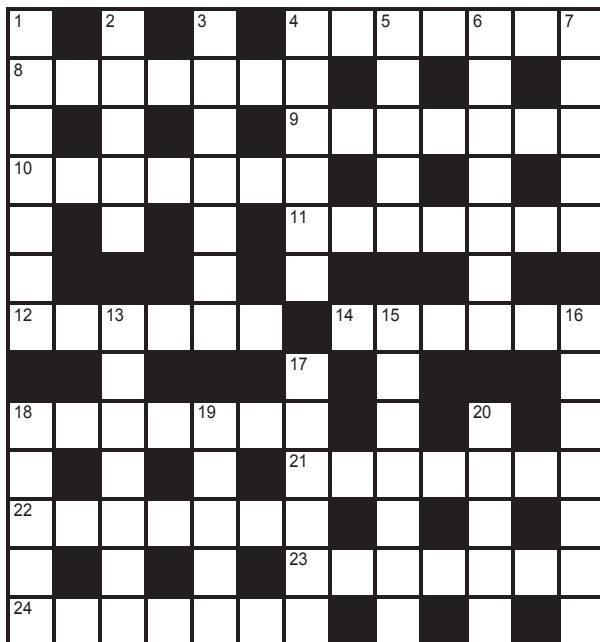
If you're in the area, do yourself a favour and stop by to soak up the fantastic ambiance. It's the perfect spot to enjoy a drink, say hello to Sarah, and experience what is destined to be a standout local gem for Neutral Bay.

# Your Puzzles!

## GENERAL KNOWLEDGE CROSSWORD 730

### ACROSS

- 4 What are service stations also known as (7)  
 8 To act as chairperson is to do what (7)  
 9 Which games are held every four years, with occasional interruptions (7)  
 10 Which legendary monster is part man, part horse (7)  
 11 What are male geese called (7)  
 12 Name the heavy one-edged swords used especially by cavalry (6)  
 14 Who founded the One Nation party in 1997, Pauline ... (6)  
 18 What are holiday places known as (7)  
 21 Which soldier is of the lowest military rank (7)  
 22 To furnish, or supply, is to do what (7)  
 23 Name an Australian rugby union footballing legend, David ... (7)  
 24 What is another term for a sweets course (7)



### DOWN

- 1 Geronimo was the chief of which group of Native Americans (7)  
 2 What is a female donkey called (5)  
 3 Name an alternative term for an oyster (7)

- 4 Who is the patron saint of England (6)  
 5 Name an artificial silk (5)  
 6 What are ground squirrels of W North America (7)  
 7 What are religious denominations also known as (5)  
 13 Which chess pieces move obliquely on squares of the same colour (7)  
 15 What are courtyards also called (7)  
 16 Name agents of retribution or punishment (7)  
 17 What is a countenance or facial expression (6)  
 18 What does the R in REM stand for (5)  
 19 Which term describes an increase in wages (5)  
 20 Name another word for a bet (5)

## MINI WORD FIND 031



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

- |               |            |             |            |
|---------------|------------|-------------|------------|
| <b>Apt</b>    | <b>Now</b> | <b>Ray</b>  | <b>Too</b> |
| <b>Banned</b> | <b>Our</b> | <b>Son</b>  | <b>Toy</b> |
| <b>Bay</b>    | <b>Pad</b> | <b>Tan</b>  | <b>Zip</b> |
| <b>Dyed</b>   | <b>Paw</b> | <b>Tape</b> |            |
| <b>How</b>    | <b>Pop</b> | <b>Thy</b>  |            |

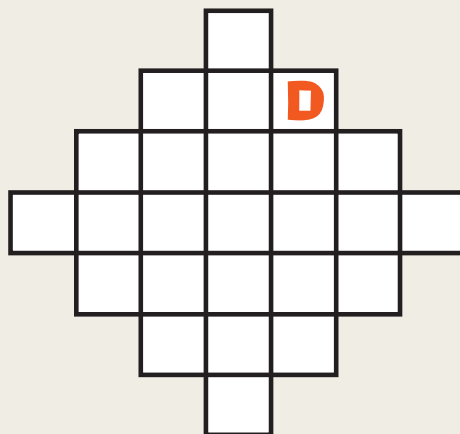
## CURIO 031

Chemist Alfred Nobel (1833-96) believed his invention of dynamite would bring peace. "The day that two army corps can mutually annihilate each other in a second, all civilised nations will surely recoil with horror and disband their troops". He left his fortune to establish the Nobel Peace Prize.

## E-EQUATIONS 041

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

<b>A</b>	<b>Q ÷ G</b>	<b>2</b>
<b>C</b>	<b>L + A</b>	
<b>G</b>	<b>I - C</b>	<b>4</b>
<b>I</b>	<b>C + G</b>	
<b>L</b>	<b>C - A</b>	
<b>N</b>	<b>I + A</b>	<b>17</b>
<b>Q</b>	<b>N - L</b>	



## BIYWORD 031

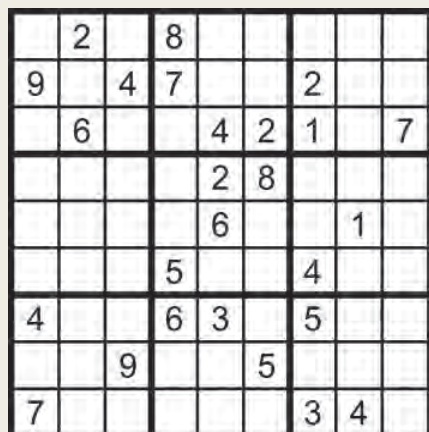
Build it yourself using the clues and each of the twenty-four letters once only to form ten words: five across and five down. A key word (bold clue) builds on the letter set in the grid.

### CLUES:

- Clod (3)  
 Decay (3)  
**Every day (5)**  
 Grown-up (5)  
 Illicit (3)  
 Irrational numbers (5)  
 Meadow (3)  
 Of the moon (5)  
 Seek an opinion (7)  
 Variant (7)

A L O T  
 A L R T  
 C L R U  
 D N S U  
 E N S V  
 I O S Y

## SUDOKU 031



## QUICK THINK 031

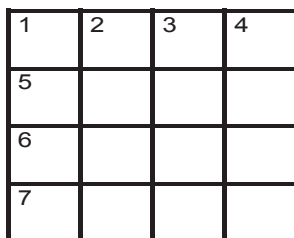
Solve the crossword. Each answer has four letters.

### ACROSS

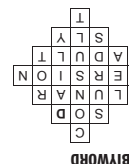
- 1 Discontinue  
 5 City on the Tiber  
 6 ... Minor  
 7 Catches on

### DOWN

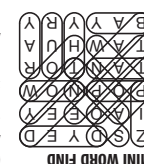
- 1 Downer  
 2 Pink  
 3 Leave out  
 4 Vegetables



## SOLUTIONS



**QUICK THINK**  
 DOWN: 1 Drag, 2 Rose, 3 Omf, 4 Peas.  
 ACROSS: 1 Drop, 5 Home, 6 Asia, 7 Gets.



To advertise, please call **02 8355 5134** or email [sales@hkpost.com.au](mailto:sales@hkpost.com.au) or visit [www.thepost.sydney](http://www.thepost.sydney)

PLUMBERS

**PURE PLUMBING Professionals** 24/7 EMERGENCY PLUMBING

**BLOCKED DRAINS** **HOT WATER REPAIR**

**GAS FITTING** **LEAKING TAPS**

**IF WE CAN'T FIX IT YOU DON'T PAY\***

Google ★★★★★ 4.9 | LICENCE #233302C

**PUREPLUMBINGPROS.COM.AU**

CALL US ON 9188 1542

**SCOTT & SONS PLUMBING**

**DRAINING & GASFITTING**

All plumbing works Domestic, Commercial and Industrial.

- Hot Water
- Blocked Drains
- Pipe Relining
- Gutters
- Burst Pipes
- Roof leaks

Mention this advertisement to get 10% discount on labour. **10% Discount\***

24/7 Emergency Plumbing

**0477 664 334**

service@scottandsons.com.au  
Lic. No. 141840C

24/7 EMERGENCY PLUMBING

**0416 190 557**

Lic 194022c

Blocked drains? Cleared **FAST!**

**NKJ PLUMBING** Est. 2010

**FREE CCTV INSPECTION** (WITH ALL BLOCKED DRAINS)

**NKJPLUMBING.COM.AU**



BLOCKED DRAINS



GENERAL



BURST PIPES



CCTV INSPECTIONS



GAS FITTING



EXCAVATION

**LOCAL KU RING GAI PLUMBER**

ELECTRICIAN

**RED ALERT LOCAL ELECTRICIAN**

**ELECTRICAL & DATA Residential & Commercial**

- Lighting and Power
- Switchboard Upgrades
- Ceiling Fans
- Data and Security
- Fault Finding
- Kitchen, Bathroom & Electrical Renovations
- Repairs & Maintenance
- Safety Inspections

@redaltelecricial  
redaltelecricial@outlook.com

**0447 572 143**

Licence No. 341247C

Licensed & Insured **24/7 EMERGENCY SERVICE**

ROOF REPAIRS

**FELLOFIX ROOF REPAIRS**

Honesty and quality are first

All aspects of roof repair & restoration. Over 15 Years experience.

Fully licenced.

Call for a free quote. Lic: 202353C

**Call Joe Now: 0434 444 252**

PHOTOGRAPHERS

**kate mitchell PHOTOGRAPHY**

**HEADSHOTS**

**BRANDING**

**EVENTS**

**FAMILY**

**KATEMITCHELLPHOTOGRAPHY.COM.AU**



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

**Edition deadlines:**  
Ed 80: Deadline 15/05/26, Print 30/05/2026  
ED 81: Deadline 15/06/26, Print 04/07/2026

The Post is printed monthly and delivered to key locations across the North Shore of Sydney.

**CONTACT:**  
Phone: 02 8355 5136  
Mail: PO Box 2189,  
Normanhurst NSW 2076

**Disclaimer:** All responsibility for information, advertisements and opinions appearing in The Post is solely that of the contributor or advertiser, not of the Editor, employees or contractors.

**Copyright:** Stories, artwork and photographs appearing in The Post are copyright to either King Publications or the rights owner (where identified). The Post cannot be reproduced in whole or in part without the express written permission of the Editor. Where the rights holder has not been identified for whatever reason, The Post will issue a correction as soon as possible after being made aware of the oversight.

Please direct all comments, complaints to the Editor via email or by post.



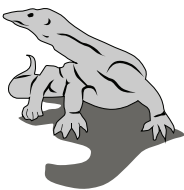
To advertise, please call **02 8355 5134** or email [sales@hkpost.com.au](mailto:sales@hkpost.com.au) or visit [www.thepost.sydney](http://www.thepost.sydney)

## AUDIO & VISUAL

### Goanna Audio Visual

Ph: **1300 888 125**

- Audio
- Lighting
- Vision
- Staging



Hornsby NSW 2077

w: [www.goannaaudiovisual.com](http://www.goannaaudiovisual.com)

e: [paul@goannaaudiovisual.com](mailto:paul@goannaaudiovisual.com)

## PAINTERS

### Jin's Painting Group Pty/Ltd

'Best Experienced  
and Most Honest  
Painters in Sydney'



Contractor Jin  
0430 141 503

[quote@jinspainting.com.au](mailto:quote@jinspainting.com.au)  
[www.jinspainting.com.au](http://www.jinspainting.com.au)

ACN: 647 293 034 / Lic Number 289867C

### JEFF PAINTING

- Interior & Exterior
- Best Price, Best Quality
- All Jobs Guaranteed, Fully Insured
- All Korean Painter.
- Free Quotes

Call : **0449 070 724** or [677tnt@naver.com](mailto:677tnt@naver.com)  
LIC# 305058C

### HERFO'S WOODSHED & REGISTERED PUBLIC WEIGHBRIDGE

*Pacific Highway Berowra*

Absolute quality firewood sold legally by  
measured weight.

National Measurement Institute  
approved weighbridge for trade and  
RMS vehicle weighing.  
(*appointments necessary*)

**9988 4444**

[www.herfoswoodshed.com.au](http://www.herfoswoodshed.com.au)  
[info@herfco.com.au](mailto:info@herfco.com.au)

## DRIVING

### Marques Driving School

**"The Patient Professionals"**

Licence No 006488

Mob **0428 222 305**  
Office **9477-5802**

## WANTED

### WANTED AUTOMOTIVE MEMORABILIA

Signs - big & small, literature, badges,  
toys, oil cans, petrol pumps, models,  
number plates, pedal cars, tools, clothing,  
trophies, complete old cars and car parts.

**CALL STEPHEN: 0422 799 302**

*Help us to help you recycle and see  
old treasures get a new life*

## GARDENERS

### MARKZZ LAWNZZ

#### Lawns & Edges

Domestic, Commercial and Strata

**Fully Insured**

More than 25 years experience

**Free Quotes**

**Call Mark: 0411 271 070**

### LAWNMOWING SERVICES

Lawns mowed, edges trimmed.

Reliable friendly service.

Free Quotes 0433 933 028

### NICK'S LANDSCAPING

Lic #: 96884C

**25 + Years in Business**

**All types of landscaping work**

- \* Retaining Walls, Sandstone work
- Timber, Paving & Repairs
- \* Pressure Cleaning
- \* Turf & Gardening

**Free Quotes**

**CALL 0418 169 369**

## BUILDERS

### NORTH STAR CONSTRUCTIONS

Stefano **0452 205 887**

Experienced Carpenter/Builder  
Specialising in home renovations,  
extensions, small projects, decks &  
pergolas.

[info@northstarconstructions.com.au](mailto:info@northstarconstructions.com.au)  
Lic. 327221C

### ASPECT Z

Architects & Builders (Lic. 262763C)

**37 Years Industry Experience**  
**Residential & Sustainability Experts**  
*Passive Design Specialist*

**Renovations | New Dwellings**  
**Granny Flats | Tiny Homes**

**0402 219 960**

[aspectz.com.au](http://aspectz.com.au) | [paul@aspectz.com.au](mailto:paul@aspectz.com.au)

### Spooner Design

Building Designer. All Areas.  
Any additions.



Call Lindsay **0412 495 323** or  
Email [spoonerdesign@kets.com.au](mailto:spoonerdesign@kets.com.au)

### Paul the Handyman

PH 0424 647 053

No job too small, reasonable rates.

No call out fees, fully insured

We cover home maintenance, carpentry,  
painting, tiling, gardening and lawns,  
gutter guard installations and gutter  
cleaning, pressure cleaning. Flat Pack Assembly  
Kitchen / Bathroom Renovations

e: [1handypaul@gmail.com](mailto:1handypaul@gmail.com)

## BUSINESS DIRECTORY

The Post Business Directory  
is Online

Check for Your Listing Today

## DOMINATE THE NORTH SHORE

Reach thousands of local customers with a powerful print ad here and a 24/7 listing in The Post's Online  
Business Directory.

Get a competitive edge for less.

**CONTACT US TODAY**

EMAIL: [sales@hkpost.com.au](mailto:sales@hkpost.com.au) CALL: 02 8355 5136

# Just like baby, everything is bundled



San Maternity Fully  
Bundled Packages  
now available.

Scan the QR Code  
below to find out more.

