Hornsby Ku-ring-gai Post

Issue 9 - May 2021

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Mother's Day

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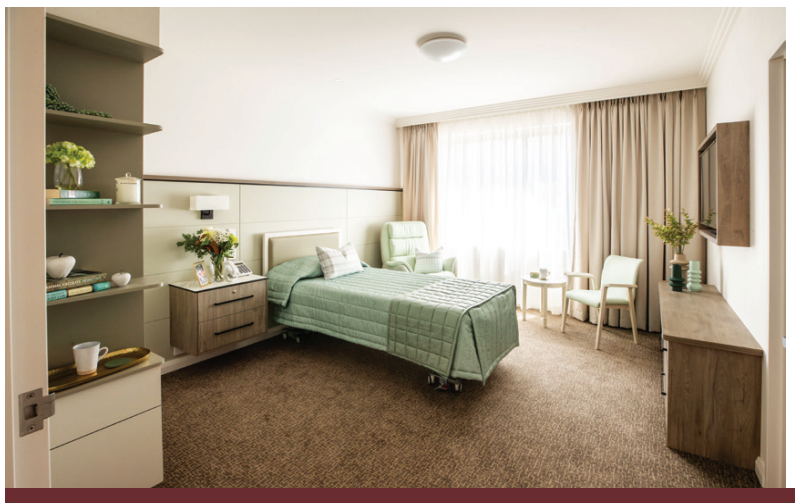
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A word from our publisher

Tina Brown

MAY brings a lot of activities and worthy causes into view.

In this edition we have shared some interesting Mother's Day stories for our readers to enjoy.

Additionally, being a community focused publication, we encourage our readers to support small businesses in our area. We draw attention to our regular small businesses who advertise with us each month. There are lots of gift choices for mums.

May is also the month of National Volunteer Week (May 17-23). It's a great time to consider volunteering for a local organisation or charity if you have the availability.

In line with that, I'd like to shine a spotlight on some special volunteers from the Rotary Club of Ku-ring-gai who have done a stellar job organising the Lindfield Fun Run (see our stories on page 6 and 28) and the Bobbin Head Cycle Classic (page 29).

These important events show the power of the community in coming together to the benefit of local charities and causes that many prevail upon throughout life.

Finally, we'd love to invite our readers to connect with us directly at Australia's Biggest Morning Tea on Thursday, May 27, as featured on this page, and help us raise funds for the Cancer Council.

Wishing you all a wonderful May!

Come and join us for tea in Turramurra

WE would like to invite the community to join us to raise funds for the Cancer Council and have a tea-riffic time in the process.

Given how hard the past 12 months has been for the elderly, we see this as an opportunity for them to get amongst the community and enjoy a morning out.

Australia's Biggest Morning Tea is celebrating 25 years this year. The Cancer Council estimates that by 2040 the number of Australians with a personal history of cancer will increase by a whopping 72 percent. This means that in the coming years the services provided by the Cancer Council will be needed more than ever before.

In 2019 the Cancer Council raised more than $13 million from the morning tea, this year they would like to raise even more. We would like to do our bit by asking the community to join us with a goal of raising $1000.

Increased cancer survival rates are now at 69 per cent which is up from 49 per cent in the 1980s. This is largely due to research, more and more people are surviving cancer than ever before.

This is a community effort and we are pleased to be able to fund raise for the support, prevention and awareness of cancer. Please join us and meet the *HK Post* team.

There will be a lovely selection of morning tea both sweet and savoury, lucky door prizes and raffles to enjoy. All funds raised are going directly to the Cancer Council. Anyone wishing to contribute with cakes or other morning tea items is very welcome to give us a call on 8355 5136.



Cancer Council
Australia's Biggest Morning Tea

Who: Hosted by the *Hornsby Ku-ring-gai Post*
When: Thursday, May 27
From 10am until noon
Where: Turramurra Masonic Centre,
1247 Pacific Hwy, Turramurra
Cost: $15 per person, including morning tea
$10 per person for seniors

Scan the QR code to register for Australia's Biggest Morning Tea. See you there!

We would like to thank the generosity of the local businesses and individuals who have eagerly donated items towards the success of the day:

Asquith Golf Club
Bendigo Bank, Lindfield & Turramurra Branches
Jane Simpson Brows
Kiplings Garage Bar
Turramurra Masonic and Function Centre
West Pymble Bicentennial Club

Need a lift to the morning tea?

While our venue is only about 400m from Turramurra Station, if you would like door-to-door return transport from within the Ku-ring-gai Council or Hornsby Shire area, Hornsby Ku-ring-gai Community Transport can help those aged 65 and over.

Call 9983 1611 to request assistance.

If you're not already a client of HKCT, some basic personal details will be required.

A subsidised fee is only $15 or $20 per person (depending on your location) and $25 or $30 per couple.

Next edition: Deadline: May 20, 2021 **Publication date:** May 29, 2021

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Change to a full-service bank you'll feel good about.

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Lindfield Community Bank
318 Pacific Highway
Ph: 9416 6337

Bendigo Bank
tlcbb.com.au

Latest News

HORNSBY SHIRE COUNCIL

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



from the Mayor's Desk

The event many of you have long been waiting for has arrived: the release of the draft master plans for Hornsby Park and Westleigh Park. I know just how much the community has been looking forward to this because of how often I am asked about them. These plans present a range of ideas on how the sites could be used and are not development applications. Hornsby Park is especially anticipated, as it will create a vast new open space just a few minutes' walk from Hornsby Station. A big part of it is the rehabilitated Hornsby Quarry, which was filled in using material from the recently completed NorthConnex Tunnel. It includes facilities for walking, cycling, mountain biking, climbing, field sports and other activities. Westleigh Park will be a sports and recreation complex with multiple facilities, including sporting fields with lights, a synthetic grass sportsground, an athletics track, amenities buildings, internal access roads and carparks. There will also be bushland restoration, play facilities, bushwalking trails and mountain bike trails. The draft master plan proposes ideas on how these activities could be accommodated on the site and protect the existing good value bushland, while balancing the needs of a range of stakeholders.Council does not currently have the funds to pursue both projects to their full completion, but will undertake them in stages. The top priority will be Hornsby Park. A core goal of this project from the beginning has been to have active and ongoing community consultation. We want to hear your thoughts on the ideas presented. Please visit **hornsby.nsw.gov.au/yoursay** to see the draft master plans.

Philip Ruddock AO
Mayor
Hornsby Shire Council



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FRIDAY NIGHTS 5-8.30PM

FREE | QR CODE CHECK-IN ON ARRIVAL | NO BOOKINGS REQUIRED

Fridays April through to May
For more details:
hornsby.nsw.gov.au/ftf

Guided bushwalks are back!

Experience the beauty of the Bushland Shire on a guided bushwalk.

Whether you prefer an easy stroll or a more challenging walk, there's something for everyone.

Free. Bookings essential:
hornsby.nsw.gov.au/bushwalks

Compost and Worm Farming Workshop

Get some expert tips on how to set up and look after your compost bin or worm farm and save the environment by turning food waste into nutrient rich compost for your garden.

Saturday 8 May, 10am–12.30pm
Thornleigh Community Recycling Centre

Free. Bookings essential:
hornsby.nsw.gov.au/whatson

Law Week 2021

Join us for a free talk on Wills, Powers of Attorney and Enduring Guardianships.

Wednesday 19 May, 2pm at Pennant Hills Community Centre.
For more information and to book, visit **hornsby.nsw.gov.au/library**



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For more information visit: **hornsby.nsw.gov.au/plants**

Have your say

We value your input on local community issues and have several important projects coming up. Please have your say and get involved.



Artist's impression, Hornsby Park

As Hornsby Shire's population grows, so too does the need for a wide variety of open and green spaces. To cater for this long-term demand, ideas have been prepared for how two exciting regionally sized parks could be developed to provide a huge range of activities for generations to come.

Hornsby Park

We are creating a leisure and nature destination of regional proportions. The site's historical significance to the area, the dramatic quarry walls, lake, the ecologically and endangered bushland mean this is no ordinary park – it is unique to Hornsby. Council is seeking the community's feedback on the draft master plan and park delivery priorities.

Have your say by visiting our website **hornsbypark.com.au** or **scan the QR code.**

Westleigh Park

Will be a regional sized, multi-purpose sports and recreational destination delivered over a number of stages. It will be large enough to provide a number of sportsgrounds for a range of activities, as well as informal exercise areas, playgrounds, bushland experiences and mountain bike trails. A draft master plan has been developed and Council is seeking the community's feedback.

Visit: **hornsby.nsw.gov.au/westleighpark**

Delivery Program and Operational Plan

2021-2022 Delivery Program including the Operational Plan 2021/22

Outlines the Services, Key Initiatives and Capital Projects Council has planned to move towards the community vision in the Community Strategic Plan. The Annual Budget and other financial details including Council's resourcing information, information on rating and domestic waste management are also included.

Fees and Charges 2021/22

Outlines what Council will charge in 2021/22 for services and facilities it provides.

On Public Exhibition until **Monday 17 May**
hornsby.nsw.gov.au/yoursay

Draft Community Engagement Policy and Plan

Outlines Council's commitment to building open, transparent and active relationships with the community, and provides a guide for staff and consultants in the deliverance of best-practice community and stakeholder engagement with high-quality outcomes.

On Public Exhibition until **Friday 28 May**
hornsby.nsw.gov.au/yoursay



Fighting fit: Over-70s winner Val Whatham with fellow runner Tessa Noble.

A fun time for a good cause

THE Lindfield Fun Run took place on Sunday, April 18, starting at Roseville Park with the route mapped for Lindfield.

This year there was a great turnout of young and old in support of the Rotary Club of Ku-ring-gai's efforts to raise funds for KYDS and other local causes.

The Lindfield Fun Run is supported in large part by local businesses. Real estate group Marshall.Chan.Yahl were the major sponsor, with Managing Director Craig Marshall contributing support for about 18 years and acting as the MC on the day.

Read our full story on page 28.

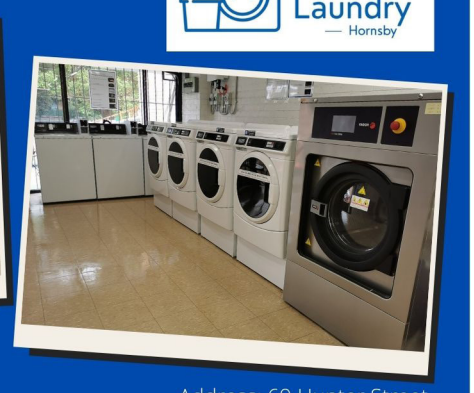
Further fun run information including photos and runners' times and places are available online at **www.lindfieldfunrun.org.au**

For more stories, visit us online at hkpost.com.au

Trading Hours
Monday - Friday 9am - 6pm and
Saturday and Sunday 9am - 3pm

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A fully refundable $5,000 deposit, with nothing more to pay until early 2022, will secure your place at Kokoda Residences, buying 'off the plan'. So now is your time to contact Maureen Malouf on 9299 3953 or 0499 411 522.

Sales Suite Open by appointment
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9299 3953 | 0499 411 522

kokodaresidences.com.au

Image is for illustrative purposes only. Correct as at May 2021. J005943A

Ku·ring·gai Council

A message from the Mayor



Ku-ring-gai Council is continuing to support our community as we emerge from the restrictions that were necessarily imposed during the pandemic. Last year we gave around $80,000 in COVID-19 assistance grants to a range of organisations providing help to vulnerable people in the community.This year our attention is turning to rebuilding community organisations that provide outreach services in Ku-ring-gai. To that end, I'm delighted to announce two grant funding programs which are now open for applications.

Firstly, Ku-ring-gai Council's Community Grants are now open to organisations for equipment, events and cultural activities. **Applications close on Sunday 6 June**.Past grants have been awarded for camping equipment to support scouts and guides; IT equipment to train volunteers; a community garden for intellectually disabled young adults; Lunar New Year celebrations and cooking classes for widowers and carers.

A community grants information workshop will be held at the Council Chambers at 818 Pacific Highway Gordon on Friday 7 May from 10am to 12 noon; for more information go to www.krg.nsw.gov.au/communitygrants

Secondly, Environmental Grants of up $5000 are also being offered to schools, community groups and individuals for environmental projects in the local area. The grant scheme is funded through Ku-ring-gai's Environmental Levy. **Applications close on 21 May 2021**.

A total of $50,000 in grants will be available for projects that are ongoing, or new initiatives requiring start-up funding to get off the ground.

Projects that could receive funding include native bee hives, bush regeneration work, community gardens, school education projects, wildlife audits and waste and recycling initiatives. To find out more about these grants visit www.krg.nsw.gov.au/levygrant

I do hope you'll be able to come to some of the events in our inaugural Ku-ring-gai Heritage Festival, which is on until 19 May. The Festival is a new event and aims to provide local residents with a deeper understanding of Ku-ring-gai's history, from its connection with indigenous culture and the first settlers in the area. The Heritage Festival includes events such as photo exhibitions, open homes, historical talks, walking tours, fashion exhibitions and author talks. Virtual tours of some well-known historical properties will also be on offer. Find out more and see what else is planned for the Festival at www.krg.nsw.gov.au

This September sees NSW go to the polls in local government elections that were postponed in September 2020 due to the pandemic. You would be aware that the presence of women in politics is a matter of much public discussion at the moment.

For my part I want to encourage women to take their rightful place in political life – and local government is the level of government closest to the people they serve. Councils deal with a myriad of issues every day and provide a huge breadth of services to local residents.

As Ku-ring-gai's longest serving Mayor I am immensely proud that our Council has a good record of gender equity for elected Councillors. If you are a female resident and interested in representing your community, please contact me at mayorpa@kmc.nsw.gov.au or go to the NSW Government's website at www.olg.nsw.gov.au

Jennifer Anderson, Mayor of Ku-ring-gai
mayor@kmc.nsw.gov.au | 9424 0709
facebook.com/**kcmayor**

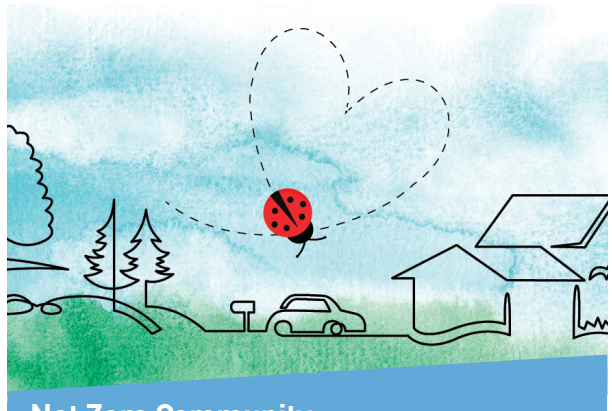


Apply for a community grant

Community groups and other organisations such as schools can apply for Ku-ring-gai Council's community grants. There are three categories: equipment, community development programs and arts & cultural programs.

Applications open on Monday 26 April and close on Sunday 6 June.

For details go to **krg.nsw.gov.au/communitygrants**



Net Zero Community

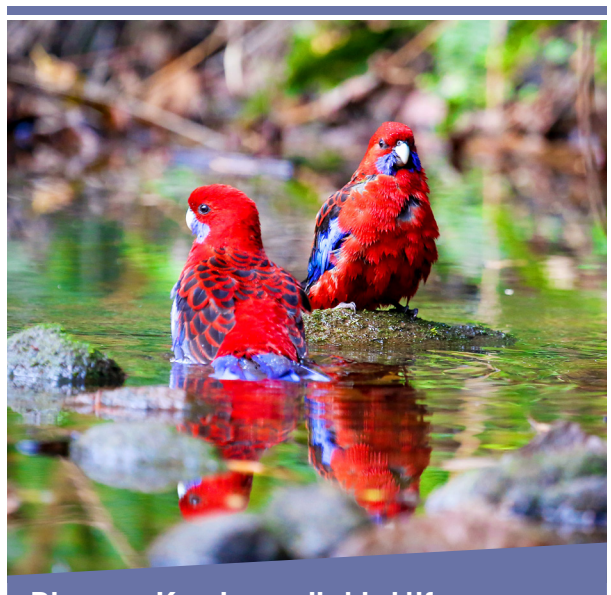
Learn how Ku-ring-gai can reduce its greenhouse gas emissions to zero by the year 2040. Complete an online survey and find out more at **https://oursay.org/netzero**



Your neighbours and the law

Come to a free talk at Gordon Library on Wednesday 19 May 6.30pm-7.30pm discussing common neighbourhood problems and how to resolve them.

Bookings are essential as spaces are limited; visit **krg.nsw.gov.au/whatson**
This is a COVID-safe event with safety measures in place.



Discover Ku-ring-gai's bird life

A free guided walk through the Garigal National Park with bird expert Andy Burton. The walk is on Thursday 3 June 8.30am to 10.30am; for bookings go to **krg.nsw.gov.au/whatson**



Discover the rich history of Ku-ring-gai during the Festival. On until 19 May

Highlights include photo exhibitions, open homes, historical talks, walking tours, virtual tours of heritage homes, fashion exhibitions and author talks. Full details at **krg.nsw.gov.au/whatson**



Mother's Day for mothers without mothers

By Sharlene Townes

MOTHER'S Day was borne out of a desire to honour and support grieving mothers in post-World War I Australia. Mothers who were thrust violently and abruptly out of their beloved role of motherhood.

Mother's Day may have been commercialised in the 1920s but it has evolved into a much-needed excuse for busy families to carve out time together and express gratitude for all that mothers do for them.

It is also an opportunity to reflect on this uniquely personal and precious relationship.

As Mother's Day approaches, my mind wanders to the mothers who have difficult relationships with their mothers; who are geographically distant; or who have no contact, either through estrangement or death. I wonder how they will honour their role as a mother while sitting with the painful reality of another Mother's Day without their mother.

As a woman who lost my mother before having my children, I speak personally to the overwhelming chasm left behind by mother loss.

A message of love to mum from K Lowden of Mount Colah

"I love my mum Rosemary because she has taught me to be kind and she shines bright in her kindness to others every day."

When a woman loses her mother she not only loses a 'motherhood model', she also loses a uniquely safe place to land throughout life as a 'daughter'.

As Mother's Day advertising begins to appear I am reminded that families will gather in May and while the mother in me will relish time with my boys, the daughter in me will feel sad and a little lost. I look a lot like my mother. It is a gift that bears fruit for me daily when I look in the mirror and see her in my eyes. Her legacy of nurturance, generosity and loyalty live on through my mothering and my hope my boys will carry this into their experience of fatherhood … and so the mother lives on.

Margaret Sanger put it beautifully: "The mother memories ... closest to my heart are the small gentle ones . . . of mother drying my tears, reading aloud, cutting cookies and singing as she did … tucking me into bed … They have carried me through the years and given my life such a firm foundation that it does not rock beneath flood nor tempest."

If like me, you experience Mother's Day without your mother, create rituals that foster feelings of connection to her. Her legacy of motherhood lives in and through you.

If you are fortunate enough to be physically with your mother this Mother's Day, squeeze her a little longer to show her just how precious she is.

For mum...

arms open, inviting,
worries disappearing as,
you sink lower into the embrace,

words left unsaid,
anger pouring out,
love left hidden deep below the surface,
begging for three words to be said,

three easy, simple words,
left untold but still known;
comfort, warmth, all found,
in that one embrace,
that we all crave unknowingly.

Mothers left with their arms open,
words lifting us up,
under appreciated as we all
leave home,

Mothers, appreciated quietly,
knowing without words,
no need to say the words they know
that are hidden beneath the surface,

Mothers, loved by all,
needed by everyone,
we would be nowhere
without the hugs and comfort words
they give knowing when we need,

So here's to all the mothers,
thank you, and we love you,
have the best day,
you deserve it the most!

Adena Miller
Year 10
Masada College

Plant sale

The Rotary Club of Berowra's Annual Mother's Day Plant Sale
Saturday, May 8, 2021
From 8.30am until 4pm
Hunt Reserve – corner of Pacific Highway and Beryl Avenue, Mount Colah.

A huge range of plants suitable for gifts for mums, grandmothers and aunts, as well as for freshening up the garden. Choose from camellias, azaleas, Australian natives, assorted shrubs and hedges.

Rotary Club of Berowra





Mother's Day

Tasty Chinese Restaurant Asquith

357 Pacific Highway Asquith

Open Tuesday to Sunday

11:30 AM – 2:30 PM, 5:00 – 9:30 PM

Phone: 99874240

tastychineserestaurant.com.au



名蘆 Tasty Chinese Restaurant

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Kurt & Daniel Seifert Jewellers

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Phone 9476 4711

Advertorial

Asquith Golf Club has a lot to offer

ASQUITH Golf Club has been the heart of the local community for 80 years, offering a unique and tranquil experience to all.

The club invites anyone within the community to experience their range of facilities on offer from golfing to dining and functions.

Locals can enjoy the bar and bistro that the brasserie boasts while taking in the stunning panoramic view of the golf course.

It's become the perfect meeting place for family and friends. Their function space is well-suited to all manner of events whether small or large, corporate or social.

From birthday parties, weddings and seminars to local clubs and organisations holding meetings, you won't be disappointed.

"The Asquith Golf Club hosted the Meet the Publisher event on February 11 with a superb meal and exceptional service overlooking their pristine golf course" – HK Post, March edition

Conveniently located just five minutes from the Mount Colah exit on the M1, Asquith Golf Club is easy to get to and offers a very convenient large free carpark.

Enjoy 10 per cent off your next meal at Asquith Golf Club by presenting the coupon below before Wednesday, June 30, 2021.

Asquith Golf Club is COVID-safe and registered to accept ServiceNSW Dine & Discover vouchers.

asquithgolfclub.com.au



ASQUITH GOLF CLUB

WHERE EVERYONE IS ALWAYS WELCOME

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- 18 hole, par 70 golf course Open to members and the public
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- Social golf for casual and recreational players
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Cannot be redeemed by current members.
Offer valid to 30/06/2021
AGC001-HKP

Mother's Day

Water births make a splash

By Yashee Sharma



Support: Sophie Stephens of Narrabeen with Clinical Midwifery Specialist Kate Saidi.

WATER births are becoming increasingly popular in the North Shore with many mothers seeking this service from their hospitals.

Women are empowering themselves through making choices that are right for them and their child. With medical support, these women are able to control how they experience their labour.

Water births have become the first option for many pregnant mothers in our area.

Northern Beaches Hospital (NBH) is one to meet these demands by launching their water birth service. Luxury birthing pools are provided to new parents to enhance the birthing experience for both the mother and partner.

NBH Chief Executive Officer, Andrew Newton said the hospital has worked closely with its service partners to make water births a choice for privately insured mothers.

Sydney Adventist Hospital is also one of many local hospitals to cater to water births. With dedicated birthing suites, they provide pools, day beds and birth chairs and balls. These hospitals create a tranquil environment to facilitate to each mother's preferences.

There are two main ways to have a water birth and that is: using a birthing pool or bath only during labour to ease the pain or a full birth where the baby is immersed in the water. These births can take place in a hospital, birthing centre or at home.

Choosing the environment best suited for the mother, and the feeling of being in a birthing pool or bath, enables the woman to feel in control of their delivery. It is a way for them to make decisions that work best for them.

There is a reason why women are opting for water births as the advantages seem almost too good to be true. Women are reported to feel less painful contractions and less likely to need epidurals to aid in their delivery. However, if need be, these pain management medications are readily available. Not to mention, women report feeling more relaxed and at ease during their delivery. Women who have had water births praise the relative ease of their delivery and the beautiful experience that they shared with their partner (who is sometimes in the birthing pool with the mother).

Researchers from Curtin University report their studies that find that women who give birth in water are more likely to experience shorter stages of labour and three times more likely to avoid suffering a perineum tear.

Doctor Lucy Lewis, head of the study, says that water births have trebled in the past six years which supports the increasing demand for these births. However, Lewis also says more data and research is needed to better understand the delivery and procedure.

Despite the lacking data, there is said to be some risks to be wary of. There is a slight chance of the baby swallowing water and a risk of infection from waterborne viruses and bacteria.

These risks create some concerns around water births, but more research needs to be done to determine its level of safety.

These births are, however, said to be suitable for low risk pregnancies where the mother has reached 37 weeks and where the baby's head is in a lying down position. Mothers should consult their obstetrician and seek medical advice to see if water births are right for them.

Thrive don't just survive

By Rita Merienne



WE don't know what we don't know! I say this all the time but this is especially true with caring for your aged loved ones. We get so caught up with our caring responsibilities we don't have time to look for new products or services that will help ease our caring journey. Sometimes we need someone to shine a light on a challenging path to make it easier.

Did you know that there are dentists who make home visits?

Or services that help you find the best aged-care options so you don't have to do all the running around yourself?

One of the things that I do is look for new services and products to help carers and I share the information with my support network. Recently, I had the pleasure of meeting with Max one of two enterprising university students who saw a need for an application to help carers. A one-stop platform that keeps the information about your caring responsibilities safe and easily available to share with the people you authorise. Streamlining the way you communicate information with family and service providers to make things easier for you. With the added bonus of including a resource section for services you may need. The application has been in development for a few months now and it is ready for pre-launch. If you want to be included on the pre-launch list contact me at agedcarewithease@gmail.com and I will make sure Max gets your details.

If you have a new product or service that you think would be great for carers looking after their aged loved ones I'd love to hear from you. Sharing is caring.

If you need someone to talk to please get in touch with me at **agedcarewithease@gmail.com**

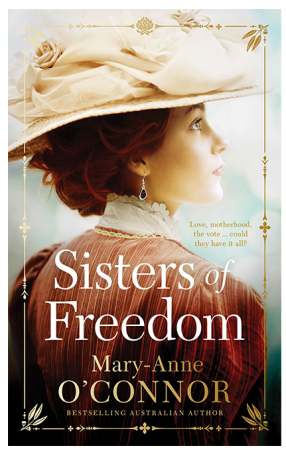
Congratulations to our winners!

S Ukovic
L Kerst
D Irvine
E Goodsir
K Lowden

They have each won a bottle of McGuigan Moscato as part of our Mother's Day promotion.

We hope you have a very enjoyable and memorable Mother's Day with your family.

For more great stories, visit us online at hkpost.com.au



Each book sales gives $15 to the Hornsby Ku-ring-gai Womens Shelter

A passionate tale of three sisters as they strive for freedom and independence and follow their hearts to unexpected places.

Sydney, Christmas, 1901. Federation has been achieved but Australian women are yet to gain the right to vote in their new nation's elections and have a say in the laws that govern them.

Or

visit the Hornsby Ku-ring-gai Womans Shelter shop to place your order
https://shop.hkws.org.au/product/sisters-of-freedom-pre-order/

Scan the QR Code above to purchase form the Hornsby Ku-ring-gai Womens shelter

Turramurra Fresh Produce and Gourmet Market

TURRAMURRA Fresh Produce and Gourmet Market, affectionately known as Turra Produce, is the North Shore's only mid-week market.

From 8am to 1pm every Wednesday, the Karuah Park comes alive with this gourmet and lifestyle market.

You will find everything from fresh organic produce, to free-range eggs, spices, sauces, hand-toasted muesli, vegan and gluten-free treats, cheese, sauces, and bread, to jewellery, candles and more.

Visit the market and support Aussie small businesses such as Belicious Foods, S & K Second Breakfast & Sweet Vegan, to name just a few of our amazing stallholders selling locally made products.

For more information on becoming a stallholder, or to find out the week's featured vendors, visit our website.

For more information, visit **www.turraproduce.com.au** or follow us on Facebook or Instagram at **@turraproduce**

turramurra
fresh produce & gourmet market

From 8 a.m. to 1 p.m. every Wednesday, the Karuah Park comes alive with this fresh produce & lifestyle market: selling everything from organic produce, to free-range eggs, spices, sauces, hand-toasted muesli, vegan & gluten-free treats, cheese, sauces, & bread, to jewellery, candles & more!
Visit our website : www.turraproduce.com.au or follow us on Facebook & Instagram with the handle @turraproduce

Support Aussie small businesses such as ...& MORE!!



A message to all mums

By Lucy



TO all the mothers out there, be they biological or not.

Do you appreciate how amazing you are just for being yourself? For managing a home, perhaps multiple children, perhaps working and or helping your friends or neighbours; knowing that when you work as a team, you lighten the load?

Do you appreciate that asking for support from friends, neighbours, grandparents, daycare or childcare, when you know you do not have capacity to manage what you are physically and emotionally going through, is smart, and often more loving than pushing through thinking you can do it all yourself?

Do you appreciate the reflection you offer by how you move, how you take care of yourself, from how you put cream on your face to how you turn on the kettle or pour yourself a glass of water? The attention and care you bring to yourself, is the tenderness and care you offer others. You are their first and often most influential role model.

You may think you are remembered for all you do for your kids, because that is what you put all your attention into, but when you think back to you own mother, or a woman in your life who represented that mother figure to you, can you remember what she did or more clearly how she felt – that feeling of warmth and unconditional love and support?

Sometimes our most tender memories are of the people who offered that 'mother' role to us, how they felt and how you felt with them which lasts long after we have grown up, moved away or they have passed on.

So, I propose this mothers' day, you take a moment to rest, to take time to get dressed, to nurture yourself physically, emotionally and spiritually.

Make space to celebrate the woman you are and always were and let me, on behalf of daughters everywhere, say thank you to you – for being you.

Help support Smiles2U

Scan the QR Code to support SMILES2U

North Shore Mums SMILES2U Bringing a smile to your hospital stay

Looking to make a donation to a charity before end of financial year? Smiles2U a Registered Charity in New South Wales.

Smiles2U is all about bringing care and comfort to the many children, adults and carers who pass through the doors of our local hospitals every day. Smiles2U is a team of three very passionate mums who want to make a hospital visit for your child a positive one.

"The Philosophy of North Shore Mums Smiles2U is that everyone deserves the chance to SMILE. Even when life is at its hardest moment. A moment is all it takes."

www.northshoremumssmiles2u.com

For more community news and local features, visit us online at hkpost.com.au

Advertorial



Welcome to the Neighbourhood

By Jack Townend

FRESH, vibrant and welcoming are three words that come to mind when you enter Parul and Puneet Arora's new pizza establishment, MAD Toppings Hornsby.

Opening in January, the business has become a popular hotspot for locals seeking good quality pizza, wraps and desserts at a very competitive price.

The business is part of a small franchise of stores established by brothers Sundeep and Vipin Punia.

The Aroras have made many sacrifices to start up their business. Migrating to Australia 26 years ago from India, Puneet began working as a cleaner in a restaurant before working his way up through the ranks as a kitchen hand and then a waiter, all while undertaking his tertiary studies.

Puneet credits his wife Parul for being the driving force behind setting up the business. She also makes from scratch their delicious homemade sauces and pizza bases.

Popular items on the menu include Seafood Marinara and Peri Peri Chicken Pizzas, along with their decadent chocolate brownies.

MAD Toppings also has a fantastic deal running where customers can choose any three large pizzas, garlic bread and a bottle of soft drink for only $46.95.

MAD Toppings Hornsby prides itself on its stewardship and customer service. They are determined to go that extra mile for their customer.

"Our customers who we service daily, it is all about them who make this possible," says Puneet. "They not only believe in our vision but support us."



Address: 514/1C Burdett Street Hornsby

Trading Hours

Monday to Thursday 11am - 11pm

Friday and Saturday 11am - 12 midnight

Phone: **8411 1359**

www.madtoppings.com.au

News across Hornsby & Ku-ring-gai

The vaccine dilemma

By Esme Mathis

LOCAL medical professionals are working tirelessly to vaccinate the Hornsby Ku-ring-gai community, despite limited dose allocations and other logistical setbacks.

Lindfield Medical Practice is one of several GP clinics in the Hornsby Ku-ring-gai LGA offering the AstraZeneca vaccine. But an allocation of 100 doses a week has limited them to 20 vaccinations a day.

With 7000 patients in their database – 1200 eligible for Phase 1B vaccine – patients must book months in advance to secure an appointment.

"When we originally put in the expression of interest to be a vaccinating clinic, we expected to receive a lot more doses," says Patricia Riggs, Practice Manager of Lindfield Medical Practice. "We were going to open [the vaccination hub] up to the whole community, but when we were only given a few doses, we decided that it would only be available to our current patients."

When the rollout first became available, the National Health Service Directory listed Lindfield Medical Practice as a vaccination hub, prompting thousands of people across Sydney to call and request appointments.

"The demands for a medical receptionist are hard anyway because you have to triage patients over the phone, but there's another layer to it now," Ms Riggs said.

"They have had to be more resilient with



unhappy patients, who want the vaccine but don't understand the logistics of how many patients we have and how we are trying to do our best."

Lindfield Medical Practice administers the 20 daily doses through an hourly vaccine clinic. Fortunately, there are other options available for those unwilling to wait months for the jab.

Respiratory clinics have opened in Roseville and Ryde, with a capacity for mass community inoculation.

As a purpose-built vaccination centre, the Northshore Roseville Vaccine Clinic has a much larger dose allocation of 10,000 units and many available appointments.

Despite the overwhelming demands, Ms Riggs considers the ever-changing landscape of COVID the most challenging part of her job.

With new information constantly being updated or changed, she must ensure that her staff are always well-informed so they can be consistent in their advice to patients.

For example, the AstraZeneca vaccine's link to blood clots has caused unexpected complications. Some patients have cancelled their vaccination appointments, while others have called and requested the Pfizer vaccine – something which is beyond the control of the practice.

Ms Riggs and her team are working hard to reassure people that the benefits outweigh the risk, which is very small when compared to other mediation.

"Now, we have to look at changing the consent form for the AstraZeneca vaccine and making sure that the patients are fully informed," she says. "They can come and see a doctor, have a suitability assessment and have some counselling about the vaccine. At the end of the day, it's their decision. But we can support them and give them as much reassurance as we can."

Phase 1B of the vaccine rollout commenced on March 22 and comprises six million Australians nationally. Those eligible include adults with underlying medical conditions, health care workers and seniors over 70. The Pfizer vaccine was administered to the most at-risk group in Phase 1A, while the Australian-manufactured AstraZeneca vaccine will be used to inoculate the broader community.

Greenway Park sports house opens doors

THE Greenway Park sports house is finally here. This long-awaited hub for our sporting codes is an incredible community project.

Federal Member for Berowra Julian Leeser MP said the project was a culmination of the work of so many people across six sporting codes in our community coming together to make this project happen.

"This project started in 2016 when Phil Hare and Bob Wray approached me about funding for a much-needed new clubhouse for a range of sports in Cherrybrook," Mr Leeser said.

"The sporting codes who call Greenway Park home, got their heads together to envision a new clubhouse that could serve the whole community."

Mr Leeser brought the Minister for Finance, the Minister for Infrastructure, Minister for Sport and Assistant Treasurer to Cherrybrook to see Greenway Park and to hear from the community themselves, securing $2.7 million to resurface the top oval and for the construction of the sportshouse.

The sports house is home to the Pennant Hills Demons AFL Club, Westbrook Junior AFL Club, Cherrybrook Senior and Little Athletics, West Pennant Hills Cherrybrook Cricket Club, Greenway Giants Baseball and Softball Club, Pennant Hills-Cherrybrook Stags Rugby League Club and Cherrybrook United Netball Club.

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St Leonards

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- Depression & Anxiety
- Burn-out and stress
- Trauma & post-traumatic stress
- Substance misuse & addictions
- Disordered eating concerns
- Relationship & family difficulties
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Face-to-face and video conferencing appointments are available with no wait list.

To find out more or book an appointment call 1300 171 715



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Ramsay Psychology

News across Hornsby & Ku-ring-gai

Police tips for keeping safe

WHEN shopping, please think about where you store your valuables and goods you purchase.

Throughout the command we have too many steal from vehicle offences. Shopping centres are an easy target for the thieves who are out there.

Keep your vehicles locked, your windows up and valuables out of sight. This way, you'll give yourself the best chance of not having your vehicle broken in to.

On February 8, between 10.30am and 12.30pm, police conducted a car park audit of the St Ives shopping village.

Police conduct these audits is to make you aware of the risks of leaving your vehicles unlocked, windows down and or property within view of the public.

Thieves look for any opportunity to quickly break into your vehicle and take your possessions.

The less time they spend breaking into your car, the better for them. The more interesting the object in your car, the more likely they are to break in and take it.

Your backpack may only have food or nappies in it, but the thief doesn't know this, so will break in and take it then discard the bag someplace else.

The frustration and inconvenience to have the damage rectified, the feeling of having your personal space (your car) violated, is horrible.

During the audit of St Ives shopping village, the following items would be of interest to thieves: A briefcase on front passenger seat; a suitcase; a Notebook in passenger foot-well; a ladies' purse; six backpacks – three on front passenger seats and three on rear seats; 11 ladies' handbags – all front passenger seat and or foot-well including a Gucci bag – genuine or not, this could be sufficient for a thief to break in and take it

A front passengers window was down 5cm; another vehicle was unlocked; two vehicles with coins visible in front console – $3 to $4 (not much but sufficient for a desperate thief to break in and take).

There were numerous utilities bills with personal addresses seen from outside the vehicle, bags containing clothing, gifts etc – not food items.

There were items showing home address of recipient. Indicates the owner isn't home and their house not occupied at that time.

Remember that old saying "Out of sight, out of mind"?

Well, the same goes for stealing from your vehicle.

Crime prevention tips for car owners:

♦ When you leave your car unattended for even a short period of time, close all windows, remove the key from the ignition and lock your car doors

♦ Don't hide the spare keys on your vehicle

♦ Ensure your valuables are removed from view

♦ Park in well-lit areas

♦ Consider installing a good quality alarm

♦ Don't leave personal papers in your vehicle.

♦ Ensure you lock your vehicles even when parked in driveways.

Farewell to visionaries for bushland conservation

ROBERT 'Bob' Salt OAM passed away on Easter Monday at Bowden Brae Nursing Home.

Bob played an extraordinary role in environmental management and conservation of Hornsby Shire. Bob's initial service to the community began in the 1970s where he was a trustee of Elouera Bushland Park (now Berowra Valley National Park) between 1977-1987. He also served as president from 1983-1989 and Honorary Ranger for the Park.

Between 1963 and 1999, Bob held various long-standing roles including President, Vice President and Secretary of the Hornsby Conservation Society. Bob was appointed as a founding member to the Berowra Valley Regional Park Trust and was instrumental in having the Regional Park declared the Berowra Valley National Park in 2012. His passion and involvement in many environmental activities was honoured in 2011 with the Order of Australia Medal for his services to conservation and the local community.

Bob was also a keen contributor to local newsletters and publications and made notable contributions to the Guide to Berowra Valley Regional Park in 2004. He was also involved in the production of a Walking Guide to Berowra Valley National Park in 2014.

Mayor, the Hon. Philip Ruddock described Bob as a "true gentleman who held a grand vision for the bush".

Bob is survived by his wife Dr Annette Salt and their children and grandchildren.

ANOTHER dear friend to Hornsby Shire Council, and to the community in which he lived, was Michael 'Mike' Barrett, who recently passed away.

Mike was an active and respected member of Council's Bushland Management Advisory Committee for more than 20 years, in which he participated fully and provided great wisdom on committee matters. The wisdom Mike offered to Council was based on his career as an agricultural scientist and deep appreciation of ecology, especially of our bushland areas. Committee members appreciated Mike's humour, sharp and accurate mind and ability to chair meetings when needed. He was very businesslike, a stickler for governance matters and insisting on a nexus between a business item on the Agenda and Bushland Management.

Mike has left a tremendous legacy in bushland conservation, and this will be carried into the future through the implementation of Council's recently adopted Biodiversity Conservation Strategy, which sets a 20-year vision for bushland management within Hornsby Shire. Mike played a significant role in its development and particularly enjoyed talking with staff on actions contained within the strategy. Mike will be fondly remembered as person with a profound sense of decency and concern for bushland conservation. His contribution to the work of our Committee over a long period of time has been considerable and should not be underestimated.

Westfield Hornsby gets behind Streetwork graffiti

WESTFIELD Hornsby has been working with Streetwork, Mission Australia, PCYC and Employment Plus to initiate multiple youth engagement programs.

One such program has seen an unused retail tenancy transformed into a place where these services can meet with their clients in a dedicated space and also hold outreach programs.

Glenn Wootton-Wilson, Community Lead at Westfield Hornsby, met with a group of 14 and 15-year-old's involved in the youth network program through Streetwork.

He challenged the teenagers to create a tasteful design that they could then transfer onto the wall for all to see in the former T2 premises of Westfield Hornsby.

The dull empty premises are now transformed into a work of art for all to admire and at the same time it has kept the youth off the streets and positively engaged and in something they can be proud of.

The centre has taken an inclusive and proactive approach to troubleshooting the issue of theft and disruption of trade by teenagers.

"I am glad to say that since this sort of engagement and a more professional and altered approach from our security team, our incidents involving youth has declined dramatically," Mr Wootton-Wilson said.





News across Hornsby & Ku-ring-gai

Hornsby, Ku-ring-gai head to the polls

By Jack Townend

ON Saturday, September 9, 2021, residents in Hornsby Shire and Ku-ring-gai Council areas will be heading to the polls to vote in their local government elections.

Our local councils play a crucial role in delivering services to our community. These include our weekly bin services, maintenance of local roads and footpaths, and the upkeep of our public parks and libraries.

In the coming months, the *Hornsby Ku-ring-gai Post* will be shining a light on candidates standing for election so that our readers are informed about what they stand for before heading to the ballot box.

We will also be holding town forums for both councils to allow residents to hear from their local candidates. But before we do so, we will give a rundown of some of the key information about the upcoming elections.

Hornsby Shire Council is currently split across three ward areas. Each resident is assigned to one of these three wards depending on their locality and will vote to elect three councillors to represent them.

Ward A covers the northern end of the council area and includes suburbs such as Asquith, Berowra and Galston.

Ward B centres on Hornsby, Normanhurst and Pennant Hills.

Ward C covers council's southern end and includes Cherrybrook and Beecroft.

The current council, elected in 2017, comprises five Liberal councillors, two Labor and two Greens councillors and an independent, Vince del Gallego. In addition to voting for councillors in their Ward, Hornsby Shire residents will also vote for their mayor at the same time but in a different election. The current mayor is former long-time federal Member of Parliament, the Hon. Philip Ruddock.

On the other hand, Ku-ring-Gai Council has five wards conveniently named by their locality: Comenarra, Gordon, Roseville, St Ives and Wahroonga. Each ward will elect two councillors.

The current council comprises ten independent and unaligned councillors, although some have affiliations with the Liberal Party and One Nation.

Voters in Ku-ring-gai do not elect their mayor, who is instead chosen by elected councillors at the first council meeting for a two-year term.

At the end of this term, the mayor is subsequently elected again by councillors for another two-year term. The current mayor of Ku-ring-gai Council is Cr. Jennifer Anderson, who has now served six terms as mayor.

Councillors are elected for a four-year term, and voting is compulsory. The elections provide residents with an opportunity to exercise their democratic rights by allowing them to have a say over their councils' direction for the next four years.

For more information about the upcoming local government elections, head to **elections.nsw.gov.au**

Mayor Anderson encourages women in local government

KU-RING-GAI Council is holding a forum in Chambers between 2pm and 5pm on Saturday, May 1.

It aims to provide practical first-hand information about life as a female councillor and out-line how local women can represent their community in decision-making.

It is one of a series of free forums being held across NSW ahead of the September 2021 local government elections, which were postponed from last year due to the pandemic. Currently, 90 per cent of NSW councils have less than half female councillors, with at least four councils having no women councillors at all.

Mayor Jennifer Anderson will discuss her experience as the longest serving Mayor of Ku-ring-gai across her 15 years of service as a councillor. Also speaking at the Forum will be Penrith Mayor Karen McKeowan, Fairfield Councillor Sera Yilmaz and Ku-ring-gai Councillor Christine Kay.

Mayor Anderson said she hoped the May forum would encourage more local women to stand for election. "Local government is the level of government closest to the people it serves," she said. "Councils deal with a myriad of issues every day and provide a huge breadth of services to local residents."

Berowra's loss amid heavy rain

By Lachlan Coady

SADLY, Berowra Heights has suffered a tragic loss in the aftermath of the recent extreme weather. A body has been found in Berowra's bushland, believed to be that of 74-year-old local Richard Cleminson, who was reported missing in March.

The discovery of the body on April 6 concluded a missing persons search that lasted nearly three weeks. Mr Cleminson was last seen at his home in Easton Road, Berowra Heights before 8pm on Thursday, March 18, 2021. His family was immediately concerned for his wellbeing given the extreme weather and an ongoing medical condition which required ongoing treatment.

Authorities were notified of his disappearance but despite an exhaustive search of bushland and the local area, Ku-ring-gai

Police could find no sign of the missing local man in the days after his disappearance. The disappearance coincided with extreme rainfall and flooding, which complicated the search.

It was not until April 6 that a body, believed to be that of Mr Cleminson, was located on the Berkley Track in Berowra's bushland with the assistance of the Dog Unit.

At time of reporting the body had not been formally identified but was believed by police to be that of the missing man. The death is not being treated as suspicious.

Aboriginal plaque unveiled

ON Saturday, April 17, Council unveiled plaques at the front of the Council Chamber building in Hornsby, which acknowledge the traditional owners of the lands of Hornsby Shire.

These plaques had originally been installed in Hornsby Park in May 2006, in response to a call from the community to acknowledge the traditional custodians of the land. They were attached to the Hornsby Park Fountain which was removed during the construction of the Aquatic Centre. These plaques now have a new home, in a prominent place at the front of our Council Chamber, an on a sandstone plinth designed by local GuriNgai man, and Co-Chair of the Hornsby Aboriginal and Torres Strait Islander Consultative Committee (HATSICC), Laurie Bimson.

The plinth features hand carved animals representing the totems of the GuriNgai and Darug Tribes.





Telstra failing our electorate



By Julian Leeser, MHR, Member for Berowra



Push: Julian Leeser MP is asking for your help to get the telecommunications our community deserves.

LAST year, I started a campaign to get better telecommunications for our electorate.

Many of you told me your Telstra story and explained the frustrations you have had in receiving adequate service from Telstra.

I took your story, and hundreds of others like it, to Telstra and I worked with them to try and resolve every excuse they presented for why they couldn't improve their service.

The Bushfire Royal Commission indicated that there are serious telecommunications failures in areas at risk of fire and flood. In fact, just last month, I again had to contact Telstra myself, to get them to resolve long term telecommunications issues that I raised more than 18 months ago at the Hills fire control centre, which was being used as a base for coordinating the flood response for the entire Hawkesbury region.

I have even worked to adjust the mobile blackspot program to focus on bushfire prone areas like the Berowra electorate in the hope it would encourage Telstra to invest, but Telstra simply does not care about its customers in our community.

Telstra told me that they would build two towers in our electorate and promised they would work with me to get more towers under the Government's mobile blackspot program. But after a year of trying to work constructively with Telstra, they have failed to apply for a single tower for our community under the program. So, I am asking you again to help me to put pressure on Telstra to act.

Colleagues in other electorates facing similar challenges are also asking their community to sign petitions to get Telstra to take action. We will also be looking at ways to use regulation to force Telstra to change their behaviour but I need our community's help in order for Telstra to realise the seriousness of the problems we have.

Please make sure Telstra pays attention, by taking the following actions:

1. Sign the petition (**www.julianleeser.com.au/telco**)
2. Share the campaign on social media. You can share the top post on my Facebook page at **facebook.com/JulianLeeserMP**

Flood-affected Wisemans Ferry

FEDERAL Member for Berowra Julian Leeser MP brought David Littleproud, Minister for Agriculture, Drought and Emergency Management, and Emergency Management Australia Director General Joe Buffone to Wisemans Ferry to see the impact recent floods had on the community.

"It was sobering showing Minister David Littleproud MP and Emergency Management Australia Director General Joe Buffone the devastation the floods have caused the river communities in my electorate," Mr Leeser said.

Mr Leeser facilitated a community meeting to hear about some of the challenges the community was facing in the clean-up and to discuss what additional assistance could be provided to locals and volunteers on the ground. Commitments were made to get back to constituents on a range of issues including skip bins and recovery grants for affected river communities.

Since the meeting, Mr Leeser's office has been in contact with Hornsby Shire and The Hills Shire Councils to pass on the community's feedback about concerns over delays and the costs associated with accessing skip bins. "It was important for us to meet with the community to gain a better understanding of the issues the floods have caused, and how we could address these issues," he said.

The Australian Defence Force, Joint Task Group 629, has since been in the area doing a fantastic job assisting with the clean-up at Wiseman's Ferry, Lower Portland, and other communities impacted by the floods.

The ADF has a force of around 680 supporting Operation NSW Flood Assist 2021.

"Thanks to all the Defence Force Personnel who are working to lift spirits and offer practical help that is making an important difference in the clean-up effort," he said.

Grants are available to assist individuals and businesses affected by the floods. To access support, call Service NSW on **13 77 88**

King in the running for national award

TURRAMURRA author Desney King has been selected as a finalist in the Creative Award category at the 2021 Stroke Foundation National Stroke Awards after having her first novel published.

Desney, 69, who was a well-known book editor, experienced her first stroke in 2012. Unfortunately, it was one of many.

Desney's strokes left her with fatigue, cognitive impairment and in need of support to sit or stand.

Determined to write, Desney completed her book *Transit of Angels* by writing in half-hour blocks each day from her bed.

Desney said it was an honour to be recognised in the Stroke Foundation's national Stroke Awards.

"Having my novel published felt like an impossible dream, but I have come to understand that amazing things can happen if you are surrounded by love and support and make yourself available," Desney said.

"I live almost entirely from my bed. My life is different, but it is rich and fulfilling."

Stroke Foundation New South Wales State Manager Rhian Paton-Kelly applauded Desney for her ongoing tenacity and drive.

"Desney is an inspiration and demonstrates anything is possible after stroke," Ms Paton-Kelly said.

The Stroke Foundation National Stroke Awards recognise the incredible individuals in our community who strive to make the future brighter for people impacted by stroke.

This includes the stroke survivors, carers, volunteers, fundraisers, health professionals and researchers who are relentless in their mission to enhance recovery and make a real difference.

The *Hornsby Ku-ring-gai Post* would like to wish Desney good luck!

Community consultation still as important as ever



By Janelle McIntosh
Hornsby Shire Councillor

TWO major projects have recently been released for community consultation – the Hornsby Park and Westleigh Park draft Masterplans. These are two of the largest public space projects Hornsby Shire is ever likely to see and Council needs to hear your views on these plans.

Hornsby Park comprises 59 hectares with Westleigh Park an additional 36 hectares of land that contains an extraordinary mix of rare bushland and critically endangered ecological communities, former industrial sites and contaminated lands, Aboriginal and non-Aboriginal heritage items along with a rare quarry diatreme.

The two sites present a rare opportunity to create passive and active recreation spaces, and to formalise currently unsanctioned mountain bike trails that are beloved by the local community. Within each site we have the chance to utilise a variety of techniques in water management and bushland restoration to protect the most critically endangered species. We also have the opportunity to create an additional access for Westleigh, vital for bushfire protection and to formalise walking/cycling paths between these two major parks.

It's important that everyone's voice is heard in the progress of these draft masterplans. I urge everyone with an interest in these two major parks to participate in the community consultations and consider the draft masterplans that you'll find on Council's website. The consultation period will be open until the end of May/early June.

I was pleased to meet recently with many users of the Mountain Bike trails on the site at Westleigh to discuss the project and how everyone can have their say on this important project.

Have your say at
www.hornsby.nsw.gov.au/yoursay

Recently we've had many sad farewells in our Shire, to individuals who have played big roles in the life of our community.

I want to acknowledge the passing of Ray Sloss, who recently lost a big fight with cancer. Ray was a husband to Jacqui, father and grandfather, and a powerhouse in our community, fighting the good fight against over-development and campaigning for protection of the environment.

He threw himself into every activity he turned his powerful mind to and he'll be greatly missed.

Rest in peace, Ray – you've earned it.

Janelle McIntosh is a Hornsby Shire Councillor, and passionate advocate for sustainability, resilient small businesses + economic development

For more community news and local features, visit us at hkpost.com.au

Advertorial

Character development and making new connections

By Jenny Pluss
Head of Students
Northholm Grammar

FOR new Year 7 students starting high school the new school year brings a mixture of excitement and nerves. There is the anticipation of exploring new subjects, working with a range of new teachers and making new friends.

Camps are an ideal way for students to build connections with their peers, their teachers and their community.

Northholm Grammar's Year 7 Orientation Camp at Lake Macquarie early in Term 1 is designed to allow students to settle in to the group and connect with one another facilitating their transition into their first term of high school.

The carefully designed program, developed in conjunction with Crusaders' Educational Camps Team, provides each student with the chance to strengthen resilience and cooperation as they learn new skills and face personal and team challenges in the context of an encouraging and supportive environment.

In early February, Mr Lockhart (Head of Rowland House), Ms Ennever and I were fortunate to join Year 7 on this camp. We were very proud of students who faced and overcame personal challenges during this time.

For some this was navigating the rock climbing wall; for others their challenge was to climb to the top of the 15 metre abseiling tower; and for others it was leaning back over the edge and jumping down the wall.



asdfasdf: Year 7 students connect and build resilience on the water during a camp at Lake Macquarie.

Evening activities of stratego, King Caractacus and other group games gave students the opportunity to build their teamwork skills in a supportive environment.

In addition to the great sense of satisfaction that students had with their own achievements, the camp provided a wonderful opportunity for new friendships to be formed and new connections to be made.

We now look forward to a strong and productive term as students return from their holiday break ready to reconnect and ready to learn.

Bushwalkers get stuck on Pipeline Track

ON Tuesday, April 13, Jason Kumar, Assistant Site Supervisor at Total Earth Care, was in attendance at their site at Apple Tree Bay.

A seawall was under construction for NSW Department of Planning, Infrastructure and Environment.

About 2pm staff heard a child and then a father screaming from the bush opposite where they were working.

Apparently, the father and child and others had been trying to walk on the Pipeline Track from Mount Kuring-Gai to Apple Tree Bay at Bobbin Head National Park and became stuck on a rock platform. The child had then slipped down into a space and his father was unable to reach him.

On realising what was happening Mr Kumar walked through the water from where he was and climbed up to where the boy was and reunited him with his father and the other bushwalkers.

Mr Kumar then redirected the whole group out of the bushland back to the road. Police attended on foot as well as requiring the police helicopter.

The police helicopter, however was unable to access the stranded group and had to land at a nearby park. Luckily for everyone no one was badly injured.

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New gateway and suburb signage Bushland Shire

HORNSBY Shire is one of Australia's greenest places, and this is now also reflected in Council's new gateway and suburb signage.

The design of the new signs responds to Hornsby's Bushland Shire character with a two-tone motif reminiscent of the gum leaves that are prominent within the local bushland.

"We are proud to be the Bushland Shire and the community feedback clearly indicated that new signage should reflect Hornsby's bushland character and wealth of natural resources," Hornsby Shire Mayor Philip Ruddock said.

"The new signs also display the recognition of the traditional owners of Hornsby Shire lands, the Guringai and Darug Peoples, in a very prominent position."

The total of 25 new signs come in three different forms:

z Vertical gateway markers that announces entry to the Shire, placed at key entry points;

z Vertical suburb markers that mimics the gateway sign at a smaller scale and will be located primarily along major transport routes; and

z Lower, horizontal gateway signs that respond to the wide-open spaces in the Shire's more rural localities.

The new signs will be installed over the coming weeks to be completed by the end of the month.





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Advertorial

Former scholar returns for classical treat

EACH year, the new Hills Grammar scholars are welcomed into the cohort with a morning tea for staff and parents, a badge ceremony and an address by a former scholar.

The COVID-era has presented many challenges for performance artists, however, it also has meant internationally-acclaimed classical pianist Van-Anh Nguyen (Class of 2004) was available to address the 2021 Hills Grammar scholars.

Van-Anh was born to Vietnamese refugee musicians and began her piano studies at the tender age of 13 months old, with a debut appearance at Sydney Opera House just seven years later. She has enjoyed remarkable success as a composer, recording artist and concert pianist with an ARIA chart-topping album and several iTunes No.1 singles. Her love of performance and intense (pre-COVID) touring career across the globe saw Van-Anh based in both Los Angeles and Sydney.



Talent: Former scholar Van-Anh Nguyen and Year 9 student Jack Theakston.

In 2009, with only a year to go before completing a law degree, Van-Anh realised she could not maintain her commitment to both careers. Music was the victor, yet it was not an easy path to becoming a celebrated recording and performance artist. Her style did not exactly fit the classical mould.

"I guess I was trying to stand out without consciously knowing it," she said. "When you're younger, life is all about fitting in, but when you're older, life is all about standing out. Standing out is how you land jobs, it's how you get those gigs and kick your goals. Don't steer away from standing out; embrace it. Whether it was how I chose to dress for a concert, breaking traditional dress code boundaries, to bridging the gap between classical, pop and electronic music by creating mash-ups and playing in unconventional venues, I kept pushing."

Van-Anh left her audience with this important message and a stunning performance of Piazzolla Libertango followed by a spell-binding duet with Year 9 Music scholar Jack Theakston, performing Chopin Sonata for Cello & Piano in G Minor, Op. 65.

Hills District readers will recognise Jack as a regular artist in the Galston Concert series and Van-Anh, a 2004 Hills Shire Council Creative Arts grant recipient.

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Lights, camera and action for economy



By Paul Fletcher
Member for Bradfield

AUSTRALIANS love going to see a movie at their local cinema – and our independent cinemas are a particularly important part of Australia's social fabric.

One of Sydney's best known independent cinema complexes is Roseville Cinemas. Operating for more than a century, it is a much-loved destination for movie lovers across the North Shore and from further afield too.

Unfortunately, COVID has meant tough times for independent cinemas.

That is why the Morrison Government has recently announced a $20 million program to support independent cinemas.

Under the Supporting Cinema's Retention Endurance and Enhancement of Neighbourhoods (SCREEN) Fund, eligible operators will receive grants of between $25,000 and $85,000.

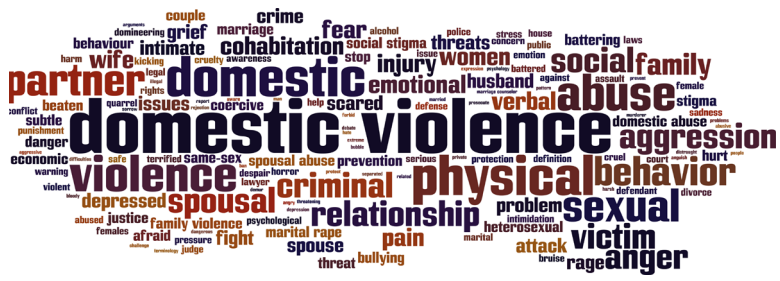
Further good news for cinema lovers – the Morrison Government's $540 Location Incentive Program is doing its job in bringing major blockbuster productions to our shores, and stimulating our economy.

The latest to arrive? *Ticket to Paradise*, starring Academy Award winners Julia Roberts and George Clooney.

The film is expected to inject $47 million into the Australian economy and will be filmed in the Whitsundays and Southern Queensland this November.

With a world-class production sector, it's no surprise we're attracting the attention of international studios.

Australia's film industry is well and truly in recovery.



An event to mark Domestic Violence Awareness Month

MANY vulnerable women and mothers with children in our community are forced to flee from unsafe homes, often into homelessness.

With one in four Australian women having experienced some form of domestic and family violence, chances are we all know someone who has been affected, even if we aren't aware of it.

Hornsby Ku-ring-gai Womens Shelter provides a safe haven for women in crisis, with support services that inspire them to live out their hopes for a better future and empowers them with the confidence to make their dreams a reality.

This Domestic Violence Awareness Month, HKWS are bringing our community together to inspire hope and empower with confidence, and give every woman the chance to live with hope and dignity.

An event is planned for Monday, May 24, 2021 from 8am to 10.30am. Kiplings Garage Bar and Restaurant, 2 Eastern Road, Turramurra, NSW 2074 COVID-19 restrictions mean you need to pre-order your breakfast when you purchase your ticket. Visit hkws.com.au for full details

Ku-ring-gai aims to be a net-zero community

LAST year, the Council updated its Climate Change Policy and adopted an action plan to help Ku-ring-gai become a net-zero community. The Council's action plan will help residents, schools and businesses achieve zero emissions by 2040 through energy efficiency and renewable energy options. The plan introduces community-wide targets and for the Council, increased efforts to reduce emissions through fleet vehicles, street lights and buildings.

The Council's targets are:

- Net zero emissions by 2040, or earlier and a 50 per cent reduction by 2030
- Achieve 100 per cent renewable energy by 2030 or earlier
- A 100 per cent reduction in fleet vehicle emissions by 2040.

As a first step to help the community achieve similar goals, the Council is surveying residents to find out what would make them take action to cut their emissions and what barriers they face.

Janelle McIntosh – Hornsby Shire Councillor





Here's how you can contact me:
0413 251 055
@JanelleMcIntoshHornsby
jmcintosh@hornsby.nsw.gov.au

Advertorial

West Pymble Bicentennial Club

ESTABLISHED in 1960, the West Pymble Bicentennial Club remains one of the area's most prized local venues. Originally built as a neighbourhood bowling club, it has now become a community club providing a space for all kinds of activities and functions. With two bowling greens that hold weekly competitions, trivia nights, poker nights and a function centre, the Bicentennial Club is a popular venue for locals.

Known for being family friendly and having a welcoming atmosphere, the West Pymble Bicentennial Club is supportive of their local community.

Wednesday Night Poker: For a $20 buy-in, poker games are held for all to try their hand at winning. There is an estimated $300 prize pool available.

Thursday Night Trivia: Starting at 7pm. Test your trivia knowledge with your family and friends for a chance to win a variety of prizes.

Friday and Saturday Meat Raffles: Tickets are available online or at the Club for your entry in the draw to win a meat tray. On Fridays there are 10 trays to give away and four trays up for grabs on Saturday.

Located at 2 Prince of Wales Drive, West Pymble, the venue can be found at the entrance to Bicentennial Park. Open seven days a week, the club is a lively venue to enjoy with your family and friends.

Visit the Bicentennial Club to bowl, enjoy some drinks, host an event and find out more **www.wpbc.com.au**



Health & lifestyle

Dear Sharlene …

Differences causing conflict, disconnection

My partner and I argue more as the years go by. We are both so saddened and exhausted by it. How do we reconnect despite being very different people?

AS you were drawn together by the intrigue and thrill of your differences, so too may those differences be the source of your current conflict. As a couple's therapist I see this so often.

So why do differences draw us into another's orbit then come to feel like the cause of a cavernous divide?

When we first collide with one another we are fascinated and invigorated by all that is not like us. We embark on a wondrous journey of discovery and exploration when we first get to know the other person. We are wired for this novelty!

As time travels along and life together begins to feel 'familiar', couples often show one another less curiosity and acceptance for 'differences'. This can feed perceptions of disconnection and destabilise the relationship – "you're not like me and I don't feel safe when we are not the same".

Wonderful insights lie in wait in your origin story.

Make a date to discuss the differences that first attracted you to one another. In my experience with couples, wonderful insights lie in wait in your relationship origin story. Listen for the strengths that your differences bring to you both personally. Notice how these differences foster broader perspectives, self-expansion and provide an opportunity for balance. Life together would feel rather stagnant if we didn't stimulate one another to grow! Changing your perception of differences can interrupt conflict and transform your relationship

I am privileged to witness transformation and meaningful reconnection in couples who work bravely and honestly to understand their differences. Carve out time for this conversation. Your relationship deserves this.

Sharlene Townes is a couple's therapist and holistic counsellor in Wahroonga. For more details, visit **www.thebarefoottherapist.com.au**

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Fats don't make you fat

By Martin E. Gillespie and Natalie E. West

FATS and oils are essential in our diet. Fat consumption itself is an essential nutrient for the body.

The general conception of fat per se is a dangerous one in society of confusion and marketing. It's an increasing fact that the medical profession are now evangelising that good fats have a significant impact on our overall wellbeing and general health.

To ensure healthy cells in your body and optimal balance of pro-and anti-inflammatory processes in your gut health, the ratio of omega 3 (Fats associated with decreased inflammation) to omega 6 (Fats associated with increased inflammation) in your nutrition plays a substantial role.

The benefits of fats are:

- Increases satiety / fullness
- Helps absorb soluble essential vitamins in particular A, D, E & K
- Helps control inflammation
- Allows for healthy glow of skin and strong nails
- Helps with the management of depression, as a strong provider of Omega 3.
- Helps with brain development and the nervous pathways
- Enhances the taste of food
- Fats support the immune system

Low-quality plant oils have the potential to lead to fragile cell walls, in particular in your inner body with the potential to build the base for chronic inflammation.

Fat consumption itself is an essential nutrient for the body.

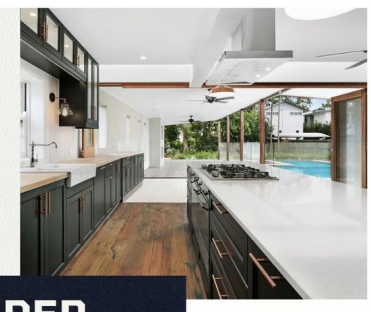
There are so many commercially available fats available for general consumption used in every day cooking, in general supermarkets such as Vegetable oils, Canola Oils, Peanut Oils, Sunflower oils, Rice Bran Oils, Cottonseed Oils, Soybean Oils. These seed oils are the cheapest, yet not the best solution for your health as they contain mostly omega 6 dominant and other phytochemicals in large quantities which cause inflammation, poor gut health, poor mental wellbeing and can be related to other serious medical conditions such as type 2 diabetics, cancers and heart disease. Healthy fat choices are Omega 3 dominant, of which include whole fruits like olives and avocados. The preferred choice of fats to use for cooking are animal fats such as grass-fed butter, ghee, lard, meat fats and tallow, not only are good for the food preparation but also absorption for healthy guts and wellbeing.

Please always check with a progressive health practitioner for your specific needs.

For more information on this topic and other wellness conversations, especially on men's wellbeing please reach out to **martin@GEMwellnesswarrior.com.au** or **Natalie@natalieewest.com**

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Suburb profile: Mount Colah

Mt Colah property climbs in value

By Lachlan Coady

THE name Mount Colah comes from the Ku-ring-gai and Dharug language group word for koala, 'colah' or 'gula'. It seems that the area had a large koala population in the early days of colonisation and took the name from them. The 'mount' prefix was added to the suburb's name with the establishment of the railway station in 1887.

Excelsior road in Mount Colah was home to Australia's first iron mine, which goes to show how much the area has changed from its industrial roots in early settlement.

Now, the area is a quietly growing suburb, home mostly to older Australians and families.

Mount Colah has a population of more than 7000 people, more than 50 per cent of which are part of family groups.

Median house prices are far lower than the southern suburbs in the Hornsby and Ku-ring-gai area, at $1.2 million, but this is beginning to change. Two homes in Mount Colah recently sold for record prices, and according to the agents involved, this reflects that buyers are starting to recognise the suburb's real value.

"Mount Colah has a variety of everything, hilly valley views and about half of it is walk to rail, people undervalue it because it's far from Hornsby," said Jaime Garrick from Ray White Hornsby, who recently sold 42 Beryl Avenue.

"Ten years ago no one would value Asquith, and now it's the same as Hornsby and next its going to be Mount Colah and probably Mount Ku-ring-gai."

Property values in the area are changing dramatically, according to Garrick.

The 91-year-old owner had told him when looking to sell the property "tell them they can have it if they've got a million". She ended up getting $2,295,000.

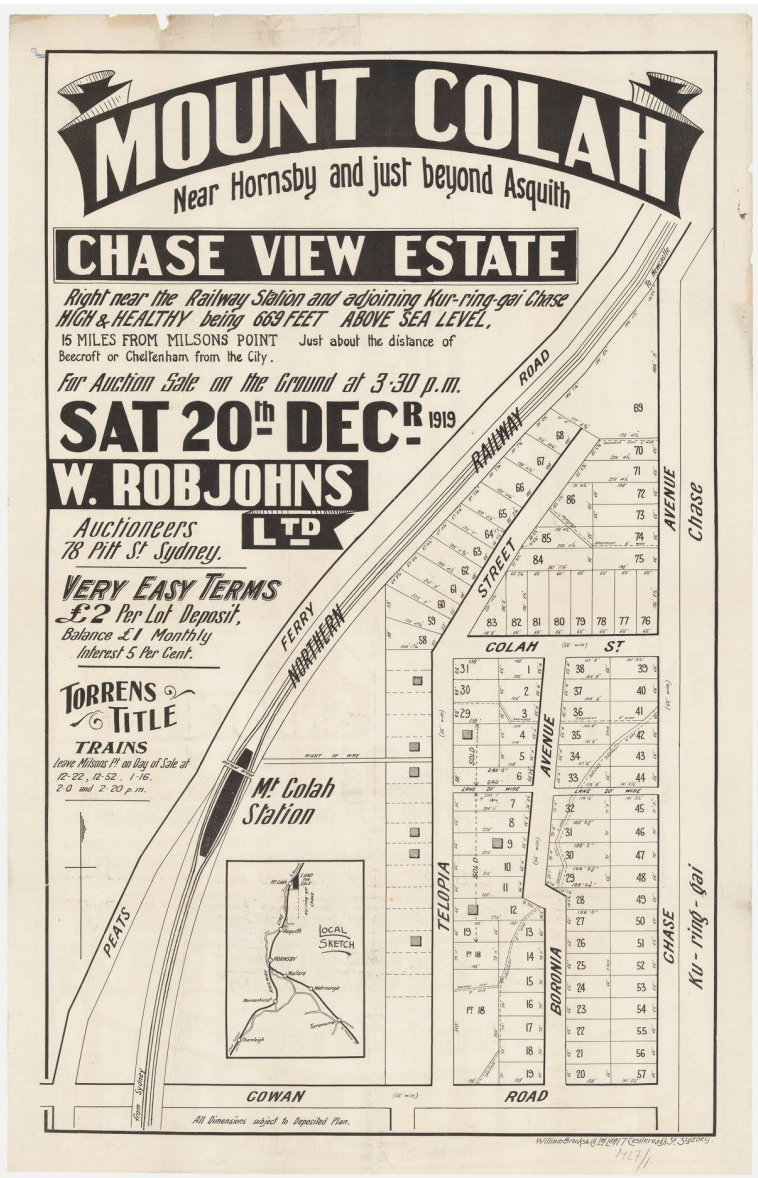
"I don't think she could quite believe it," Garrick said.

The property had about 40 registered bidders, a record for Ray White in the Hornsby area.

Another property in the area, 32 Northview Place also sold recently for more than $2 million.

"Property in Mount Colah has grown in popularity over the eight-and-a-half years that I have worked at McGrath Estate Agents in Hornsby," says Nick Berman.

"The price of $2,131,000 was a fitting tribute not only for this property but also how Mount Colah is seen as a suburb by potential purchasers."



Early days: A brochure selling land in Mount Colah, circa 1919. Image: Hornsby Historical Society



Glory days: Mount Colah Colts. Image: Hornsby Historical Society

Football still front and centre at Mount Colah

IN 1958, Jack Berry founded Mount Colah Soccer Club, which is known today as Mount Colah Football Club.

The first team started with Berry speaking to the parents at Mount Colah Public School, which was relatively new at the time. Students from Mount Colah Public formed the nucleus of Mount Colah Soccer Club's first team.

The club grew and in 1961 fielded its first all-ages men's team consisting mainly of the soccer dads and people who helped with the club.

In the 1960s, the club continued to grow but struggled to find grounds of its own.

In 1965, permission was obtained from Hornsby Council to create a park where Berry Park now sits. The park's name is aptly named after the Mount Colah Football Club founder, Jack Berry.

Over the years, the club continued to grow to include girls and women's teams.

Football legend Hooker makes a mark

IN a period when Australian football started its painful but eventually glorious return to international football's biggest stage, one of Mount Colah's finest played a part in that incredible journey.

Robbie Hooker, a junior from Mount Colah FC and a graduate of the AIS Football Program, has mixed it with the very best at local, national and international stages.

He was captain of the successful Sydney Olympic team that won the NSL in 1989-90 (a grand final that included the likes of Grant Lee, Bob Catlin, Gary van Egmond, Paul Okon and a very young Mark Schwarzer) and represented Australia at the 1985 FIFA Youth (Under-20's) World Championship and the 1997 Confederations Cup, where the Socceroos made the final, against the historic Brazilian squad of the '90s, which had the likes of Ronaldo, Romario, Juninho, Dunga, Roberto Carlos, Cafu and Dida (just to name a few).

Following his playing days, he then went into coaching, as the inaugural coach of Canberra United's W-League Team and one of the assistant coaches of the Socceroos, under Holger Osieck.

Mount Colah born and bred, internationally recognised and considered a gentleman of the game, Robbie Hooker certainly contributed to the rich tapestry of the comeback of Australian football.

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Suburb profile: Mount Ku-ring-gai

Back to nature



Favourite: Bobbin Head (pictured circa 1907) was a popular swimming location back in the day.

By Lachlan Coady

MOUNT Ku-ring-gai is a small suburb with a population of about 1700. Like Mount Colah it has a lower median house price than the Hornsby and Ku-ring-gai average, at $1,145,000, according to realestate.com.au. Another thing the suburb has in common with Mount Colah is its residents. Like its neighbour, the population in Mount Ku-ring-gai is made up of mostly older Australians with families.

Mount Ku-ring-gai's name, it will probably not surprise you to learn, comes from the Ku-ring-gai indigenous people who were the traditional inhabitants of the region. The first house built in the area occupied the site that now houses Mount Ku-ring-gai train station, and while the area remains a small suburb, it has grown dramatically from this early settlement. The railway station opened in 1903, and by 1929 there were only 23 families living in the settlement, so the population has grown dramatically over the past century to the suburb's current population of 1700 people.

North Shore suburbs pride themselves on retaining large areas of bushland and having a reputation as green and 'leafy', but even by the standards of the area, Mount Ku-ring-gai stands out.

Mount Ku-ring-gai is a densely wooded area, rich with bushland. This is partly owing to the suburb's low population and varied geography, filled with steep hills and gorges that have protected the area's forests. The proximity to Ku-ring-gai Chase National Park also contributes to making Mount Ku-ring-gai one of the leafiest, greenest suburbs in the area, with plenty of access to bush and walking tracks.

Both Mount Colah and Mount Ku-ring-gai border Ku-ring-gai Chase National Park. The park was established in 1894, and became Australia's second national park.

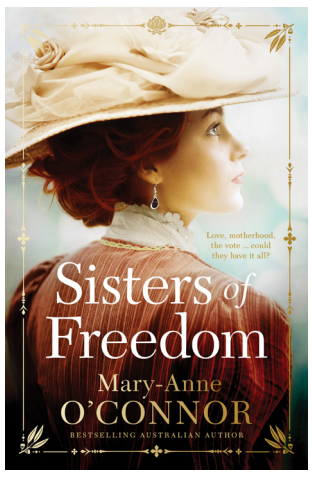
Mt Colah and Mt Ku-ring-gai, in particular, are close to Bobbin Head, an area of the park at the headwaters of Cowan Creek that's a popular destination for families across the North Shore and home to the historic Bobbin Head Inn.

Bobbin Head is also a landmark destination for the North Shore's cyclists, the 'Bobbo' hill is a well-known challenge for riders and is the site for the annual Bobbin Head Cycle Classic, which was held last month. This was their 10th year running the event and the ride was a huge success, raising more than $167,000 to support Lifeline's North Shore operations in a time when the service is more needed than ever.

The Bobbo passes $1m milestone in 10th year: see page 29

Author O'Connor goes back in time

By Yashee Sharma



DISCOVER and celebrate the evolution of Sydney women's rights and freedoms by taking a trip back in time to the birth of our Australian Federation.

Mary-Anne O'Connor, a local woman who grew up in the bushland shires of Hornsby and Ku-ring-gai, is a best-selling Australian author.

Her new novel *Sisters of Freedom* is a passionate tale of three sisters as they strive for freedom and independence while following their hearts to unexpected places.

Writing about local history, O'Connor describes the strife for women in Sydney that happened over a century ago. Taking place in 1901, women had yet to gain the right to vote and have a say in laws that govern them.

Bolshie, boisterous Frankie Merriweather is a fervent advocate for women's rights, determined to dedicate herself to the cause, never marrying or becoming a mother. She can't understand her artistic sister Ivy, who wants a life of ease and beauty with her soon-to-be fiancé, law student Patrick Earle.

Meanwhile, their married sister Aggie volunteers in an orphanage, decrying the inequality of Australia's social classes ... and longing to hold a baby in her arms.

When an accident takes Ivy, wounded and ill, into the violent and lawless zone of the Hawkesbury River, a year of change begins. Ivy's burgeoning friendship with her saviour Riley Logan, a smuggler, and his sister, the poverty-stricken but valiant Fiona, will alter the lives of all three women forever.

Find out what happens to these women in O'Connor's riveting new tale.

Sisters of Freedom by Mary-Anne O'Connor is the perfect Mother's Day gift. The book is available for $29.99 via the Hornsby Ku-ring-gai Women's Shelter. O'Connor and Harper Collins will kindly donate $15 of every purchase back to the shelter to support our local women escaping domestic violence and homelessness. Purchasing online via the HKWS shop helps make a big difference in our community. Visit **hkws.org.au**



Community

Uncovering our unsung heroes



Community conversations with Hornsby Councillor Emma Heyde

I'M shining a light on some of our community's 'unsung heroes' – people such as Lilly Schwartz from Galston. Lilly belongs to the Hills-Hornsby Rural Koala Project which monitors and protects koalas and their habitat.

But are there any koalas left? Lilly says 'yes'. "I saw them at Maroota before the 2002 fires. And recently, there have been sightings in Canoelands, Forest Glen, Glenorie, Berrilee, Cowan and Brooklyn. Hopefully, there are more than we realise."

How does Lilly teach her young children about the bush? "We explore a lot and talk about what we find. One time it was ant lions. We found their little holes in the sand. Another time we found a big hole in a meat ant nest where an echidna had a meal. Recently we discovered a burrow with fresh wombat footprints. Maybe one day we will see a platypus. There are some still living in our area."

Lilly says our northern Sydney bush is unique.

"I love the lush green valleys and the dry sandstone ridges," she says.

"The flowering plants in spring. The creeks and waterholes. The way a place can transform after a flood. The rock art and engravings. The smell of eucalyptus leaves. The sounds of the bush during the day and at night. And just the amount of life out there."

Simple things can help native animals. Lilly says: "Don't allow dogs and cats into the bush, especially at night. Drive carefully. Stop for injured animals. And find out about Wires and Sydney Wildlife. They run courses for people interested in caring for animals."

Investing in our community

By Alister Henskens
Member for Ku-ring-gai



Boost: North Turramurra Football Club under-13 boys team with Alister Henskens SC MP, North Turramurra FC President Graham Leslie and Northern Suburbs Football CEO Ed Ferguson.

THERE is a great sense of excitement as our community becomes more confident that we are returning to a new normal.

The State Government has been actively stimulating our economy in many ways including funding worthy local projects. Over the past year the not-for-profit groups in the electorate of Ku-ring-gai have received its fair share of these grants in the order of $2.4 million.

Whether it is through assisting community groups with capital works, improving early childhood services or empowering students to implement sustainable projects in our local school communities, these grants build community, the environment and the economy which has been much needed after the trying past 12 months.

More recently, eight local sport organisations were announced to share over $37,000 under the 2020/2021 Local Sport Grant program.

Sport is an important way to keep healthy in our community and it's great to see our clubs back in action, providing important friendships and fun as well as benefits to our physical and mental wellbeing.

The funding awarded to the successful sporting bodies, including local hockey, soccer, rugby and netball clubs, will directly help to increase participation, particularly among women, purchase player uniforms and First Aid equipment.

Another major source of NSW Government grants to our local area is the Community Building Partnership (CBP) program. Since 2009, it has awarded more than $362 million to more than 16,600 projects.

Applications are now open for a new round of local grants totalling $300,000 for the Ku-ring-gai electorate. In past years, school P&C's, sporting Clubs, scouts and guides and other not-for-profit community groups have received funding from the program.

The closing date is Friday, May 14 and I encourage all eligible organisations to apply.

I very much look forward to seeing these NSW Government programs deliver positive outcomes to our local area.

For more information, visit **www.nsw.gov.au/cbp**

St Ives Show turns 100

THE St Ives Agricultural Show celebrates its centenary on the weekend of May 15 and 16.

The show started in 1921. It ceased during World War II when the showground was used by the defence force as the 18th Battalion, but re-opened after the war ended.

Back in the day the show was huge. The then caretaker's son can remember Jimmy Sharrman's boxing tent near the old bar building (which is still standing today) with crowds 15-20 deep buying alcohol, including a pavilion full of chickens.

Ku-ring-gai Council was interested in restarting the show and called a public meeting. A committee was formed and Douglas Pickering became President.

The new President had many events in mind – cooking, horticulture, woodchopping, dancing, BMX, Mini Bike Club, Robinson Family Circus, animal nursery, a large amusement area, fireworks show, and more.

The show appeals to a wide audience with lots of fun events, including horse and dog events, musical performances, sideshows, rides and, of course, the ever-popular showbags.

Enter to win: For your chance to win one of six adult passes, please send an email to **editor@hkpost.com.au**

Community grants open

COMMUNITY groups and organisations are invited to apply for grants to help the Ku-ring-gai community.

The Council is offering nearly $100,000 in grants for equipment, outreach services and cultural activities.

Community groups and other organisations such as schools can apply for grants under the following three categories: equipment, community development programs and arts & cultural programs.

Grants of up to $2000 are available for equipment and up to $5000 for community development services and arts and cultural activities.

Examples of projects successful in gaining funding last year include Kidscape, an arts and music group learning program for deaf children in Ku-ring-gai; the We Dance cultural dancing project, connecting multicultural community members through events.

Council staff will hold a free grants information workshop for organisations wishing to apply on Friday, May 7.

Mayor Jennifer Anderson said: "Community groups do such great work, often on a shoestring budget.

Applications are now open until Sunday, June 6.

For more information about the grants and how to apply visit **www.krg.nsw.gov.au/communitygrants**

Funds for Asquith Bowling Club

By Matt Kean
Member for Hornsby

IMPROVEMENTS will be made to the locker rooms at Asquith Bowling Club thanks to an injection of funds from Member for Hornsby Matt Kean.

Mr Kean said he is committed to helping local community organisations make the upgrades they need without dipping into their hard-earned fundraising dollars.

"The Board of Directors at Asquith have done an extraordinary job to navigate through the COVID-19 pandemic and now they are looking at making the much-needed improvements to the locker rooms and facilities used by the members," Mr Kean said.

Asquith will receive $25,000 which will be put towards upgrades in the outdoor member's change and storage area.

This will include the toilets and change rooms along with the storage lockers used by members along with students from Asquith Girls and Boys High Schools who use the club for school sport.

"This will offer members updated facilities and hopefully encourage more locals to come and join our club," Mr Kean said.

With both ladies and men's competitions as well as social competitions there is a bowling group for just about everyone and every skill level.

Asquith Bowling Club has also recently re-opened the Lodge Kitchen, which offers lunch and dinner seven days a week.

With restrictions easing live music has been planned for the next few months.

Applications for the 2021 Community Building Partnership program are now open.
For more information, visit **www.nsw.gov.au/cbp**



Upgrade: Matt Kean MP with Asquith Bowling Club Board Members Honorary Secretary Mon Khamis, Adrienne Hannaford, Matt Kean, Beryl Thompson and Terry James. Image: Phillip Simpson

Community

Remembering public phone boxes and telephones

By Margaret Simpson
retired curator, Powerhouse Museum Sydney



Old school: A Bakelite pyramid-type table telephone made in Australia by AWA from 1934.

THESE days it's very uncommon not to have a mobile. But back in the 1950s many people didn't even have a landline at home, they were still a luxury.

If you needed to make an urgent call, you'd sometimes go to a neighbour's home who did have one. They'd leave a box by the phone for coins to cover the cost. This was much easier than walking down the block to the nearest public telephone box.

The bright red public telephone boxes were often smelly and occasionally the phones didn't work. Kids sheltered in them during rain and courting couples canoodled.

Between the 1930s and '60s public phones for local calls had long barrel-like tubes and were nicknamed 'Long Toms'. You'd roll your coins (originally pennies) into the slot to talk.

As the trunk network increased, multi-coin phones were introduced. They had a big black box beneath the wall-mounted phone with buttons marked 'A' and 'B'. You'd press 'A' to get connected and 'B' for any unused coins to be returned. Sometimes there'd be a queue to use them and you'd agitatedly walk around the box making sure the caller inside could see you. It was a lesson in patience.

If you had a phone at home it took pride of place on a special table with a shelf underneath for the telephone book.

Children were instructed not to answer the phone by saying 'hello' but to announce the number, XJ1845. In Sydney, the letters referred to the local exchange.

Telephones used to be quite heavy, black and made of Bakelite. In 1963, new lighter plastic ones arrived in several colours to match your décor. Push-button dialling was introduced in 1978. Then, at last, the first mobile arrived in 1987. It was a big, brick-shaped monster which cost $4250.



Long gone: Bright red public telephone boxes were once common-place all over Australia. Images: Phillip Simpson

How to plug into in-charge energy

By Michelle Mitchell

YOU never know what is around the corner in life and what demands your big shoulders will need to carry. But one thing you can count on – tweens and teens will always look to you to lead the way.

The nature of parenting is that everything goes better when big adults are one step ahead. It's easier said than done when we have birthed creative, strong-willed children who are always pushing forward.

Self-care (keeping your sanity care) isn't easy during demanding seasons and parenting a tween or teen definitely classes as a demanding season. I'd go as far as saying self-care is near impossible if we aren't intentional about it. The more we deliberately care for our own needs, the easier it will be to show up with that "in-charge energy" that keeps our homes humming.

I like to use the term "in-charge energy" to describe the presence you need to be the big person in kid's lives. For me, this term conjures up images of parents whose batteries are "fully charged". Their light is switched "on". I want to share three of the great benefits of in-charge energy and how to use it to help your kids thrive.

Emotionally connect

When we are out at our best, we more easily emotionally connect with our children. Yet when we are tired or drained, emotional connection is the first thing we want to bypass. We lose tolerance for the journey – the endless reassurance, the bickering, the stresses about schoolwork and the complaining about being bored. And once children don't feel heard, and felt, acting out is one sure way to get out attention.

Set high, but realistic expectations

When we are drained we are most likely to be impatient, unreasonable or demanding. We are more likely to set unrealistic expectations or do quite the opposite – ask our kids to do five things instead of once. In-charge energy is clear-headed. It enables us to clearly outline the next step.

Seal the deal

The final thing that in-charge energy enables you to do is deal the seal. None of us need to be wasting energy trying to get simple, daily requests over the line, but there is an art to getting kids working with you, not against you.

During my time in alternative education I always ended my requests with a big, bold statement which goes like this. The only response I will accept right now is – yes, Miss.

"Yes, Miss" eliminated unnecessary options, which cluttered outcomes. It created a clear, predetermined path, which makes it easier for young ones during moments of lots of intense emotion. There is always a split-second moment where I wondered – Will they all me to guide them? Do they trust me enough to follow my lead? Will they push back? But I stood behind "yes, Miss" time and time again. And to my surprise it usually worked when it was accompanied by fresh, in-charge energy. Kids, even my toughest boys, responded to a big adult presence. If our children allow us to be in control, at a moment when they feel out of control, we get to do the heavy lifting thinking for them.

There are lots and lots of time where we have conversations, and debate and discuss ideas with my kids, but there are a few times each day when "yes, Mum" is the only thing I accept and expect to hear. I tell them this up front. I am about to give you a "yes, Mum" request.

How in-charge energy works

The success of "yes, Miss" is determined by a few things working together. The first and foundational element is a parent's energy.

For you to be able to implement the in-charge trio with confidence, you need all of your weight behind it. That means you have to take care of yourself and have enough me-time to replenish your own needs, so you show up for your kids with the sure, strong confidence that you need to get things over the line.

A Night with the Blokes helps get men talking

THE team at Tomorrow Man are visiting West Pymble Bicentennial Club on Tuesday, May 4 to hold A Night with the Blokes.

Finger food and refreshments will be provided from 6pm and the event will start at 6.30pm.

Outdated stereotypes are leaving some of our mates, dads, sons, uncles, teammates, workmates or brothers stranded without the tools to live a healthy life.

This free community event aims to get beyond the banter and explore what it means to be a man today and what it will mean tomorrow.

Come along, have some laughs, and engage in a no-holds barred conversation about the state of man.

We'll discuss some statistics affecting men and create a space to explore how we can better look after ourselves, our mates and families.

Grab your mates and register for free tickets at **westpymblebicentennialclubblokesnight.eventbrite.com.au**

This FREE Tomorrow Man event is proudly brought to you by the West Pymble Bicentennial Club.

Matt Kean MP
Member for **Hornsby**
Minister for **Energy and Environment**

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- Recognising State achievements

For COVID-19 updates visit
www.nsw.gov.au/covid-19



Contact Matt
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PO Box 1687, Hornsby Westfield NSW 1635
Authorised by Matt Kean MP. Funded using parliamentary entitlements.

Community

New preschool set to open next year

By Esme Mathis



Hands-on: Blue Gum Community School will open in early 2022.

THE NSW Independent Planning Commission has approved plans for a new school in Hornsby that will open its doors to students in early 2022.

Blue Gum Community School will adaptively reuse Mount Errington, a heritage-listed home, for the upcoming pre-school and K-2 primary school. The historical home's spacious rooms and verdant garden create a welcoming environment for young children.

"Mount Errington in itself disrupts our expectations of what school can be like," says Jill McLachlan, NSW Education Director of Blue Gum Community School. "We weren't looking for a heritage home, but when we found Mount Errington we felt that this would be a place where children would want to come and learn."

McLachlan recognises that traditional approaches to education do not suit every child. Blue Gum Community School favours a non-competitive, community approach that embraces students' different learning styles and interests. "We're really passionate about bringing the arts and the outdoors into the centre of the curriculum, without compromising our commitment to basic skills around literacy and numeracy," McLachlan says.

The curriculum emphasises hands-on research and small group work to develop collaborative thinking and interpersonal skills. Each class will have a maximum of 16 children, allowing teachers to engage with each student personally. "We have a really high expectation about children's capacity. Children are passionate, they're engaged. If you tap into something they're passionate about, the more dynamic and exciting the educational process becomes."

Mount Errington is undergoing refurbishment to convert it into a school. Built in 1897, it will retain most of its heritage features.

For details, visit **bluegumcommunityschool.com**

Change to laws for retirement villages



By Cecilia Castle, Castle Lawyers at Asquith

NSW retirement village laws have recently changed for residents exiting their residences.

The changes are comforting news for retirement village residents with onerous contracts.

The legislation introduces new provisions to deter village operators from unreasonably delaying the sale of retirement village units, and creates a mechanism for residents to get their refund within a prescribed time.

Importantly, the new provisions also apply to existing contracts.

Previously, exiting residents under some contracts had to wait until a new resident took over their residence before exit entitlements were paid back to them. This meant that residents could be waiting years before receiving their exit entitlement under their contract.

The new legislation comes under the Retirement Villages Amendment Act 2020 and allows residents to apply for an Exit Entitlement Order directing the village operator to pay the former resident their exit entitlement even though their residence has not been taken over by a new resident. The new time limits for payment range from six months to two years depending on the location of the retirement village and whether the resident has moved into aged care.

Residents can apply for an Exit Entitlement Order after 40 days from permanently vacating their unit, or 30 days after an agreed value for the unsold unit has been determined. However, there are restrictions in that an Exit Entitlement Order will only be made if the village operator has unreasonably delayed the sale of a unit, determined by certain factors.

Only former residents can apply for an Exit Entitlement Order, rather than their estates.

Cecilia Castle is the principal of Castle Lawyers at Asquith. **CastleLawyers.com.au**

Invitation to challenge yourself



By Suzanne Mann

SOMETIMES your next invitation to challenge yourself in life quite literally shows up in your inbox. Sometimes it knocks on your door. And sometimes it's in your local newspaper.

• Do you feel inspired to be more authentic?

• Do you want to develop your wellbeing?

• Are you motivated to feel more empowered and live with greater purpose?

• Do you wish to build stronger relationships in your life and work?

All of these areas are instrumental in developing self-compassion. To have the strength and resilience to put into our relationships, we need to start with a strong core.

Although a strong physical core is oh so important (I am all about physical fitness), I am talking about the importance of our mental core strength.

Increased self-compassion, in turn, allows us to better relate to family members, interact with neighbours, manage others, work in teams, develop healthy relationships with our community organisations like doctors, schools, the council, and become active citizens. Self-compassion is a stepping-stone to becoming a truly sustainably compassionate community. It might sound strange, but Community starts with Self.

If any of this resonates with you, then come and join MaryCatherine Burgess and me, as we facilitate our highly successful Compassionate Integrity Training (CIT) course from Life University (Atlanta, Georgia) starting in May.

With more than 40 years of combined compassion-based experience and two lifetimes of wisdom, MaryCatherine and I will help you to navigate your way through our 12-week course (two hours a week via Zoom).

MaryCatherine comes from Omaha, Nebraska, but lives in Edinburgh, Scotland, where she works with the Charter for Compassion UK team to develop Compassionate Edinburgh.

As for me, I am based in Pymble and with three children under 13, am passionate about deepening our sense of community, mental health awareness, and overall compassionate initiatives such as the Wheels for Ryan Fundraising Initiative (Instagram **@wheelsforryan**) which I helped spearhead last year.

Known as "The Challenge Girl" (Instagram **@thechallengegirl_suzanne**), I am constantly challenging myself and others to dig deeper and be open to change.

Together with MaryCatherine, we invite you to challenge yourself to thrive with us.

Hornsby local Matthew Drago, completed this course in 2020.

"I use CIT skills in every aspect of my personal and work life," he says.

"It has been invaluable. MaryCatherine and Suzanne truly helped to bring the concepts to life for me. I also enjoy the ongoing support of the other attendees."

The next course starts on Wednesday, May 26 from 7.30pm to 9.30pm and continues for 12 Wednesdays. Numbers are limited.

For further details, visit **www.thechallengegirl.com** or please email **suzanne@thechallengegirl.com**

Voices of Bradfield raise representation

By Stuart Crossman Voices of Bradfield

AFTER the successful model used in the federal electorates of Indi and Warringah, the recently formed Voices of Bradfield residents group seeks to bridge the gap between people and politics in Sydney's Upper North Shore.

Many Bradfield residents have expressed a real frustration that they are not being heard or represented correctly by the various political parties across a range of issues that are of serious concern to them.

Voices of Bradfield started a series of 'Kitchen Table Conversations' in early March, with hosted meetings continuing at differing locations across the electorate, to capture these sentiments.

Key issues raised so far in these casual and welcoming focus groups have covered areas as diverse as gender equality, transparency and accountability within government, indigenous rights and the ever-increasing threat posed by the climate emergency.

People just want to know that their concerns are being heard and acted upon properly, and if they are not then they reserve their right to find and support candidates that will work in their, and not in some distant party or it's donors, best interests. It is fundamental democracy.

With about 30 Voices groups having emerged across Australia, a further step in the development of the local Bradfield group happened when a couple of dozen residents gathered at the Cockatoo Bar in Gordon on a Sunday afternoon for what the group dubbed its inaugural 'Bradfield Social'. It really was a very natural extension of our Kitchen Table Conversations. Our social gathering was a fun way for us to catch up in a bigger group and see how our expressed concerns were progressing.

We had a great mix of previous KTC attendees, people who contacted us via our @VoicesBradfield Twitter or Facebook pages, with many bringing friends along for the lively experience.

We look forward to hosting more of these events in the very near future.

For more information, email **voicesbradfield@gmail.com**

Community

New resource hub for Volunteer Managers

By Volunteering Australia

VOLUNTEERING Australia has launched an online resource hub to help anyone who manages, leads or co-ordinates any of Australia's almost six million volunteers.

The Volunteering Resource Hub is an initiative of Volunteering Australia, funded by the Australian Government Department of Social Services.

It brings together useful, evidence-based and current best practice resources to support effective volunteer management across Australia.

The Resource Hub is coming at a critical time as the volunteering sector is still struggling with the impact of COVID-19.

Volunteering Australia CEO Mark Pearce said volunteering needed extra support if it is to be reinvigorated in the wake of COVID-19. "Volunteers are needed more than ever to ensure economic recovery and social stability," Mr Pearce said.

Although volunteering is time freely given, enabling volunteering is not free.

Volunteers need managers to induct, train, lead, guide, recognise and support them to continue their invaluable contribution to Australian communities.

This Resource Hub will help volunteer leaders carry out this vital work.

The Resource Hub includes more than 350 relevant, useful and accessible resources including policies, procedures, tools, videos, templates, guides, research and factsheets.

"It is vital for all of us to work together, share our collective knowledge and re-imagine how we can better support Australia's diverse, dedicated and invaluable volunteers," Mr Pearce said. "This Resource Hub will be one step towards helping achieve that."

The Volunteering Resource Hub can be accessed at **volunteeringhub.org.au**



National Volunteer Week is Australia's largest annual celebration of volunteers.

From Monday, May 17 to Sunday, May 23, 2021, NVW will celebrate the significant contribution of Australia's almost six million volunteers. Each year these volunteers dedicate more than 600 million hours to help others. The theme for NVW 2021 is Recognise. If you have some free time you might like to consider volunteering. Lifeline is a great option.

Hornsby player wins $800,000

A WINNING lotto ticket worth $800,000 was claimed in Hornsby.

The mystery winner held one of the five division one winning entries nationally in Monday and Wednesday Lotto draw 4067, drawn on Wednesday, April 7, 2021. Each entry takes home a division one prize worth $800,000.

The lucky winner found out their ticket was a winning ticket on Tuesday, April 13 at Hornsby when they checked.

The life-changing entry was bought at Northgate Newsagency, inside Westfield Shopping Centre, Hornsby.

Northgate Newsagency team member Changsen Wu said he was celebrating making one of his customers a division one winner.

"It's wonderful news!" he said.

The Lott spokesperson Ally Ramsamy said discovering the life-changing win was sure to put a smile on the mystery winner's face.

"While we may never know how they plan to enjoy their prize, we have no doubt they are walking around grinning from ear to ear after discovering their win."

Share your news! Contact us for a story. Email editor@hkpost.com.au or call 02 8355 5136

Gardening

Wonderful colours of autumn on show

By Gregory Lewis

AUTUMN presents an amazing colour palette. Reds, oranges and yellows often highlighted by the early morning or late afternoon sun provide breathtaking images to capture or marvel at.

Changes within deciduous trees begin to happen as summer slowly gives way to autumn.

The energy reserves built up during the growing season start being withdrawn from the leaves moving into the branches. Chlorophyll (the green pigment in leaves) also withdraws and this gives the opportunity for other pigments to share the limelight.

Pigments of red, yellow and orange that lie 'masked' beneath the green chlorophyll for most of the year now get their 'time in the sun'.

Fortunately for us we get to witness and experience the result played out in our local streets, parks and home gardens for a few glorious weeks each year.

There are several trees that consistently deliver good colour.

The largest and most visible of these is the Liquidamber (*Liquidambar styraciflua*), this tree needs a lot of room to grow and its root system can cause problems.

Another tree is the Ginkgo (*Ginkgo biloba*) which produces 'buttercup yellow' autumn colour with the male cultivars not producing any messy fruit.

Three other trees that colour well are the Chinese Pistachio (*Pistacia chinensis*) the Tupelo (*Nyssa sylvatica*) and the Persian Witch Hazel (*Parrotia persica*).

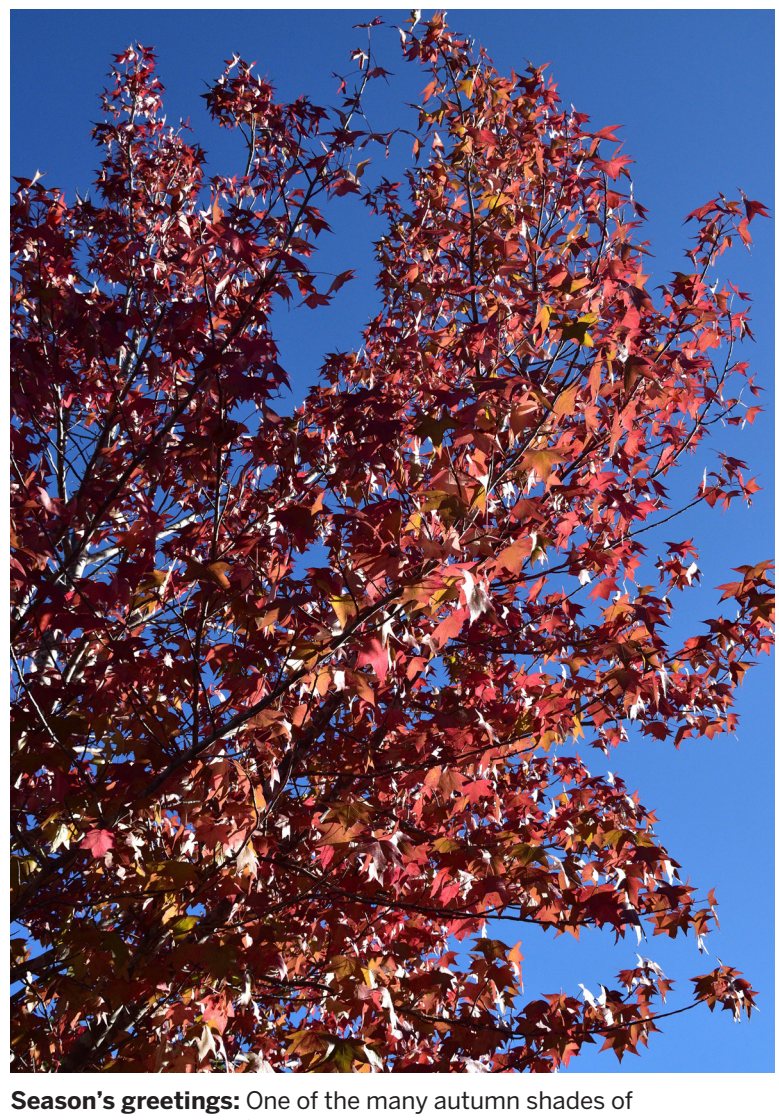
Smaller trees that are reliable include the Chinese Tallowwood (*Sapium sebiferum*), cultivars of the Japanese maples (*Acer palmatum*) and to a lesser degree some of the Crab Apples (*Malus species & cvs*) and Prunus sp. (*particularly Prunus serrulata*).

Finally, the last tree to 'colour up' in our part of the world is the Ornamental Pear (*Pyrus sp.*). Upright (*fastigiate*) cultivars of these species usually produce deep saturated colours well into early winter and fit nicely into narrow areas.

Fagan Park in Galston is a wonderful location to see displays of the spectacular Claret and Golden Ash and varieties of Northern Hemisphere Maples.

Set among 55 hectares of open space these trees look superb in early to mid-autumn as they have been planted in groups for greater emphasis. Wahroonga Park is another family-friendly place to see good colour.

Autumn colours are warm and emotive. They are the types of colours that encourage people to travel near and far to see their displays. We respond to them in a heartwarming way – they make us feel good (even happy)… so enjoy!



Season's greetings: One of the many autumn shades of Liquidamber. Photo: Gregory Lewis

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Hornsby Ku-ring-gai Post

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email: walkers@hkpost.com.au

Public Notices

Bushing Dancing is back!
Workshops commence Mondays in May @ Pennant Hills Community Centre from 7.30-9.30pm. Basic Ballroom to Scottish Country.
Enquiries: Wilma on 0413 673 339

Hornsby Ladies Probus Club
Meets on the first Tuesday morning of each month at Magpies Club, Waitara. There is an interesting speaker each month as well as regular walks, outings, cards, coffee mornings and lunches.
Enquiries: Helen 0417 687 765

The Australian Plants Society-North Shore Group will be resuming our face to face meetings at Beatrice Taylor Hall, 25 Edgeworth David Avenue, Hornsby, on Friday, May 14. Our first meeting will start at 8pm, with plant sales from 7.45pm.
Due to COVID requirements, attendance is by prior booking only and a phone no. must be provided.
Please book with **Sue Bowen on suzanneebowen@gmail.com**

Mt Ku-ring-gai and District Probus
Club meets Uniting Church, Mount Colah, 9.45am for 10am, Tuesday May 11, and the second Tuesday of each month. Probus provides the opportunity in your local community to regularly meet other retirees.
Enquiries: Lynn 0427 087 709 or via our website **mkgdprobus.org.au**

Justice of the Peace Services
The Hornsby Branch of the NSW Justices Association meets on the second Monday of each month, except January and June, at Magpies Waitara 7pm. All JoPs welcome.
Enquiries: John 0408 491 232 or Gavin 0407 289 203.
JoP services available to the public at:
Cherrybrook Shopping Village: 10am to noon Saturdays.
Hornsby Westfield Shopping Centre: L2. 1pm to 3pm Saturdays.
Contact Jane 0427 998 004

Found: 1 x Black Pushbike
Found near Storey Park on April 21. Call 0412 814 641.
Describe the bike and it's yours.

Competition winners will be announced here and notified by email.

Letters to the Editor

Send your Letters to the Editor to ***editor@hkpost.com.au*** *or mail to*
The Editor, Hornsby Ku-ring-gai Post, PO Box 2189, Normanhurst, NSW, 2076

THE confusion over the COVID-19 vaccine roll-out is a cause of great concern to me because my wife is a resident in an aged-care facility in the area. All residents and staff at nursing homes must be vaccinated without delay to prevent the disasters we saw last year.

A few days ago a meeting of relatives was told that residents would not be vaccinated before May 31. Also, staff have been told they must make their own arrangements with their GPs.

Now with a cloud over AstraZeneca what will the predominately young staff do?

The Federal Government should now use only AstraZeneca for residents and make Pfizer available for staff.

B Thomas
Turramurra

I WISH to compliment you on your superb selection of puzzles on your puzzles page in the *HK Post*. I look forward to the *Post* in my letterbox early each month so that I can get stuck into the puzzles, some easy and some testing!

I then spend hours of enjoyment attempting them all. I have mastered all but the codeword, but I am working on getting them out.

F Cook
West Pymble

FIRSTLY, thank you for the initiative of a new local paper and congratulations on a quality publication.

I read with interest your Suburb Profile on Lindfield in Issue 8. My family moved to Lindfield in 1960 and I still have occasion to go there often to visit family and friends.

The quiet, elegant, liveable suburb described in the profile, unfortunately, no longer exists.

The "new Lindfield" on the eastern side is a disappointment. I don't know what Ku-ring-gai Council was thinking when it gave approval for the tower blocks in Lindfield Avenue.

This development has ruined the Eastern side, it is set too close to the street, and assaults the eye when turning into Lindfield Avenue from under the railway bridge. The development would have been much more attractive if it had been set further back from the street, similar to the development in Tryon Road.

There are now very few places to park, so visiting Lindfield has become a trial rather than a pleasure.

The little shops that served a useful purpose such as the fish and chip shop, the butcher shop, cake shop have all gone and the lack of parking makes shopping at Harris Farm a nightmare.

I'm hoping the "Lindfield Hub" might turn out well, to counteract the developmental vandalism in Lindfield Avenue.

If not, Roseville is looking good.

J Nicholls

KU-RING-GAI Council have been given financial grants by the NSW government to stimulate the economy. This has resulted in rushed outbreaks of development, effectively 'de-greening' Ku-ring-gai Shire.

Astroturf seems top of the spending list with little or no effective consultation to the community. No environmental reviews!! All rushed through to spend this money in a hurry. No checks or balances.

This policy will transform our green areas before we become aware of it.

Please read our "Key Concerns" written to Ku-Ring-Gai Council, awaiting a response.

An online petition which is less than four weeks old already has more than 800 signatures, showing significant community concern. You can sign it at **www.change.org/NGriffiths-2021**

M Booth
(A local resident for more than 20 years)

Competition winners

Moscato Mother's Day Wine winners

WE had a great response to the Moscato wine competition offer so we decided to make it five winners:

S Ukovic, Normanhurst
L Kerst, Westleigh
D Irvine, Hornsby
E Goodsir, Pennant Hills
K Lowden, Mount Colah

Wine will be delivered in time for Mother's Day!

"I WOULD love to win this beautiful wine. Looks very appealing, tasty and mouth-watering. The flavours sound so delicious as well."

D Irvine
Hornsby

"PLEASE could I take part in the Mother's Day competition for the Moscato from McGuigan wines. This would be for me to enjoy as a mum on Mother's Day! My mum lives overseas so will toast her on the day over a video call."

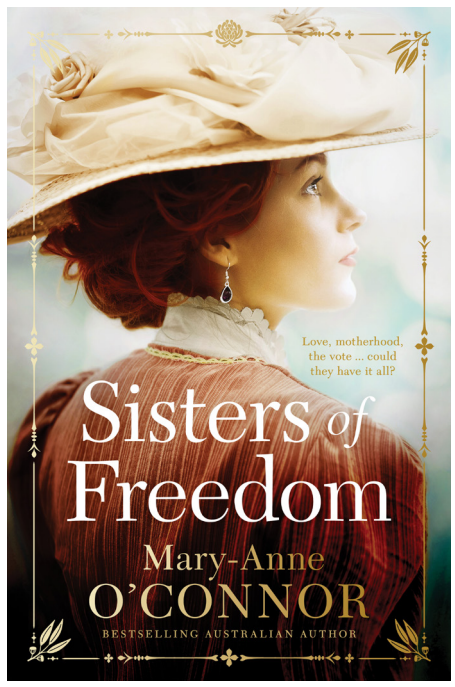
L Kerst
Westleigh

Sisters of Freedom novel winners

AS a Guide Leader, I would love to read and share the inspirational aspect of this tale. A winning entry would be fantastic.

Kindest regards

J Wade
Cowan



I WOULD love to win a copy of *Sisters of Freedom* so that I can then use it as a prize at the retirement village I work at in Lindfield.

I am the Lifestyle Leisure Co-ordinator at the retirement village and I think it would be a wonderful lucky door prize at our Mother's Day Afternoon Tea.

It would be also be a great way of promoting a local writer as well as helping to raise funds for HKWS.

In fact, it would be wonderful if we could organise Mary-Anne O'Conner to visit our Village and promote the book herself and maybe do a signing? I am sure she would have many fans here.

Love to be the successful winner!

I Baldwin
Lindfield

For more great stories from our community, please visit us online at hkpost.com.au

Sport

Aaryan ready to play ball as part of team

By Anthony Caruso
Triple H Sports

THE Triple H 100.1 FM sports team has a new member – Aaryan Shah.

The long-term goal is for Aaryan to become a panellist (operating the desk) and eventually a presenter. Aaryan is studying media at Macquarie University and has been working with 2SER, a city-wide community radio station based at UTS Broadway.

Aaryan has a mild case of cerebral palsy, which makes his achievements all the more impressive.

Anthony Caruso caught up with Aayran while preparing for a recent episode of The Bench, Triple H's Friday night two-hour sports program airing from 6pm. The program can be heard live on 100.1 FM across Hornsby and Kuring-Gai and streamed from **triplehfm.com.au**

Q: What sports have you actively followed and what it is about them that brought you in?

A: My first sport that I followed was cricket, and then AFL. I have recently got more into tennis but I want to keep diversifying my sporting interests. For me, the intrigue from sport lies in the strategy and drastic importance of individual performances as well as the repercussions after the game.

Q: What got you interested in sports media and who inspired you to follow your dream?

A: I've always loved sport and loved to talk so I thought if I could combine those together it would be a relaxing hobby turned into a job. Certain commentators have inspired me such as Bruce McAvaney, James Brayshaw and Mark Howard. I always loved their analysis, energy, passion and non-bias outlook.

Q: Talk us through your progression from secondary education to tertiary education, with the challenges that you have had over the years.

A: Secondary school was tricky for me at times both socially and academically. I felt excluded by the people around me and the inaccessibility of certain areas such as the basketball court. However, my family, especially my mum, was always on my side and helped fight the school to build a new lift to make these areas more accessible.

During high school I believe I was not very self-motivated, driven or responsible. Coming to uni has taught me the beauty and importance of academic control. I have become better for it while also improving my confidence in social situations, meeting new people and friends along the way.

Q: How do you continue to push yourself to achieve your very best and produce excellence with a positive vibe?

A: I believe performing to your capability and beyond is extremely important for growth and improvement and these two things are important and rewarding for me. Having a positive vibe makes everything easier and ensures that you see the benefit in everything you do and enjoy yourself along the way.

Q: How have you found working with Triple H Sport and where do you see yourself going within the team?

A: I have thoroughly enjoyed my time and learnt a lot so far, I have had great support and encouragement from the team which has really boosted my confidence and belonging around the group. I hope to one day run my own extended segment, much like Dom Rizzuto and soccer, but for AFL, NRL or cricket.

Sport

Lindfield Fun Run a runaway success

By Lachlan Coady

THE Lindfield Fun Run went ahead on Sunday, April 18 with more than 1600 participants getting involved to raise money for KYDS and other local charities.

This year also saw a record 200 families enter the event together. The run brings together people from all ages and has a variety of prizes for each distance and age group, so no matter your age or ability you can get involved.

The run is organised by the Rotary Club of Ku-ring-gai and has been going for more than 25 years, raising money for local causes and supporting the community.

The main beneficiary of the run is the Ku-ring-gai Youth Development Service, or KYDS, which provides counselling and other programs such as school mental health workshops for under 18s in the Ku-ring-gai area.

"We're very grateful to Rotary for running the event and their support of KYDS," spokesperson Helen Jarvis said. "KYDS relies on funding from the community to a really large extent."

KYDS has had issues with funding this year and has been under pressure due to the mental health impact of the COVID pandemic, so the funding from this event is extremely important to the organisation.

"We don't have any government funding after the end of this financial year, so the number of counselling sessions we provide is completely dependent on our community for support," Jarvis said. "Last year we provided 5462 counselling sessions, 2000 more counselling sessions last year than the year before. So the need was huge."



Familiar face: Lindfield Fun Run veteran Val Whatham receives an award from Jonathan O'Dea, Liberal member for Davidson.

The run has changed a lot over the years. This year's event made use of some impressive technology to track runners, digitally recording when runners crossed the finish line and how they placed in their division.

This was made possible thanks to magnetic information on the back of each runner's bib and meant that officials could announce participants as they finished.

The Lindfield Fun Run is widely supported by local businesses.

Real estate group Marshall. Chan.Yahl were the major sponsor. Managing director Craig Marshall has been involved with the run for many years and acted as the MC on the day.

The *Hornsby Ku-ring-gai Post* was also involved as a sponsor.

Jonathan O'Dea, state member for Davidson, was happy to get involved in the event.

"The Lindfield Fun Run is a fantastic community event that supports some very worthwhile local causes," he said. "Congratulations to Rotary and all those who supported what's a wonderful community initiative which will continue for many years to come."



Worthy cause: More than 1600 people took part in this year's Lindfield Fun Run to raise money for KYDS and other local charities.
All photos: Matt Heath

CONGRATULATIONS TO OUR RACE WINNERS

10km	Jack McPhee and Audrey Hall
5km	Jacob Magner and Mercy Nathanael
2km	William Derbyshire and Mia Guillergan



O'Dea was at the event to lend his support and hand out trophies during the awards ceremony.

Val Whatham, a fixture of the Lindfield Fun Run, won the 70+ age category in what is now her 18th year taking part in the run.

Val is deeply involved in the Lindfield community, serving at St Peter's Anglican Church and organising morning teas to keep the communities elderly connected. She has been a part of the Lindfield running community since 1984 and has taken part in the fun run almost every year, only missing some due to injury.

Fellow Lindfield runner Tessa Noble said: "Val inspires me to keep running and never stop doing what you love. To be as healthy and humble as Val, at any age, is to achieve a great thing indeed. She's here every year to support our local community.

"She runs three times a week in the local Lindfield area and is an inspiration to the residents of Lindfield. She's a humble unsung hero of the community."

To see your placing and photos from the event, visit **lindfieldfunrun.org.au**

Community event still going strong 25 years on

By Rotary Club of Ku-ring-gai

THE Lindfield Fun Run is a local community event that encourages people to participate in an active, healthy and friendly social activity. In addition, it also welcomes the serious runner.

The fun run has always had a 5km and a 10km event. In 2019, a 2km event was added for the young and young at heart.

The course starts at Roseville Park and winds its way through the back streets of Roseville and Lindfield. The course is a good mix of level terrain and a few moderate hills, typical of our beautiful North Shore. It's just the right mix to challenge talented runners while still being very enjoyable for the less serious runners and walkers.

The first fun run was organised in 1996 and 230 runners and walkers participated. From then, it has grown to a much larger community event.

In recent years, there has been more than 1000 active participants as well as many supporters and spectators attending the event.

Before the online payment system was used, it was cash payment on the day.

Before using the electronic tag on the running bib, timing was 'manually' recorded at the finish line which was a difficult task.

In 2009, online registrations and results were introduced and participant numbers took off.

Now all runners and walkers get an accurate electronically recorded time for their effort.

The average amount raised each year has been between $30,000 to $40,000, with a few good years up to $50,000.

The total raised over the years is more than $500,000.

The original website that has been running since 2009 was redesigned in 2021, giving it a much more modern look and feel.

The event is seen as both a great community event and a means to raise funds for Rotary's many projects. As well, it's a 'hands-on' type project.

Through the event, Rotary has given much support and assistance to local groups such as KYDS, women's shelters, nearby schools, youth groups and many Rotary youth programs.

International projects include providing clean water for Laotian villagers, education facilities for remote Fijian schools and medical solutions for Bengali kids.

The Lindfield Fun Run nicely complements Rotarians' pursuits of having fun and enjoying "doing good in the world".

Sport





Pedal power: More than 2500 riders raised more than $160,000 this year. All photos: Matt Heath



The Bobbo passes $1m milestone in 10th year

By Lachlan Coady

We are always keen to promote local sports. Please call 02 8355 5136 or email contact@hkpost.com.au

THE Bobbin Head Cycle Classic held its 10th annual race this year, with more than 2500 riders raising more than $160,000 for charity.

This year also saw The Bobbo hit the benchmark of more than $1 million raised across the event's lifetime.

The event is a joint effort by the Rotary Clubs of Ku-ring-gai, St Ives, Turramurra and Wahroonga, and brings the community together each year to support Lifeline and a variety of local charities.

Frank Salerno and his team Logico Homes won top prize for both individual and team fundraising, with $10,285 raised. First prize was a bike tour for two of Mont Ventoux in Provence, France, valued at more than $4000, and his team's prize was a $1000 dinner at the renowned Café Lyon in Lindfield.

Ken Anania and Mark Godlewski came second and third respectively, each winning a portrait session with Verve Portraits. Local businesses rallied to support the event in a variety of ways.

Meadowbank Tafe and Kaiser Physio had students and staff providing massages and physical therapists for riders.

Hornsby BMW had "taken the sponsorship to another level" this year according to Mikki Weinand, providing four cars for the event, including vehicles to act as the lead and sweeper cars for the race.

Local bike shops also got involved, sponsoring the event, and providing stalls filled with cycling essentials. Sydney Electric Bikes, Jet Cycles and I Like Your Bike all had stalls ready to cater to participants cycling needs. The team at Jet Cycles also helped some riders with technical issues. "We changed some tyres and chains, a few little basic last-minute fixes for some of the riders. We've saved a few people's days, that's for sure," said Jet team member Angus Calder, who also happens to hold the record time for the infamous 'Bobbo' hill.

Riders came not only from the Hornsby Ku-ring-gai area but from all over Australia. One rider, David McDonagh travelled all the way from Tamworth to participate in the event with his sons Peter and Luke.

"I saw it on the internet and thought 'Wow, what a great cause' and a couple of my boys are down here in Sydney and so I reached out to them. Thankfully, with a lot of generosity from a lot of Tamworth people, we raised $3500. Lifeline is a such a great cause and Rotary has done an amazing job with the volunteers, we're just really proud we could be part of it."

This was the first time at the Bobbo for the McDonaghs, but not their last: "None of us had done anything like it before and we'll definitely be back next year, probably bigger and better," David said.

The main beneficiary of the ride is Lifeline's 'Harbour to Hornsby' office, with several other local charities also receiving funds, including the Ku-ring-gai youth development service and the Hornsby Ku-ring-gai Women's Shelter.

With the huge mental health impacts of the COVID pandemic, as well as the recent floods, Lifeline's services are needed in our community more than ever.

"It's been an incredibly busy time for Lifeline," said Wendy Carver, CEO of Lifeline Harbour to Hornsby.

"We've had about a 20 per cent increase in the use of all our services. We're now doing about 3300 calls a day. It keeps growing and it hasn't stopped, ever since we had the bushfires and the floods and then COVID.

"Any money raised goes to keeping our services going and saving lives in Australia."

The Bobbo is an important event for Lifeline Harbour to Hornsby, not just for the funding it provides but also for the awareness and community support that it encourages.

"It's all about members of the community getting involved. It's really wonderful to have an event like this and get this kind of support."

Anyone who wants to get involved with **Lifeline** during this difficult period is encouraged to reach out to their local office about volunteering. You can also visit **lifelineh2h.org.au**

Sport

Sustainable sports



Visitor: North Sydney MP Trent Zimmerman and St Ives FC players.

By Nick Amies

NORTHERN Suburbs Football Association kicked off the Sustainable Sports Program (SSP) with its 30 member clubs, local dignitaries and representatives from Football NSW at an official launch last month at North Turramurra Recreation Area.

The brainchild of local football mums Linda Curtis and Liz Courtney, the SSP was piloted last year with NSFA club Northbridge FC with the assistance of a Federal Government grant.

The program is aimed at creating sustainable canteens, recycling within our clubs and developing good practices in our participants for the future.

Within NSFA the initiative will be supported by more than 40 youth ambassadors, who will take on leadership roles and participate in workshops and activities throughout the season.

Currently, the ambassador program has representatives from Turramurra United, Hornsby Heights, Northbridge, St Ives, West Pymble, Kissing Point and Lane Cove.

"It's fantastic to see the next generation of our football community getting involved in the program," NSFA CEO Ed Ferguson said.

"By supporting our NSFA clubs in the SSP we hope to drive long-term change within the community about our approach to recycling and care for our facilities."

Following the implementation of the SSP within the NSFA region, the next step is to map out a state-wide rollout, with Football NSW CEO Stuart Hodge and Board Director Stephanie Brantz attending the launch.



Team effort: NSFA CEO Ed Ferguson, NSFA Board Member Jacinta Martin, NSFA Vice President Hilary Bingham and North Sydney MP Trent Zimmerman with Turramurra United youth ambassadors.

North Sydney MP Trent Zimmerman and Ku-ring-gai Councillor Donna Greenfield were present at the event, with Zimmerman continuing his support from the Northbridge pilot.

NSFA CEO Edward Ferguson, Board President Dr Ian Plant and Vice President Hilary Bingham were also in attendance.

To find out more about the SSP in NSFA, contact Hilary Bingham by emailing **admin@nsfa.asn.au**

Lions ready to roar

By Mat Meers
Triple H Sports

IN 2015, the Hornsby Lions ventured into the unknown. They left the Sydney Rugby Union and entered the Central Coast Rugby Union competitions.

After a slow start, five years later, in 2020, they were rewarded with their first appearance in the CCRU Mens Premier 1s finals, as well the Women's 10s "Nalas" finishing as Minor Premiers.

Now in 2021 the real work begins. In the lead-up to the 2021 season, the Piukala brothers, Tevita and Mathew, joined the Triple H FM Sports team for an episode of Splinters: The Bench podcast.

While noting that all games are important in the newly named Swietelsky Premier 1 competition, there are a couple of games of extra importance circled on the calendar, including what will be a much-anticipated game when they take on Ourimbah, who were the ones to knock them out in week two of the finals last year.

Back-to-back finals appearances are certainly the goal for First Grade in 2021.

The Women's 10s Nalas have had a great start to 2021, winning the preseason Swietelsky Shield in March. Unbelievably, they did it with only nine players.



Fine form: The Women's 10s Nalas have had a great start to 2021, winning the preseason Swietelsky Shield in March.

After taking out the Minor Premiership in 2020, but not being able to make the Grand Final, they have the motivation to be standing tall on Grand Final Day in 2021.

The first home game for Hornsby, at Mark Taylor Oval Waitara, will see them take on Kariong on May 1, with the Nalas kicking off at 2.20pm and Swietelsky Premier 1 at 3.15pm.

The **Splinters: The Bench** podcast episode with the Piukala brothers can be found wherever you get your podcasts. Weekly previews for the Hornsby Lions will be featured on The Bench, Sydney's leading community radio sports show, Friday nights from 6pm, and live home game coverage for the Lions airs on Saturdays from 3pm, both on Triple H 100.1FM and **triplehfm.com.au**

Race walkers win state and national medals

Story: Supplied

A LOCAL team of young race walkers aged between 9 to 16 have had tremendous success this season participating at state and national level with a haul of medals and personal bests.

Many of the team are members of the Ku-ring-gai Little Athletics club and are coached by Nicole Fagan, a former international racewalker and local primary school teacher.

They have been training hard throughout the 2020/21 season despite what COVID-19 has thrown at them.

Nicole has been tirelessly committed to helping these young athletes achieve their goals. They have all worked together and supported each other as a team.

Australian Athletics Juniors Track and Field 2021
Alannah Hickson: Bronze U18 5000m walk. Zoe Woods: 7th in U17 5000m walk and 4th in U15 3000m walk. Summer Sivaraj: 11th U15 3000m walk and 4th in U15 Pole vault. Grace Beck: Gold U14 3000m walk. Dylan Allabush: Bronze U14 3000m walk.

Little Athletics Australia
Dylan Allabush: Gold U13 1500m virtual national challenge.

2021 ACPE NSW Junior Championships
Zoe Woods: Bronze U15 3000m walk. Summer Sivaraj: Gold U15 pole vault and 6th U15 300m walk. Grace Beck: Gold U14 3000m walk. Dylan Allabush: Gold U14 3000m walk. Imogen Cochrane: 5th U14 3000m walk.

LANSW State Youth Championships
Alannah Hickson: Bronze U15 3000m walk. Zoe Woods: Bronze U14 1500m walk. Dylan Allabush: Gold U13 1500m walk. Gemma Dixon: Gold U10 1100m walk.

We are always keen to promote local sports. Please call 02 8355 5136 or email contact@hkpost.com.au

puzzles

WORDSTEP

No. 042

Complete the list by changing one letter at a time to create a new word at each step.

F R E S H

— — — — —

— — — — —

— — — — —

— — — — —

C L A M P

There may be more than one possible answer.

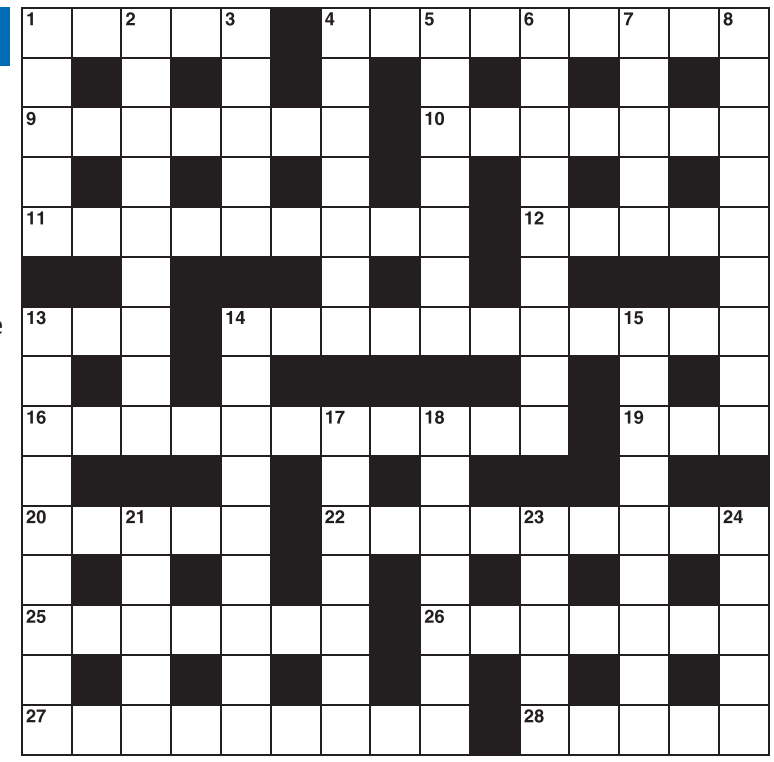
QUICK CROSSWORD No. 042

ACROSS

1 Public assembly (5)
4 Metallic element (9)
9 German-speaking country (7)
10 Ten-year periods (7)
11 German city (9)
12 Result from (5)
13 Sound of indigestion (3)
14 Wielding (11)
16 Evaluations (11)
19 Knight's title (3)
20 Non-PC (5)
22 Terrible beating (9)
25 Clique (7)
26 Attack (7)
27 Utilises (10)
28 Objects (5)

DOWN

1 Dreads (5)
2 Materials (9)
3 Deserve (5)
4 Southern US state (7)
5 Modernised (7)
6 Adds to (9)
7 River flowing from Tibet to the Arabian Sea (5)
8 Envoy (9)
13 Sadness (9)
14 See (9)
15 Establish (9)
17 Things of consequence (7)
18 They conquered England in 1066 (7)
21 Soak (5)
23 Seaweed wrapped rice (5)
24 People who favour black clothes and make-up (5)



CODEWORD No. 042

J	3	1	3	4	■	24	16	3	1	3	23	24
10	■	3	■	2	■	P	■	12	■	12	■	P
6	2	21	10	4	5	23	■	11	5	17	2	3
14	■	7	■	■	■	10	■	23	■	5	■	4
10	P	3	22	21	■	18	23	2	13	10	3	11
18	■	■	■	3	■	3	■	8	■	24	■	■
16	19	11	24	18	17	■	9	3	24	11	3	23
■	■	23	■	3	■	14	■	23	■	■	■	3
18	17	5	4	19	18	3	■	11	17	15	6	3
15	■	P	■	11	■	5	■	■	■	5	■	4
24	17	3	4	9	■	8	3	17	19	18	4	3
11	■	20	■	10	■	3	■	2	■	17	■	18
24	11	3	4	4	5	23	■	P	3	11	19	11

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25 J	26 P

SUDOKU No. 042

EASY

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

HARD

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

WORD FIND No. 042

The leftover letters will spell out a secret message.

Theme: Shoes

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

BOOT
BROGUES
ESPADRILLE
INSOLES
LACES
LOAFERS
PLIMSOLL
PUMPS
SANDAL
SLIPPERS
SNEAKERS
SOLE
STILETTOS
TONGUE
TRAINERS
WELLINGTONS
WINGTIPS

QUIZ

1 Name the 1992 debut studio album by Mary J. Blige.
2 In which country is the 1998 film *Run Lola Run* set?
3 Which is heavier: pure gold or pure silver?
4 True or false: blackstrap molasses is a highly refined form of sugar containing little to no mineral nutrients?
5 Topeka is the capital of which US state?
6 By what name do we more commonly know marine creatures belonging to the class Asteroidea?

4x4

ACROSS

1 Serpentine sibilance
5 Biblical garden
6 Singer
7 Examination

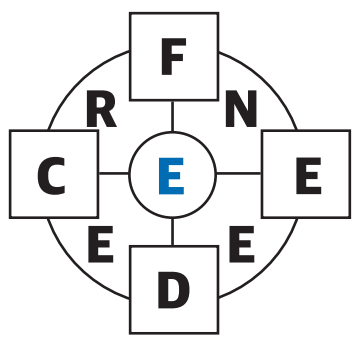
DOWN

1 Warmth
2 Off
3 Installs
4 Nasal mucus

1	2	3	4
5			
6			
7			

9-LETTER WORD No. 042

Using the nine letters in the grid, how many words of four letters or more can you list? The centre letter must be included and each letter may only be used once. No colloquial or foreign words. No capitalised nouns, apostrophes or plural words ending in "s".



Today's Aim:
12 words: Good **25 words:** Excellent
18 words: Very good

SOLUTIONS

PUZZLES AND PAGINATION © PAGEMASTERS | PAGEMASTERS.COM 2304

4X4 ACROSS: 1. Hiss, 5. Eden, 6. Alto, 7. Test
DOWN: 1. Heat, 2. Idle, 3. Sets, 4. Snot

WORDFIND Secret message: To walk a mile

WORD STEP
FRESH, FLESH, FLASH, CLASH, CLASP, CLAMP

SUDOKU EASY

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

SUDOKU HARD

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

QUICK CROSSWORD

F	O	R	U	M	■	A	L	U	M	I	N	I
E	■	E	■	L	■	P	■	N	■	N	■	E
A	U	S	T	R	I	A	■	D	E	C	A	D
R	■	O	■	I	■	B	■	A	■	R	■	U
S	T	U	T	T	G	A	R	T	■	E	N	S
■	■	■	M	■	E	■	A	■	■	■	E	■
R	E	S	E	R	V	O	I	R	■	S	E	S
A	S	S	E	S	S	M	E	N	T	S	■	S
H	I	C	■	B	R	A	N	D	I	S	H	I
E	■	■	I	■	■	■	E	■	■	■	N	■
T	A	B	O	O	■	T	H	R	A	S	H	I
C	O	T	E	R	I	E	■	A	S	S	A	U
A	■	A	■	P	■	T	M	■	U	■	T	■
T	A	B	O	O	■	T	H	R	A	S	H	I
R	■	■	■	H	■	A	■	O	■	■	T	■
A	S	S	E	S	S	M	E	N	T	S	■	S
E	■	E	■	I	■	■	■	E	■	■	N	■
H	I	C	■	B	R	A	N	D	I	S	H	I
E	X	E	R	C	I	S	E	S	■	I	T	E

QUIZ
1. *What's the 411?* 2. Germany
3. Gold 4. False 5. Kansas
6. Starfish

9-LETTER WORD
cede, cere, creed, decree, deer, defence, defer, DEFERENCE, erne, feed, feeder, fence, fenced, fencer, fend, fender, fern, free, freed, need, recede, reed, reef, reefed, rend

CODEWORD

W	O	E	L	A	M	G	V	F	U	T	X	Q
B	Y	K	H	C	I	Z	D	N	R	S	J	P



THE BELLE PROPERTY HORNSBY PROPERTY MANAGEMENT TEAM

LOOKING FOR THE IDEAL **PROPERTY MANAGEMENT** TEAM?

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