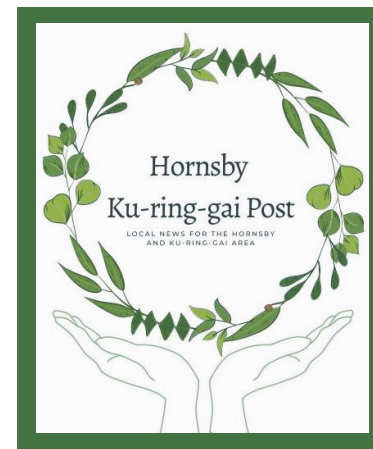


# Hornsby Ku-ring-gai Post

Issue 8 - April 2021



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## Lest we forget

**Anzac Day events  
march forward  
– details on page 3**



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[adamnoakes@stonerealestate.com.au](mailto:adamnoakes@stonerealestate.com.au)





# Outstanding results



109 Oxley Drive, Mount Colah **Sold \$1.421m**

We discussed a campaign to sell the property however Nick already had found a buyer prior to us even putting out to market and achieved a price we were all happy with.  
He has been very helpful and understanding with the whole situation & I would recommend Nick to anyone who was thinking of selling.  
Jerome Higgins



71 Parklands Road, Mount Colah **Sold \$1.145m**



32 Northview Place, Mount Colah **Sold \$2.131m**

**Nick Berman**  
nickberman@mcgrath.com.au  
0411 216 332





## A word from our publisher

Tina Brown

APRIL is a busy month with Easter and the school holidays upon us. 2021 is shaping up to return to normal with events opening up again including Sydney's Royal Easter Show.

This month also celebrates our youth and seniors. You can read more about these events throughout this edition. Youth Week has a theme this year of 'Together more than ever' and Seniors Week features 'Our Nature, with a focus on connection during challenging times'.

There are many opportunities to come together as a community in April. Given how isolating and difficult this past year has been for our seniors, now is a great time to share and interact within our community, especially with the vaccine becoming available.

Every month since our first edition, we have delivered our newspaper to local retirement villages with the express purpose of keeping seniors connected to the community.

We did this in the knowledge that many elderly residents were not able to have their regular visitors during the pandemic and were unable to join their usual social outings.

Last year, during the pandemic, when dropping off newspapers to a retirement village in North Turramurra, I witnessed a visiting relative move the chair to the window of their loved one, chatting through the flyscreen was his only option. This spoke to the sense of isolation but, at the same time, showed the love of the visiting family.

It's also pleasing to see the Dawn Service resuming this year across our communities for Anzac Day. I'm sure the social movement of 'Light up the Dawn' services held on driveways will continue across many communities and I look forward to this special day as always.

I wish everyone a happy and safe Easter.

# Events return to mark Anzac Day

By Tina Brown

AS the COVID-19 vaccination program rolls out and unemployment rates improve, confidence is returning to our community. Unlike 2020, this year will see a return to events to commemorate Anzac Day on April 25, 2021.

Last year, many of us watched the live broadcast of the dawn service from the Australian War Memorial on Anzac Day.

Unlike every other year since 1923, there were no marches in 2020. Instead, many honoured our fallen soldiers with a driveway tribute, shared with our neighbours. If you were lucky you were within earshot of a bugle.

Returned Services League (RSL) NSW State Secretary Jeff O'Brien recently said the leading ex-service support and advocacy service for veterans has been working with the NSW Government to ensure dawn services, marches and all other commemorative events can take place.

This year, the Sydney CBD march is limited to 500 participants. RSL NSW will conduct a ballot for veterans to participate in the march and places will be allocated across each service branch and conflict from World War II to current operations.

Anzac Day has always been a special day for remembering the service and sacrifice of our service men and women throughout all conflicts.

The Anzacs were volunteers, some were as young as 16, they were the brave men and women who selflessly paid the ultimate



**The Ode comes from the fourth stanza of *For the Fallen* by English poet and writer Laurence Binyon:**

*They shall grow not old, as we that are left grow old  
Age shall not weary them, nor the years condemn  
At the going down of the sun and in the morning  
We will remember them*

sacrifice for the betterment of the Australian people.

The 'Anzac spirit' is described by the Australian War Memorial as "having great courage, endurance, initiative, discipline, and mateship" throughout the eight months fighting on Gallipoli.

Across our community, there are

several dawn Services resuming this year. These services are limited in capacity due to health advice from the government as the RSL NSW sub-branches have received permission to organise a 'controlled' outdoor event. The public are advised to check first before attending.

## ANZAC DAY

- z The first dawn service for Anzac Day was held in 1923.
- z Anzac biscuits were sent to soldiers as they had a long shelf life and were a substitute for bread. Today's recipe is far more palatable.
- z *The Last Post* symbolises that the duty of the dead is over and that they can rest in peace.
- z Rosemary is an emblem of remembrance. It is traditional on Anzac Day to wear a sprig of rosemary pinned to a coat lapel or to the breast (commonly worn on the left side) or held in place by medals. Rosemary grows wild on the Gallipoli Peninsula.

## DAWN SERVICES

**Berowra RSL sub-branch:**

Berowra Community Centre  
5am on Anzac Day

**Chatswood RSL sub-branch:**

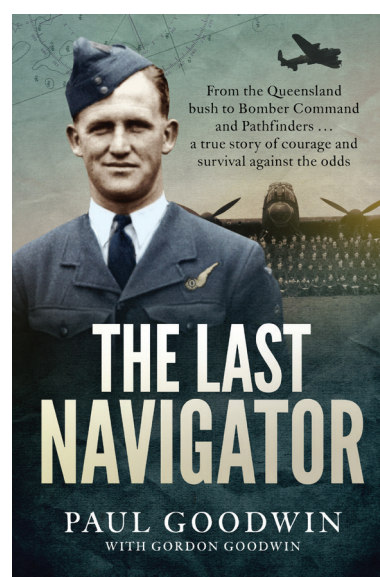
The Garden of Remembrance,  
Albert Ave Chatswood  
5.30am on Anzac Day

**Hornsby RSL sub-branch:**

Hornsby Cenotaph  
5am on Anzac Day

**Roseville RSL sub-branch:**

Roseville Memorial Park,  
62 Pacific Highway, Roseville  
5am on Anzac Day



## The Last Navigator

*THE Last Navigator* author Paul Goodwin has generously gifted his book to 96-year-old World War II Neville Hall, who is featured on page 5 in our Anzac Day tribute.

Mr Hall flew Lancaster bombers in World War II and we hope he enjoys this great novel.

*The Last Navigator* is a wonderful gift idea for someone special on Anzac Day. It's available from our good friends at Novella Fine Books in Wahroonga.



**True story:** *The Last Navigator* author Paul Goodwin with his father Gordon in 2009, three years before his death at age 94.

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# Veteran Shirley's local legacy

By: Esme Mathis

THE Sphinx Memorial in Ku-ring-gai Chase National Park is the unique legacy of a World War I Anzac soldier.

The Sphinx Memorial was carved by Private 5756 William Thomas Shirley while convalescing at the Lady Davidson Hospital in Turrumurra.

Hewn from surrounding bush sandstone, the sphinx was carved between 1924-26, and is about one-eighth the size of the Great Sphinx in Egypt.

Local historians know little about Shirley's early life. He was born between 1865 and 1867 and likely emigrated to Australia before 1901, where he worked as a stonemason and builder.

In January 1916, William Shirley enlisted in the Australian Imperial Force (AIF) at Casula, and was assigned to the 18th Reinforcements, 13th Battalion. He travelled to England aboard the HMAS Clan McGillivray in May 1916, eventually leaving for France on March 20, 1917.

Shirley's service in France was short-lived, however. In April, he was admitted to a hospital in Rouen after developing an upper respiratory tract infection. He was already suffering from tuberculosis, but the distress of military service combined with snowy weather conditions exacerbated his condition.

Shirley was eventually transferred to Southwark Military Hospital in England, indicating the



**Dedicated:** The Sphinx Memorial was carved by Private 5756 William Thomas Shirley.

seriousness of his condition. Hospital records show he was suffering from "debility and pleurisy". Shirley returned to Australia in August 1917, and by November he was formally discharged from service.

Shirley never fully recovered from tuberculosis, and in January 1924 he was admitted to the Lady Davidson Hospital in Turrumurra. It was here that Shirley began carving out the sphinx and two pyramids in the nearby bushland.

He spent the next two years working on the project, dedicating a few hours a day to his work, with intermittent rest periods where his deteriorating condition left him bedridden. It wasn't long until his work captured the interest of others: a journalist from the Sydney Morning Herald reported the event in 1924, when Shirley was just several weeks into the project.

Shirley did not live to see his memorial unveiled to the public on May 3, 1931.

He had passed away three years before, on August 27, 1929.

The *Sydney Morning Herald* reported Shirley's passing, writing: "The carving stands as a permanent memorial to the skill and patience of a brave sufferer, who contracted tuberculosis, following on war service."

However, factual inaccuracies within this *Sydney Morning Herald* article has led to many myths around the Sphinx Memorial. For example, it is widely believed that Shirley was inspired to carve a sphinx after visiting Egypt during his military training or leave.

However, the Ku-ring-gai Historical Society has closely examined World War I Service records, Battalion histories and censuses to disprove this narrative. The Gal-

lipoli battles were over by the time Shirley enlisted in the AIF, and therefore he never saw the Great Sphinx of Giza in person.

It was also reported that Shirley was severely gassed during the First Battle of Bullecourt (11th of April 1917), leading to his hospital transferral and eventual discharge from service.

The Ku-ring-gai Historical Society also contest this theory, as their research has proved that gas was not used in that specific battle. Local historians therefore suggest that Shirley developed some sort of upper respiratory tract infection, aided by the snowy weather conditions.

The Sphinx Memorial is located on Sphinx Road, near Lady Davidson Hospital in North Turrumurra. The site can be accessed on the Sphinx Memorial to Bobbin Head walk track.



**Tribute:** The Sphinx Memorial in Ku-ring-gai Chase National Park.



Join me in honouring the service and sacrifice of the men and women who have served Australia.

**JULIAN LEESER MP**  
Federal Member for Berowra



AWM - 020461

**ANZAC DAY**

To learn more about the Anzacs, please visit [anzacportal.dva.gov.au](http://anzacportal.dva.gov.au)

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

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# World War II veteran 'soldiering on' at 96

**Story:** Staff Writer

NEVILLE Hall is a 96-year-old Royal Australian Air Force veteran from World War II.

Born in Milperra in south-west Sydney, Mr Hall grew up on the family poultry farm.

In the very early days, Milperra was commonly known as Thorns Bush, before officially becoming known as Bankstown Soldier Settlement in 1917.

While Milperra has grown to a population of more than 4000, back then the population was only a few hundred.

Mr Hall's story is one of a small-town Australian farm boy leaving to make his contribution to the greater good at a pivotal time in history.

After joining the Air Cadets in his teens, he patriotically signed up for active service in the RAAF when he turned 18 in 1943.

Mr Hall undertook initial training in Australia before sailing to the United Kingdom via the United States.

Assigned to the freshly composed RAF 622 Squadron based in Mildenhall Suffolk as a radio operator, Mr Hall originally flew in Wellington bombers, but his main service was spent in Lancaster bombers.

Apart from undertaking many bombing raids towards the end of World War II, 622 Squadron delivered food-drops over Holland. 622 was also one of the squadrons that contributed to tin-foil drops to the north of the D-Day landing locations in an effort to baffle enemy radar and make the Germans think that the landing would be further north – an ingenious tactic to confuse German fighter planes away from the actual landing spot.

After the war, Mr Hall's safe return to Australia was also his safe return to his childhood sweetheart Sonia Ellitt. They married and built a home in Mt Lewis, Punchbowl, in Sydney, and raised their three beautiful children – Lyn, Malcolm and Barbara. The family has been further blessed with four grandchildren and eight great-grandchildren.

Despite the heartfelt loss of his beloved Sonia in 2009, Mr Hall's spirit 'soldiers on', which is an inspiration to all, taking pleasure in having his home full of family and



**Decorated:** Neville Hall is a 96-year-old Royal Australian Air Force veteran from World War II; below, with local family from Mount Colah at an Anzac Day parade in Sydney in 2019, from left, son-in-law Geoff Hoddinott, Granddaughter Lauren Hoddinott and daughter Barbara Hoddinott.



friends, especially for birthdays, Easter and Christmas.

Holding a full driver's licence, Mr Hall keeps active playing social

and Pennants bowls at Mt Lewis Bowling Club, and mowing lawns.

His roses are a local treasure, while his backyard vegetable patch has

supplied his family and neighbours with a variety of vegetables for decades.

His daughter Barbara and grand-

daughter Lauren give him an uplifting visit on Tuesdays, bringing shopping, helping with housework, his paperwork and some of the 'heavy' work in the garden. They are often helped by other family members, notably daughter-in-law Liz and son-in-law Peter. Depending on the season, Mr Hall sends his family home with gems from his garden such as roses, orchids, spinach, potatoes or tomatoes. And don't forget the chillies!

Son-in-law Geoff Hoddinott's parents also actively participated in World War II. His mother Margery was a WAAF Operations Officer working out of North Queensland in headquarters occasionally used by General Douglas MacArthur. MacArthur also met Geoff's father, Captain Frank Hoddinott, in conference in the jungles of New Guinea.

Frank served in North Africa, the Middle East and the Mediterranean. In 1941, he was awarded the DCM (Distinguished Conduct Medal) in Syria and the MC (Military Cross) at Eora Creek on the Kokoda Trail in 1942.

Frank and Margery moved to Mount Colah in 1997 to share a house with Geoff, Barbara and Lauren. Frank passed away that same year. Margery was cared for at home for 23 years before passing away at age 101.



Thinking of renovating? **Think Smith & Sons Hornsby and Turramurra!**

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# Latest News



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



## from the Mayor's Desk

There are few things better than seeing various branches of government working together and yet another example of that is unfolding right now in Wisemans Ferry. A new three-lane boat ramp is being constructed, in partnership with the NSW Government and Hills Shire Council. It's a good agreement that sees them provide the bulk of the funding, while we manage the project and accept responsibility for ongoing maintenance.

It's a worthwhile project that none of us had the resources to undertake on our own, yet together we will be able to deliver for the residents of Wisemans Ferry. It is not just the boat owners who will benefit from this work. People will come from far and wide to use this convenient new three-lane ramp, which will have obvious benefits for the local economy. There will also be improved parking facilities and a range of other works that will make this an inviting destination for all sorts of people. It's yet another example of how well our system works in Australia and how grateful we ought to be for the way our various governments are able to cooperate for the good of the people we are here to serve.

**Philip Ruddock AO**  
Mayor  
Hornsby Shire Council

## Have Your Say



We are seeking your feedback on two important projects:

**Waitara Park** – Draft Plan of Management to guide how Waitara Park is used and managed into the future.

Join us at a public hearing on **Wednesday 7 April, 5-7pm. Beatrice Thompson Hall** (next to Wallarobba Arts Centre)

On Public Exhibition until **Wednesday 5 May**

**Draft Public Domain Guidelines** to provide additional guidance in the design and delivery of upgrades to existing and future public spaces in Council's housing and business precincts.

On Public Exhibition until **Thursday 22 April**

[hornsby.nsw.gov.au/haveyoursay](https://hornsby.nsw.gov.au/haveyoursay)

## REIMAGINE ART PRIZE

## CALL FOR ENTRIES

2021 THEME:

'Fast fashion, fast food, fast running out of natural resources'

Enter online at [hornsby.nsw.gov.au/remagine](https://hornsby.nsw.gov.au/remagine)  
Entries close: 17 May 2021

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Hornsby Art Society

hs



## NSW Seniors Festival April 2021



Join us for a range of inspiring online events from *Healthy Ageing* and *Staying in Your Own Home*, through to *Learn How to Create an Easy Care Garden* and more.

[hornsby.nsw.gov.au/whatson](https://hornsby.nsw.gov.au/whatson)

## Rethinking Waste (for good)



**Thursday 22 April, 6.30-7.45pm Online**

What is a circular economy and how can we use it in our community?

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# Vaccine rollout a shot in the arm



**By** Julian Leeser, MHR,  
Member for Berowra

OVER the last nine months, scientists around the world have been in a race to find a vaccine for COVID-19. 2021 has brought with it good news with numerous vaccines are now being rolled out around the world.

Australia has approved both the Pfizer and AstraZeneca vaccines. Both are now in the country and the Australian rollout has begun. Australia is also producing the AstraZeneca vaccine.

National Cabinet has adopted a vaccination roadmap for the rollout, which is ensuring the Australians who need the vaccine most get access to it first.

High-priority groups include quarantine

and border workers, frontline healthcare workers, as well as residential disability and aged-care residents and staff.

You can have confidence in the vaccines because they have gone through Australia's formal approval processes without skipping a step and have met our strict quality standards.

Most Australians will receive the AstraZeneca vaccine. Once the first dose has been administered, the second dose is given 12 weeks later.

The World Health Organisation has confirmed this regimen to be safe and effective in preventing symptomatic COVID-19.

These vaccines and the public take-up will be critical to Australia's fight against the virus.

Vaccination is not a silver bullet. Once the vaccination starts, COVID-safe practises do not end. Physical distancing, hand hygiene, using the COVIDSafe app, getting tested and self-isolating if sick must continue. However, the vaccines will make the challenge easier and will protect people from the worst effects of the illness.

**To keep up to date with the vaccine rollout and for more information on the Vaccine Roadmap, visit [health.gov.au](https://health.gov.au)**



**Discussing vaccine rollout:** Julian Leeser with Minister for Health, Greg Hunt

Visit us online at [hkpost.com.au](https://hkpost.com.au)

**Janelle McIntosh – Hornsby Shire Councillor**



*Please contact me if I can be of assistance to you with any Council matter*



Here's how you can contact me:

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📧 @JanelleMcIntoshHornsby

✉ [jmcintosh@hornsby.nsw.gov.au](mailto:jmcintosh@hornsby.nsw.gov.au)

**If you know of a great story, someone inspirational or a win for our community, please email [editor@hkpost.com.au](mailto:editor@hkpost.com.au)**

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Image is for illustrative purposes only. Correct as at March 2021. J005914F



# Mother's Day gifts

DON'T leave Mother's Day gifts to the last minute this year. There are so many local options where you can enjoy time together and make your mum feel appreciated.

There are many local businesses we feature every month in this local publication and we encourage you to try them.

Whether it be a Chinese meal together, treating your mum to gorgeous eyebrows, jewellery or a lovely glass of wine.

Take the time to plan ahead and think about something she would love while also supporting our own local businesses by buying local, shopping local.

Let's back our own local businesses and try their services.

We have two competitions ahead of Mother's Day on Sunday, May 9.

The first competition is to celebrate local author Mary-Anne O'Connor's new book *Sisters of Freedom* (see below).

The second competition is the gorgeous Moscato wine we have secured through McGuigan Wines, exclusively available through the *Hornsby Ku-ring-gai Post* or at the McGuigan Wines Cellar Door, 447 McDonalds Road, Pokolbin (see right).

Both would be a lovely gift for your mum on Mother's Day, which is why we are running the competitions early, so they can be enjoyed by your mum in time for Sunday, May 9.

**Enter to win: Tell us why you love your mum in 25 words or less. Email competitions@hkpost.com.au**

## Moscato for mum on her special day

WE are delighted to bring readers of the *Hornsby Ku-ring-gai Post* an exclusive offer from McGuigan Wines with the release of their 2020 Cellar Select Moscato.

This refreshing rosé-style delivers juicy flavours of lychee and orange blossom, with a hint of spritz.

Scan the QR code below to enquire about the **special price** for readers or email [concierge@mcguiganwines.com.au](mailto:concierge@mcguiganwines.com.au)

To celebrate Mother's Day, we have four bottles of the 2020 Cellar Select Moscato (RRP \$22) to give away to readers. To win, email [competitions@hkpost.com.au](mailto:competitions@hkpost.com.au)



  
MCGUIGAN  
WINES





### May Edition Feature

*Advertise your mothers day special here at the HK Post!*  
COB Thursday 15 April



## Author supports Women's Shelter with book offer

*SISTERS of Freedom* by master storyteller Mary-Anne O'Connor is a passionate tale of three sisters as they strive for freedom and independence and follow their hearts to unexpected places. Set in 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.

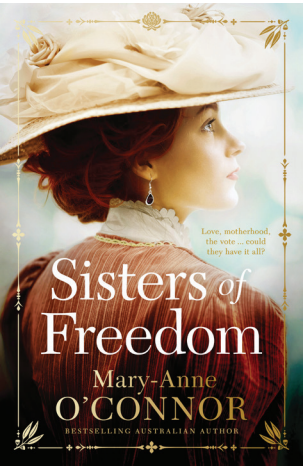
O'Connor and Harper Collins will donate \$15 back to the Hornsby Ku-ring-gai Women's Shelter from each book bought via the HKWS shop. By buying the book through HKWS you help raise funds that go directly to helping women in need in our community.

**SCAN ME:**



Stay tuned for an interview with O'Connor and a review of *Sisters of Freedom* in our May edition.

**Enter to win: After International Women's Day and ahead of Mother's Day, we'd love to hear from any readers keen to win a copy of *Sisters of Freedom*. Tell us why by emailing competitions@hkpost.com.au**





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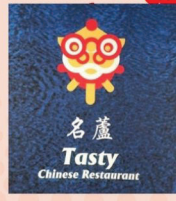
- whether to save or sentimental - we can reuse
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# Easter

## Celebrating Easter in 2021

By Catholic Diocese of Broken Bay

FOR Catholics, Easter celebrations in 2021 will be particularly special.

There is no more important celebration than the death and resurrection of Jesus, and for Catholics to gather together to celebrate Holy Week and Easter this year is something to really look forward

to. This time last year, churches were closed in the first lockdown as COVID-19 began to change all our lives.

Suddenly our parish communities were forced to connect in different ways. Live streaming Mass on YouTube and Facebook Live became the norm, families prayed at home together and Catholics marked Palm Sunday at home by placing palms on their front doors,

similar to a Christmas wreath. Many families created a sacred space in their homes with candles and crucifixes. The Diocese of Broken Bay created a weekly prayer resource for families during the lockdown period called Connected in Christ, which gave families prayers, reflections and readings to prepare for their worship at home.

The parish communities on the

Northern Beaches were dealt a double blow, with the closure of churches at Christmas, and the COVID-19 outbreak at Avalon locking down the Peninsula over the Christmas and New Year period.

The Bishop of Broken Bay, Most Rev Anthony Randazzo, will be celebrating Easter services at Our Lady of the Rosary Cathedral at Waitara.

"Easter is the central and most sacred event on our Christian calendar," Bishop Anthony Randazzo said.

"We very much look forward to celebrating together as the community of the church in our local parishes in 2021."

**To find the Easter Service times in your local parish, visit [www.bbcatholic.org.au](http://www.bbcatholic.org.au)**

### Easter services to join and reflect

#### St John's Anglican Church, Asquith

ST JOHN'S Anglican Church Asquith is celebrating its centenary in 2021.

It has been 100 years of proclaiming Christ. From the laying of a foundation stone by Mrs George Pile on 23.7.1921 to the present day, St John's has been speaking the Saving message of Jesus. It may not be 100 years since you were last at church, but

it may be a while. If so, why not make Easter 2021 a time to reconsider the claims of Jesus on your life? It was more than 200 centuries ago that Jesus said: *"I am the bread of life...no one who comes to me will ever be hungry, and no one who believes in me will ever be thirsty again"* (John 6:35).

Come along and satisfy your curiosity. All are welcome.

## GOOD FRIDAY

**FRIDAY 2<sup>ND</sup> APRIL**

9am | Communion

ST JOHN'S

ASQUITH

## EASTER SUNDAY

**SUNDAY 4<sup>TH</sup> APRIL**

8am | Communion

10am | Easter Celebration

6.30pm | Easter Celebration

6 Royston Parade Asquith

[stjohnsasquith.org](http://stjohnsasquith.org)

#### St Paul's Anglican Church, Wahroonga



JOIN us to celebrate Easter on Good Friday and Easter Sunday. Find us at Pearce's Corner, the corner of Pennant Hills Road and the Pacific Highway. We will also live-stream some services if you can't make it, so please visit [stpaulswahroonga.com](http://stpaulswahroonga.com) for more information. For more information call us on **02 9489 2863** or visit

[facebook.com/stpaulswahroonga](https://facebook.com/stpaulswahroonga)

##### Good Friday

**8am:** Traditional service

**9.45am:** All age service

##### Easter Sunday

**8am:** Traditional Communion service

**9.45am:** All age

Communion service

**5pm:** Families@5 Communion service.

All are welcome.

#### St John's Uniting Church, Wahroonga

##### Palm Sunday: March 28, 2021

**9am:** Meet us in the church courtyard.

**9.15am:** Procession through Wahroonga Park to celebrate Jesus' triumphal entry to Jerusalem.

**9.30am:** A special family service.

Bring palm leaves!

##### Maundy Thursday: April 1, 2021

**7pm:** Join us in the Upper Hall for a simple meal of bread and soup as we commemorate the Last Supper. Tennebrae service to follow. Bookings are essential. RSVP by Sunday, March 28.

##### Good Friday April 2, 2021

**9am:** A quiet and reflective service.

##### Easter Sunday

##### April 4, 2021

**8.30am:** Easter Egg Hunt. Join us in our beautiful garden. Coffee and hot cross buns will be served.

**9.30am:** Worship service.

All are welcome.



## Mind your sugar intake

By Martin E. Gillespie and Natalie E. West

SUGAR is sweet, and our eyes are presented with copious amounts all day, every day.

Our taste buds love it, but your body and brain do not.

Sugar has no real nutritional value. There's no protein or healthy fats, no vitamins or minerals. Just empty calories that spike your blood sugar and accelerate your appetite; and make you reach for more sugar – it's your brain's dopamine hit and the long-term effects on your family's health are devastating.

Added sugar is one of the worst and most toxic ingredients in the Western diet. It can have harmful effects on our metabolism and contribute to the development of numerous serious health conditions and diseases. Too much sugar is harmful to the body and promotes inflammation and disease. It has been linked to an increased risk of obesity, heart disease, type 2 diabetes, and cancer. In fact, even products marketed as "light" or "low fat" often contain more sugar than their regular counterparts.

Top sugar traps disguised as healthy food include:

- \* Cereal
- \* Flavoured dairy drinks
- \* Fruit juice
- \* Muesli bars
- \* Yoghurts (some of these have more than ice cream)
- \* Ice teas/vitamin water/sports drinks

A healthy way of eating can help improve your mood, a diet high in added sugar and processed foods may increase your chances of developing depression.

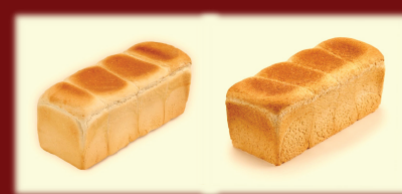
Consuming a lot of processed foods, including high-sugar products such as muffins, cakes and sugary drinks, has been associated with a higher risk of depression.

Researchers believe that blood sugar swings, neurotransmitter dysregulation and inflammation may all be reasons for sugar's detrimental impact on mental health.

Please always check with your health care practitioner for your specific needs.

**For more information on this topic and other wellness conversations please reach out to [martin@gemwellnesswarrior.com.au](mailto:martin@gemwellnesswarrior.com.au) or [natalie@natalieewest.com](mailto:natalie@natalieewest.com)**

## Bakers Delight



\$7.70  
or  
\$8.00

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Only available at: **Bakers Delight, 114 Hampden Rd Artarmon**



# Seniors Week



**Pedal power:** Participants in this year's Bondi to Blue Mountains Ride to Remember bicycle event. This year's event raised \$175,000 for research into dementia.

## Ride to Remember

**By** Alister Henskens  
Member for Ku-ring-gai

THE Hornsby Ku-ring-gai community has a long and positive connection with bicycle events raising money for important charities.

Over the past decade, our local Rotary Clubs have conducted March's Bobbin Head Cycle Classic, which has raised more than \$1 million for charities including, Lifeline, KYDS, Hornsby Ku-ring-gai Women's Shelter and KNC.

Dementia is a major issue in our community. Little has been done historically to conduct research into a disease where there is no cure. In Australia, a diagnosis of dementia happens every six minutes.

Twilight Aged Care was a proud spon-

sor this year of the Bondi to Blue Mountains (Bondi2BlueMountains) Ride to Remember bicycle event.

Since 2016, this bicycle event has raised more than \$500,000 for research into dementia. This year's ride raised \$175,000.

I recently had the pleasure of meeting event co-founder, Nick Young and the 37 riders at Horton House in Gordon, for breakfast on day one of the four-day journey from Bondi to the Blue Mountains.

Horton House is one of four residential aged-care facilities which the not-for-profit Twilight Aged Care operates across Northern Sydney.

The residents certainly enjoyed the breakfast, which would not have been

possible a few months ago due to the pandemic.

Nick has a personal connection with Twilight. His father is a long-term resident at its Glengarry House facility in Mosman. Nick's father was diagnosed with severe dementia at 67 and his rapid decline inspired the original cycle event, which was from Bondi to Berry (Bondi2Berry).

I commend Nick for his inspiration and passion as well as the support crew and riders who tackled 650km in four days for this important cause.

**To find out more about these events or make a donation, visit [www.bondi2berry.com](http://www.bondi2berry.com) and [www.bobbinheadcycleclassic.org.au](http://www.bobbinheadcycleclassic.org.au)**

### Clapping Hands Poetry

*Infant squirms, high chair animation.  
Crashes his spoon, bunnykin plate percussion,  
flare of the window's sun.  
Hair curls bob on the swell of the fontanelle,  
residual scent of bathtime.  
Chomps on the mushy mouthful,  
viscous mess of rice cereal.  
Waves the rigidity, solidity of the spoon.  
Stares at the floor tiles,  
throws down the implement.  
Clatter resounds through the gauze door,  
clamour of clapping hands.  
Physics class, a teenager,  
the dreariness of school.  
Eyelids droop, throb of the ceiling fan  
caresses the page.  
The law of universal gravitation studied,  
understood at kitchen pre-school.*

David Atkinson

# Seniors Festival 2021

We're celebrating seniors with more than 40 events - come and try activities, excursions, workshops, presentations and more.

**12 – 29 April**  
**T 9424 0836 [krg.nsw.gov.au/seniors](http://krg.nsw.gov.au/seniors)**

Contact us for a story. Feel free to email [editor@hkpost.com.au](mailto:editor@hkpost.com.au) or call 02 8355 5136

## How to deal with negative comments about aged care

**By** Rita Merienne

THERE has been a lot of negative media about aged-care homes after the release of the Royal Commission into aged care.

I am really concerned that these negative comments may affect the family members caring for their aged loved ones.

It is often hard to know who to listen to with so many negative comments being splashed across our TV screens and this could raise some issues for you especially if your aged loved one is in a home. I've been speaking with many people recently and some of the questions I've been asked are:

"Am I doing the right thing for my aged loved ones?"

"Should I be looking after them at home or in a home?"

"Where do I get help?"

My advice is very simple – if you have any concerns about your aged loved one's care talk to the home. Raise your concerns with them. Have a look at the other residents in the home – are they happy, is there any areas of concern that you notice when you visit and talk to other resident's families.

If the home provides support for family members contact them and talk to them about your concerns.

There are also avenues for official complaints if you need to take that path.

If you are caring for your aged loved one at home, please don't let the negative comments deter you from seeking the help you need to provide the best possible care for your aged loved one.

Caring is tough please don't make it tougher than it needs to be.

Don't doubt yourself, you are doing a great job and there is help available if you need it.

**If you need someone to talk to please get in touch with me at [agedcarewithease@gmail.com](mailto:agedcarewithease@gmail.com)**



# Seniors Week



## Seniors set to celebrate

BREAK out your maracas and wear your brightest clothes! It's time to party, be active, socialise and connect.

During challenging times it's in our nature to connect. Whether it's online or out in the sunshine, NSW Seniors Festival has hundreds of activities to come together.

In our corner of NSW there will be colour, vibrancy, music and taste sensations.

Hornsby Ku-ring-gai Community Transport is bringing Mexico

to Turramurra, with a Fiesta Fun on the croquet lawn of the Seniors Centre.

The Mariachi Fiesta Viva Trio will keep the crowd entertained and maybe even dancing the jarabe.

There will be games to play – when was the last time you hit a pinata? For lunch, there will be various tortilla options and more to tempt your tastebuds and a Seniors Sangria, of course.

Come along and join the fun.

**Seniors Week Fiesta Fun**  
**Wednesday, April 15, 2021**  
**From 12.30pm-2.30pm**  
**Bookings are essential. Call 99831611 or email [info@communitytransport.org.au](mailto:info@communitytransport.org.au)**  
**Cost is \$15 per person. Venue is 300m from Turramurra Station. Or ask for transport from Hornsby Ku-ring-gai Community Transport. CHSP clients have transport priority. Cost is an additional \$15 per person for a return journey within boundaries**



## Seniors' Stories return

ARE you passionate about expressing your creativity in writing? Would you like to share your story?

In 2013, the NSW Seniors Card introduced the Seniors' Stories writing competition as a way of recognising and valuing the experiences of NSW seniors and building connections between the young and old.

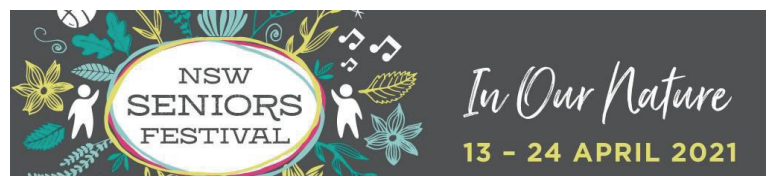
These stories illustrate the substantial contributions made by older people and emphasise the need to ensure seniors are afforded ongoing opportunities to participate in our community and impart their knowledge and wisdom to younger generations.

The best 100 entries will be published and the authors will receive an invitation to the book launch at NSW Parliament House (subject to COVID restrictions).

All NSW Seniors Card and NSW Senior Savers Card holders are encouraged to apply!

Submissions open on April 1 and close on May 31, 2021.

**For more information about Seniors' Stories Volume 7, including how to enter and the terms and conditions, please visit the Fellowship of Australian Writers NSW at [www.fawns.org.au](http://www.fawns.org.au) or call 0417 403 720**



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### Ku-ring-gai Council



#### Subscribe to Ku-ring-gai Your Say Enews

Want to stay informed on projects in your suburb?

Council has recently launched 'Ku-ring-gai Your Say Enews', which is a great way to stay informed on local projects in the suburbs you are interested in, as well as significant projects that will impact the whole of Ku-ring-gai.

[krq.nsw.gov.au](http://krq.nsw.gov.au)



#### Everything for Seniors Day

Be inspired to join in the activities available in your community. Come and try dancing, sports and exercise, services to remain in your home for longer and expert advice and information. No need to book, just come along!

Wednesday 21 April, Turramurra Uniting Church Hall and Turramurra Seniors Centre

[krq.nsw.gov.au/seniors](http://krq.nsw.gov.au/seniors)



#### School Holidays

Keep your little champions busy these school holidays with a range of events and activities on offer!

Classes include art classes at the Ku-ring-gai Art Centre; library events; junior golf at Gordon Golf Course; nature play at Ku-ring-gai Wildflower Garden and events across our Youth Centres.

[krq.nsw.gov.au/schoolholidays](http://krq.nsw.gov.au/schoolholidays)



# Seniors Week

## Free flu vaccines available

AS we approach flu season, it is important to make sure you are vaccinated and well-protected from the virus.

Immunisation is one of the best ways to protect yourself and your community from the flu and other associated complications such as pneumonia.

The Australian Government Department of Health advises that everyone over six months of age receive the influenza vaccine every year. This is because the most common strains of the virus that cause the flu change every year.

It is especially serious for babies, people over 65 years of age and pregnant women, which is the reason the flu vaccine is provided for free for these groups of people under the National Immunisation Program.

Please speak to the doctor for more information about the eligibility criteria.

**Flu vaccine is available!**

**STOP THE FLU**

The Department of Health recommends getting a flu vaccine every year.

**FREE**

for 65 and over and other selected groups

**For any flu vaccine queries, please call Heritage Medical Practice Wahroonga on 8788 5770**

**Heritage Medical Practice Wahroonga**

## Everything for Seniors

**Everything for Seniors Day 2021**

**Turramurra Uniting Church Hall and Turramurra Seniors Centre**

**Wednesday 21 April, 10am to 2pm**

- Be inspired to join in the exciting activities available in your community
- Find out more about StrokeSafe, hearing matters, bushfire readiness
- Discover fun things to do that will improve your physical and emotional wellbeing
- 'Come and try' dancing, sports and exercises
- Find the services that will help you to remain in your home for longer
- Lead fulfilling lives and contribute to your community
- Access expert advice and information

No need to book, just come along   [krq.nsw.gov.au/seniors](http://krq.nsw.gov.au/seniors)   9424 0836

## Helping hand to secure a seniors equity loan

By John Macalyk  
Principal, AAA Seniors Equity Finance

ALLOW me to share with you an example of a seniors equity loan I have arranged at Asquith recently.

I arranged a loan of \$150,000 with \$15,000 to be paid annually to the 73-year-old client.

This was to help her with her home maintenance expenses for the next 10 years.

She was rightly advised that you should stay in your own home as long as possible. She would still have enough equity to go to a nursing home when that time arrives.

When the time arrives to go to a nursing home you have to come up with a RAD (refundable admission deposit) which can cost from \$300,000 to \$1.5 million.

To find out more about accessing the equity in your home, please feel to contact me on **0418 253 573**.

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**Mon-Fri 8am-6pm**  
**Sat 8:30am-11:30am**



## Seniors Week

# Safety tips for seniors from police

TO be safe from crime and violence is a fundamental right for everyone in our community.

As we grow older, several factors can impact on our confidence and quality of life.

Take a few extra precautions and be prepared when a risk is identified.

This can go a long way to improve your feeling of safety when out in public spaces and at home.

Here are some simple tips we all can take to help protect yourself, your family and friends from the effects of crime.

### How to contact police and when

**For emergency or life-threatening situations:**

"000" Triple zero

**Hornsby Police:** 9476 9799

**Gordon Police:** 9418 5399

**For non-emergencies:**

131 444 (Police Assistance Line)

**To provide crime information:**

1800 333 000 (Crime Stoppers)

### Protect yourself when out and about

- Always be alert when travelling on public transport. Find the crowded carriages, guards' compartment (marked with a blue light) or sit at the front of the bus.
- Always try to travel in groups of friends if possible.
- Never carry large sums of cash in public.
- Always carry identification and let someone know where you are going and what time you expect to be home.



### Protect yourself at home

- Never let anyone you don't know and trust inside your home.
- Always secure your homes doors and windows.
- Do not leave valuables, mobile devices or keys (home or vehicle) in clear view.
- Always report suspicious behaviour within your neighbourhood to police.

### Protect yourself from fraud

- Be careful when sharing your personal or financial information such as drivers licence details or date of birth etc, over the telephone or on line.
- Always read any contract or service paperwork carefully prior to paying for any work.
- Never give anyone remote access to your online devices.
- Never access emails from senders you don't know or trust.

**If you are or know of someone who is the victim of elder abuse, please call the Elder Abuse Helpline and Resource Unit on 1800 628 221**

## Remembering decimal currency

**By** Margaret Simpson  
Retired Curator,  
Powerhouse Museum Sydney

DO you remember the first day of decimal currency on February 14, 1966? Perhaps you first saw the new money left on the doorstep by the milkman, catching the bus or buying a paddle pop at the tuck shop.

In 1963, the Decimal Currency Board was established to implement decimalisation.

Public consultation resulted in more than 1000 suggested names for the new money.

Some of the more bizarre ones were the Boomer, Brick, Bunyip, Champ, Deci-mate, Dinkum, Frank, Goanna, Kwid, Oz, Mable, Roo and even Phar Lap.

The Bobmenz, Menzee and Ming were proposed in deference to the Prime Minister.

The Austral was also an early contender but rejected because of its nickname 'the Nostril'.

In June 1963, Treasurer Harold Holt announced that the new currency would be called the Royal, but public outcry saw it change



**Time for change:** On Valentine's Day 1966 Australians woke to a brand-new currency.  
Image: Margaret Simpson

three months later to the Dollar. The lead-up to the changeover was preceded by months of public education programs.

This was spearheaded by a cartoon character called Dollar Bill. He appeared on TV and in newspapers as a comic strip.

One of Dollar Bill's voices was Ross Higgins, remembered as Ted Bullpitt in the 1980s sitcom *Kingswood Country*. His catchy jingle, sung to the tune of *Click Go the Shears* was on all our lips.

Dollar Bill had his own kids' fan club. He received hundreds of

letters each week from children asking for free samples of the new dollar 'Bills'.

Once it all began some kids felt diddled because they used to get six lollies for sixpence and now only got five for five cents (which equalled sixpence).

Regardless of being short changed a musk stick, primary school children throughout Australia collectively heaved a sigh of relief.

They no longer had to add or subtract pounds, shillings and pence in arithmetic.



**System:** The conversion was a major logistical and public relations triumph. Image: Margaret Simpson



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# Seniors Week

## Get out and about for Seniors Week with April events

KU-RING-GAI is celebrating seniors with more than 40 events. Come and try activities, excursions, workshops, presentations and more from April 12-29.

Festival highlights include come-and-try sessions for a variety of activities such as dancing and yoga, excursions to the Blue Mountains, Eryldene and Bahai Temple, plus lots of activities such as art, robotics and card games.

Council is also hosting three webinars that can either be watched at the Council Chambers with morning tea supplied or at home online and these include Grandparents as Carers and Children's First Aid, Staying in Your Own Home and My Aged Care Assessments and Healthy Ageing with Professor Susan Kurrle. Bookings and more information at [krq.nsw.gov.au/seniors](http://krq.nsw.gov.au/seniors)

### Everything for seniors

As part of the festival, Council is running the Everything for Seniors Day at Turramurra Uniting Church Hall and Turramurra Seniors Centre on Wednesday, April 21.

Residents aged 55 and over are invited to this free expo-style event showcasing services, activities and entertainment for older

people in Ku-ring-gai. The free community event will give older residents and their families an overview of local activities and services specifically for older residents.

Nearly 50 community organisations, clubs and groups will be there to offer information, advice and 'come-and-try' activities such as chair yoga, walking football and dancing. There will be stalls where you can chat to home support staff and talks by professionals about other health-related services. Talks can be heard both online as a webinar and in person on bushfire preparation, family history research and Dementia Friendly Communities.

Entertainment will be provided with music recitals from a variety of cultures. A delicious lunch catered by Meals on Wheels is available for a small fee. Low-cost coffee tea and pastries will also be served under cover at the croquet lawn.

The event will be run with health guidelines and protocols in place.

**For more information, contact Ku-ring-gai Council's aged services team on 9424 0000 or visit [krq.nsw.gov.au/seniors](http://krq.nsw.gov.au/seniors)**



*DCaf Connections'*  
*cafés for families living with dementia*

We welcome you to join our April social café community morning to celebrate NSW Seniors Festival and to see who we are and what we do!

- ✚ **Discover ways to live well** with, or care for someone living with, early stages of dementia and/or displaying symptoms of cognitive impairment.
- ✚ **Socialise with people travelling similar life journeys** while enjoying a variety of activities, such as, **croquet, lawn bowls, fitness** and **light lunch**.
- ✚ **Discover information** about what DCaf Connections, The Warrawee Club and other local activity and/or service providers are currently offering seniors **to remain active and engaged within our community**.

**Date:** Thursday, 22 April 2021

**Time:** 10.00am to 1.00pm

**Location:** The Warrawee Club, 1479 Pacific Highway, Warrawee, 2074

**Cost:** \$5.00 per person

**Places are limited - bookings are essential.**

**Please contact:** Fiona Jenkins - 0402 837 877 / [feeshal@optusnet.com.au](mailto:feeshal@optusnet.com.au)



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[mailhd@justbetter.com](mailto:mailhd@justbetter.com)





Advertorial



# Your pool still thinks it's summer

By Alan Barnes  
Dural Pool Shop

WITH delays in traditional seasonal changes, we are continuing to experience warm pool water temperatures beyond official dates.

The average pool water temperature remains well above 21C, especially when solar pool water heating systems are still active.

This has resulted from lots of sunlight, unusually high temperatures for this time of the year and regular rain showers. These conditions lead to a continuing high demand on pool sanitising.

Therefore, you should continue to treat your pool as a "summer pool". Daily sanitation should include long filtration run times,

regular cleaning of leaf baskets, weekly poolside water testing and three weekly full testing at your favourite pool shop.

When pool water temp drops to 20C, drop into Dural Pool Shop so we can advise you on winding back your pool care in preparation for the winter season.

We test then recommend specific products to prepare your pool for winter. Alternatively, we will come to you.

By keeping your pool ticking over and with the right preparation, you can start the new pool season with little intervention and generally lower start-up costs than if the pool had been turned off or left alone for four to five months.

And you can extend your swimming season, reduce maintenance and chemicals with a pool roller and blanket.

## IS YOUR POOL ENERGY EFFICIENT?

Do you know you can upgrade your existing pool equipment to world class energy efficiency? We can offer several energy strategies that will reduce your carbon footprint and save you money!

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## HAVE YOU JUST MOVED TO KU-RING-GAI OR HORNSBY?

Register for your complimentary welcome basket by visiting  
[www.welcomebasket.com.au](http://www.welcomebasket.com.au)  
or phone Rachel on 0410 512 875

Welcome Basket

## Alister Henskens sc MP Member for Ku-ring-gai



### How can I help you?

- ✓ Represent you in the NSW Parliament;
- ✓ Provide information on NSW Government services and policies; and
- ✓ Arrange congratulatory messages.

Please do not hesitate to call my office.

Contact  
Alister

02 9487 8588 02 9487 8550 alisterhenskens.com.au  
@kuringgai@parliament.nsw.gov.au

Authorised by Alister Henskens SC MP, 27 Redleaf Avenue, Wahroonga NSW 2076. Funded using parliamentary entitlements.

## Hornsby Ku-ring-gai Post



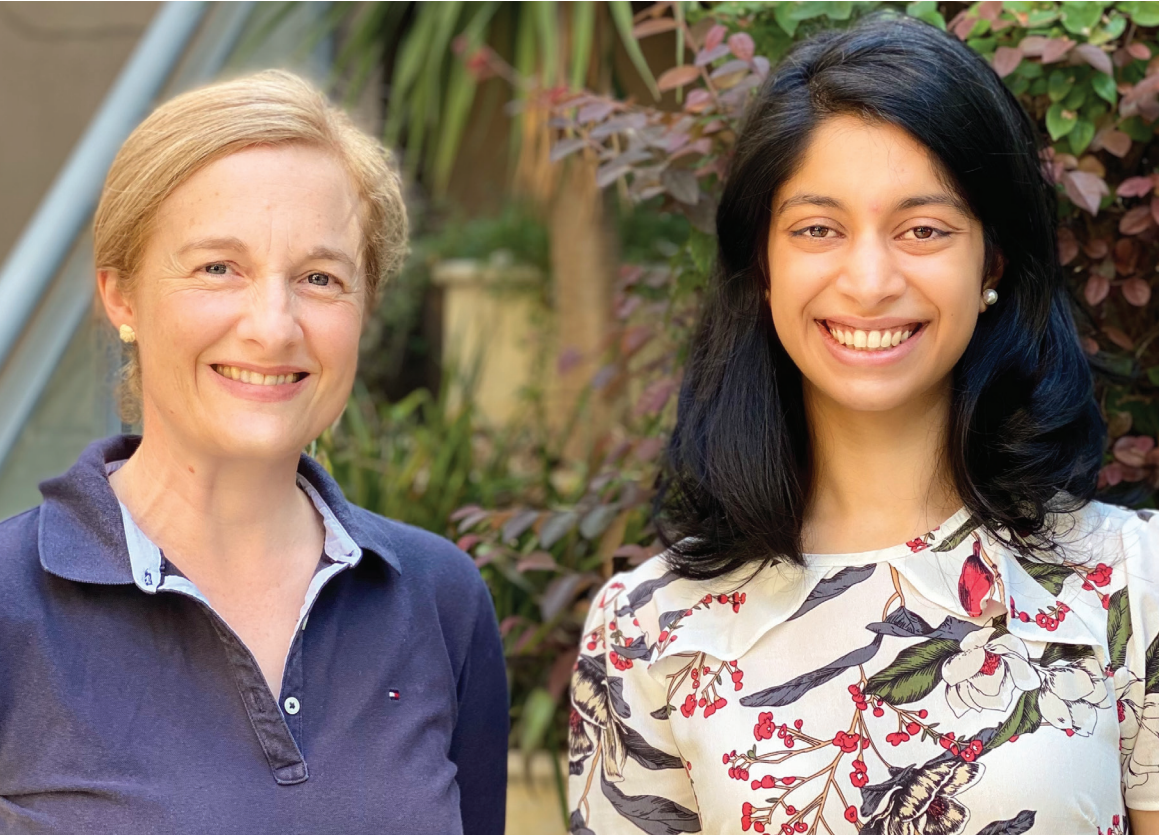
**Publisher's Post**  
with Tina Brown

### Listen to our new Podcast recordings

Listen to Tina talk with  
Rita Merienne from Aged  
Care with Ease about the  
caring journey.







**Problem solver:** Hornsby Councillor Emma Heyde with Isha Deodhar from Beecroft.

# Uncovering our unsung heroes



**Community conversations** with Hornsby Councillor Emma Heyde

I'M shining a light on some of our community's unsung heroes, so please meet Isha Deodhar from Beecroft.

What do you do when you've got a background in engineering, working in your first job and are aware of a problem in your com-

munity? If you're Isha, you project-manage a solution that has the potential to alleviate isolation and loneliness across the country.

Isha recently came across an alarming statistic: 50 per cent of Australians say they feel lonely at least once a week.

But knowing six neighbours can reduce that feeling of being isolated and alone.

Why not work through Rotary to match up people in need of company with a volunteer who would ring them every week? Virtual Neighbours was born.

Isha says Virtual Neighbours is all about establishing connections between people in the same local area.

"It isn't a safety check; it's about creating a deeper connection between local people," she says.

Isha's role in the project was to

establish a good match between the recipient and the person who would be calling them.

Isha says volunteers find it very rewarding.

"They tell me, 'I'm helping someone else by calling them once a week, but I am also getting a lot of comfort and wisdom from this new friendship'," she says.

Isha now has a better appreciation for mental health.

"We all have habits that keep us physically healthy like eating vegetables and brushing our teeth. But what's the mental health equivalent? Perhaps it's mindfulness or gratitude. Or maybe it's getting to know your neighbours."

If you or someone you know might benefit from the **Virtual Neighbours** service please call **0466 734 710**



**Protection:** Member for Berowra Julian Leeser inspects the new shade sail with students from Cheltenham Girls' High School.

## Cheltenham Girls grateful for funding

MEMBER for Berowra Julian Leeser recently visited Cheltenham Girls' High School to see how the students are enjoying their new shade sail structure at Pinkies Café.

Cheltenham Girls' High School recently purchased and installed the new single centre post star shade structure. Pinkies Café is an outdoor seating area well used by students as a vital meeting place and hub for Cheltenham girls.

The new shade has helped to keep the area cool and protected, particularly on hot days.

"I've been looking forward to visiting Cheltenham Girls' High School's new Pinkies Cafe shade structure which is helping students keep cooler in this area during the day," Mr Leeser said.

Mr Leeser, who also visited the Pinkies Café before the shade structure installation, was impressed by the improvement to the outdoor area. "Pinkies Cafe is often used by the girls to raise funds for charitable groups," he said.

"The shade will enable longer hours of use of this great space."

Principal Suellen Lawrence said the shade has been a great addition to the school.

"The shade structure is an excellence addition to the Pinkies Café area," she said.

"Depending on the time of day, students use this area as a place to work quietly or to socialise with friends. The shade structure offers protection from the sun and beautifies the area, and the students have expressed their appreciation for its installation."

More than \$16,000 was contributed to this project by the Coalition Government.

The new shade structure provides 100 per cent UV protection to students, staff and community members.

It has extended the Pinkie Cafes hours of use to raise more funds through cafe sales that are then donated to charitable groups.

In addition, it has provided local community users with an extra covered outdoor space to hire.

The funds are provided as part of the Local Schools Community Fund.

# Remembering fixed desks, inkwells and dip pens

**By** Margaret Simpson  
Retired Curator, Powerhouse Museum Sydney

DID you have to sit at dual timber desks in primary school? They were supported by a cast-iron frame secured to the floor in rows facing the teacher at the front of the classroom. Desktops had a recess to rest pens and pencils and a central hole for the ceramic inkwell. The seats were shaped to fit 'standard bottoms' and folded up like ones at the pictures.

These desks weren't very comfortable. They were all the same size so small kids couldn't put their feet on the floor and tall kids

had their knees pushed up under the desk.

Inkwells were refilled with blue ink each Monday by the class 'ink monitors'. It was a messy job and involved mixing powdered ink with water and pouring it from a jug. Rumour had it that at schools where winters were particularly cold, the kids could go home once the ink froze. Sometimes girls with long plaits had the ends stained blue from being dipped by the boys in the desk behind.

Writing with a split-nib dip pen was a difficult skill to master. We had replaceable steel nibs pressed into a metal fitting at the end of a wooden or plastic handle. These

also made handy weapons for impromptu 'sword fights'.

Fixed desks began to be replaced from the early 1950s with individual timber tables and chairs graded by size called 'posture furniture'. They had frames of steel tubing, said to be a useful balm to soothe hot and aching hands after getting the cane.

Theoretically, posture furniture had the potential to be moved to suit different teaching situations. But in all my years in primary school in the 1950s and '60s these moveable desks were always paired in rows facing the front, ensuring all eyes would be on the teacher.



**Old school:** A fixed desk. Image: Phillip Simpson



# Health & lifestyle

## Dear Sharlene ... Staying cool during conflict

*"WHEN my partner and I argue, I struggle to stay calm. I find myself yelling and my partner walks away. How do I remain calm so we can have difficult conversations?"*

We are social creatures and it is inevitable we will find ourselves in conflict at some point. Most of us have been there with someone, usually with those we love most. This inability to stay calm when overwhelmed is known as 'emotional flooding' - think of it as a complete system overload. Staying calm in conflict can be tricky, but it helps to understand what is going on.

Your sympathetic nervous system is preparing to fight or flee:

- Your heart may be racing, stomach churning or tight, feel hot and sweaty, you might feel the urge to run and it's common to feel all of these

- Your ability to listen is compromised
- Your capacity to think clearly and reason is far from what is usually is. Not optimal conditions for a calm conversation!

We are not defensive by nature. Defences develop in early relationships and through formative experiences with others. If you are triggered in the present, you are likely experiencing a past wound [your partner may be too]. Next time you feel 'emotionally flooded', try these steps to regain calm.

**1. Soothe the nervous system:** When you regulate the nervous system you increase your ability to manage emotions and remain calm. Do this by: Breathing deeply, slowly and rhythmically, through your entire body, down through the belly, into your feet. Feel the ground underneath, supporting you. Deep calming breaths engage the parasympathetic nervous system - our calm and digest system - it slows the heart rate and brings your body back into a state of physical calm. We are then able to access our capacity to listen, drop our defences and reason.

**2. Take time out:** It is better to ask for time out and commit to coming back to a conversation than to stay in a spiralling conflict in which both parties end up hurt and feeling disconnected.

**3. Commit to understanding your triggers and heal them:** Past hurts that show up in the present are letting you know you have unfinished business. When you build self-awareness around past hurts and heal, you foster compassion for yourself and your partner. This will improve your communication and cultivate feelings of connection, even in difficult conversations.

Sharlene Townes is a Holistic Counsellor in Wahroonga. Visit [www.thebarefoottherapist.com.au](http://www.thebarefoottherapist.com.au)



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Member for **Hornsby**  
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## Separation - Divorce Need help?

**David Roberts**

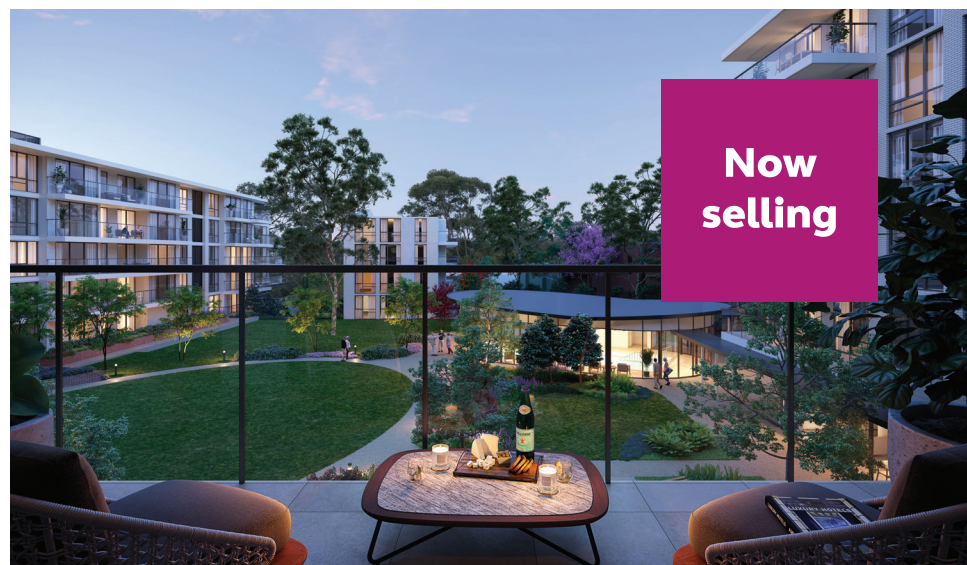
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# Health & lifestyle

## Come join our Morning Tea in Turramurra

Save the date: May 27, 2021

SAVE the date and join us for a cup of tea on Thursday, May 27, 2021.

The *Hornsby Ku-ring-gai Post* is delighted to host Australia's Biggest Morning Tea with all funds raised to go towards cancer research, support and prevention.

The community is warmly invited to attend. It's another great opportunity to meet our team and get know others in the area.

The *HK Post* is looking forward to the event. We encourage our columnists and advertisers to get behind the event and pop in for a cup of tea as well.

Additionally, we would love to see our seniors at the morning tea.

With our seniors in mind, Hornsby Ku-ring-gai Community Transport have generously come on board to help bring the community together by arranging the venue at Turramurra and, of course, their services to bring seniors to the morning tea.

It's a minimum \$15 donation per person, which goes directly to the Cancer Council.

Seniors donation is \$10.

There will be some wonderful raffles and lucky door prizes on the day, generously donated by local businesses. Don't miss out.

Full details in our May edition.

**Invitation for businesses: We are still taking sponsors for this event. Please call Chris on 83555136 to discuss. Any contribution is appreciated to make it a special day for all.**



**Joining forces:** Member for Hawkesbury Robyn Preston MP, Dr Michelle Byrne, Mayor of The Hills Shire Council, and Hornsby Shire Mayor Philip Ruddock.

## Work begins on boat ramp

HORNSBY Shire Council, The Hills Shire Council and the NSW Government are joining forces to build a new boat ramp at Wisemans Ferry.

The new ramp will have three lanes, each four metres wide, and will greatly increase the ability of boaters to enjoy the river.

The project is being managed by Hornsby Shire Council, which will also maintain the boat ramp once it is built, while the bulk of the construction funds are coming from The Hills Shire Council and the NSW Government.

Hornsby Shire Mayor Philip Ruddock said it was a great example of various levels of government working together for the local community.

"This is a much-needed task that none of us could easily do on our own," Mayor Ruddock said.

"Working together, we are able to give the people exactly what they need."

Mayor of The Hills Shire Council Dr Michelle Byrne said Wisemans Ferry was one of the region's main tourist hubs and with many people now travelling local the Hawkesbury River was becoming even more popular.

"Access is vital to allow more and more people to enjoy the river and its recreational benefits," Mayor Byrne said.

"This new boat ramp, along with the improved parking facilities, will make it easier for water craft and will provide a place where residents and visitors can enjoy the river and its surrounding environment."

Member for Hawkesbury Robyn Preston MP described the ramp upgrade as a benefit to the entire local community.

"It is not just boat owners who will be helped by this impressive piece of infrastructure," she said.

"It is going to attract many tourists to this iconic destination, which is great for the local economy and everybody who depends upon it."

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Suburb profile: Lindfield

# Lindfield's lumber beginnings

By Lachlan Coady

LIKE most suburbs in the Hornsby Ku-ring-gai area, Lindfield began as an early colonial logging settlement.

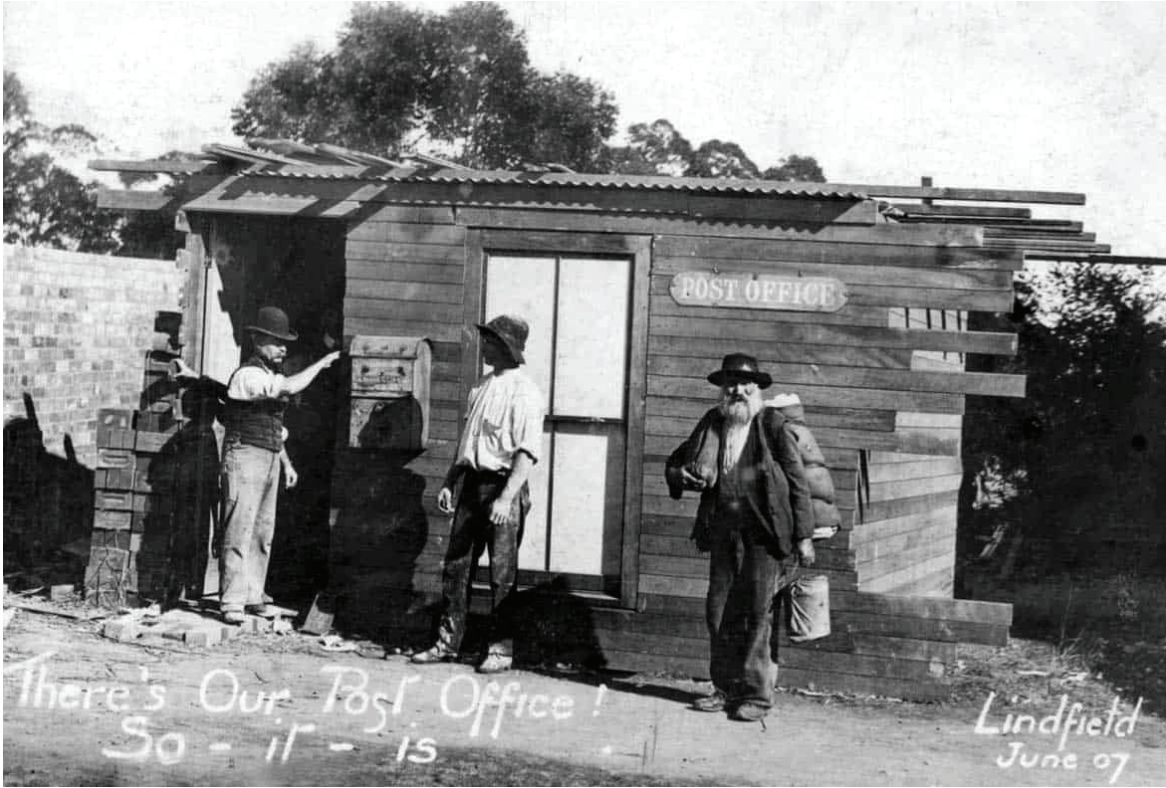
The first recorded European habitation in the area was a convict lumber camp established in 1805, run by the Lane Cove sawing establishment.

The settlement was located near what is now the intersection of Lady Game Drive, Bradfield Road and Fidden's Wharf Road. This was one of several such temporary lumber camps along the Lane Cove river, and it was abandoned sometime between 1816 and 1819.

By 1812 the government was trying to encourage more permanent settlement, promising land in the area to settlers on the condition that they clear timber and improve the land.

We know little of the early pioneers who settled in what would become Lindfield. One of the earliest settlers was Daniel Dering Mathew, who was granted land that covered much of Roseville and Lindfield.

Another early settler, George Cadby of the NSW veterans corp, was granted 100 acres of land which covers what would now be the centre of Lindfield, along the main road. George Cadby, Daniel Mathew and another settler, Richard Archbold, owned the bulk of



Early days: The original post office in Lindfield, circa 1907.

Image: Ku-Ring-Gai Historical Society

the land that makes up modern day Lindfield.

They were granted convicts to work their land and help clear the lumber that was so valuable to the colonial economy. Towards the middle of the 19th century, as more land was cleared and made suitable for farming, agriculture became the primary use of land in the area.

Until the late 19th century the timber settlements in this area of

the North Shore were considered part of the broad region of Lane Cove, as the Lane Cove river was the main thoroughfare in and out of the area until the construction of the North Shore rail line.

The name Lindfield originates from the home of a settler, Francis John List. Originally from England, in 1884 List built Lindfield cottage, named for a village in his native Sussex.

Then in 1890, when the North

Shore railway was under construction, a station was built in the area near List's property and took the same name, becoming Lindfield station. The name of the station quickly came to be used for the wider area, and with the completion of the North Shore line the area started to grow, from an isolated logging and farming settlement into a full suburb.

In 1893, the North Shore rail line was extended to Milson's

Point, with a connecting ferry running from Milson's Point to the CBD. This allowed consistent and easy travel, creating the possibility for commuting to the city and leading to a huge boom in residential development and population in Lindfield.

During this period of suburbanisation, Tom Coleman's Dairy in Lindfield supplied many of the new residents of Lindfield and its neighbouring suburbs Roseville and Killara, with milk and other dairy goods.

The Lindfield branch of the Ku-Ring-Gai library is now located on the same spot as this early fixture of North Shore suburban life.

Francis List's cottage, Lindfield, became the home of the first president of Ku-Ring-Gai shire council, William Cowan.

Cowan formed the Lindfield progress association in 1897 which took charge of providing the fledgling suburb with key services like schools and electricity.

By the early 20th century Lindfield was a well-established suburb, with necessities like schools, a post office, churches, and community organisations such as sporting clubs.

Lindfield went through another period of growth in the post-war period, with shopping and residential development springing up along Lindfield avenue and the Pacific Highway.

## Lindfield at a glance

By Lachlan Coady

LINDFIELD is located about 13km north of the Sydney CBD and covers an area of 5.17 sq km. It is bordered by both Garigal and Lane Cove national parks.

Lindfield has a population of about 10,000 people, according to the 2016 census.

Lindfield residents are primarily older, wealthier Australians with families, and this is reflected both in the housing market and the suburbs demographic breakdown.

Fifty-nine per cent of Lindfield residents of legal age are married, the median age in the suburb is 39 and the average number of children per family is 1.8.

In terms of the housing market, the median house is about \$2.7 million and the average rent is \$1000 a week.

Most residents are homeowners (74 per cent), with just 26 per cent of residents renting.

Houses in Lindfield tend to be in the California bungalow or Federation styles, and the suburb is home to several Heritage-listed Federation homes.

## Lindfield: In the know

- Mayor of Ku-ring-gai Jennifer Anderson is currently in her sixth term. She is the longest serving Mayor in Ku-ring-gai's 104-year history.
- The Lindfield Hub is under development. It's the largest urban renewal project Council has undertaken in 100 years.
- The Lindfield Hub is located the site of the current Woodford Lane car park between Beaconsfield Parade and Bent Street. The hub will be an active, vibrant village green with cafes and dining areas facing onto a beautiful new public park.
- Lindfield East Public School was opened largely due to the efforts of Grace Sullivan of Tryon Road. She was tireless in her endeavours to have a school built applied to the Department of Education from 1921.

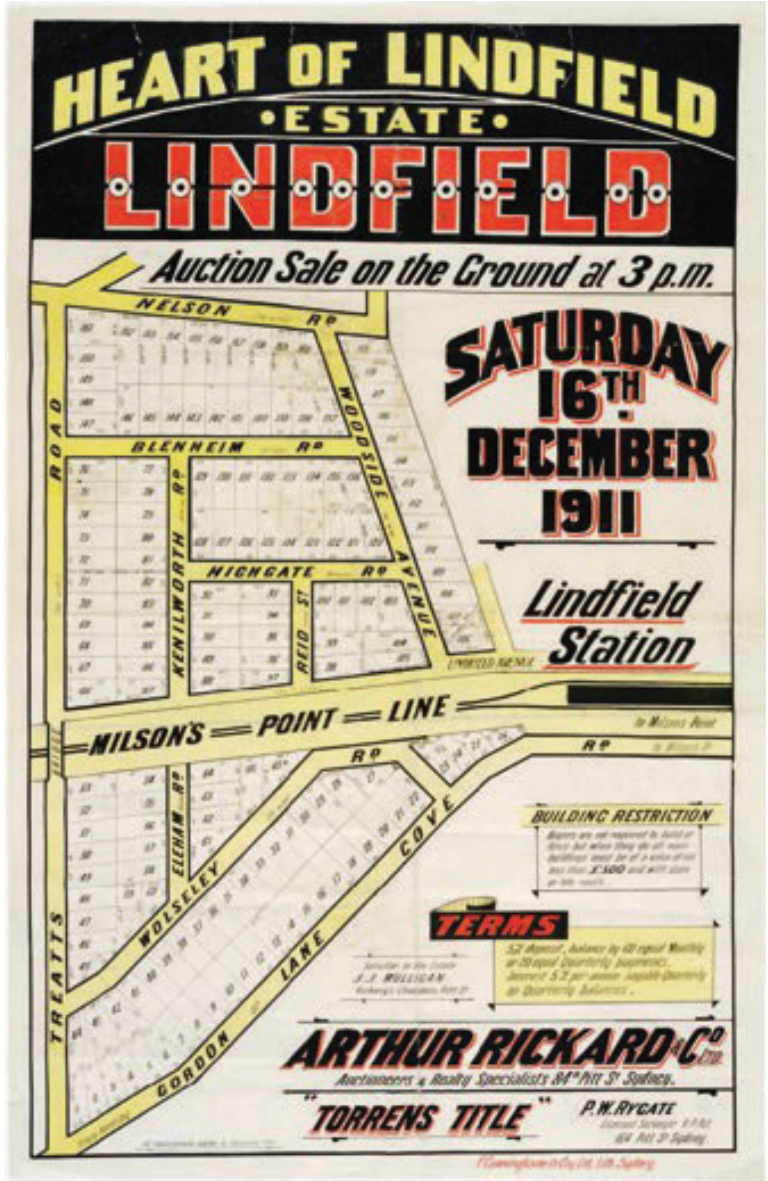
## Notable residents

Past and present residents include:

- Iva Davies, lead singer of the band Flowers and later IceHouse in the 1970s and '80s.
- Gordon Bray, sports commentator, "The Voice of Rugby"
- Nick Farr-Jones, former Wallabies captain

## Did you know?

The Darramuragal or Darug people have been in this area for thousands of years before European settlers.



Land sale: An auction poster, circa 1911.



# Suburb profile: Lindfield

## KYDS leads the way

By Jack Townsend

THE Lindfield Fun Run, to be held on Sunday, April 18, will provide youth development service KYDS with a much-needed opportunity to raise funds to continue their ongoing work with Northern Sydney's young people.

The Lindfield-based organisation, founded in 2005, provides barrier-free counselling to young people across Sydney's northern suburbs in an effort to help them navigate through difficult patches and discover their inner strength and potential.

They also facilitate schools and community workshops with the aim of prevention and early intervention of mental health difficulties through the promotion of good emotional and psychological health.

KYDS Chair of Management Committee Helen Jarvis said the organisation prided itself on the accessibility of its service.

"What we try to do is to make it really accessible for young people to have support and to access it for as long as they need and in whatever way works best," Ms Jarvis said.

To ensure accessibility to its service, KYDS uses a co-location model with counsellors located at places including the PCYC in Waitara, the Mission Australia office in Hornsby and Phoenix House in Crows Nest as well as offering sessions from their main office in Lindfield.

Services are also offered via teleconference method for those who cannot attend in person.

In 2020, KYDS provided 5462 counselling sessions to the young people of Northern Sydney, an in-



SCAN ME

**Fundraiser:** The Lindfield Fun Run will be held on Sunday, April 18. For more information, scan the QR code above.

crease of more than 2000 sessions from 2019.

The organisation has a good understanding of the effectiveness of its service. Every time a young person accesses the service they use an iPad to give feedback on how they see their progress against their personal goals as well as how their experience of the counsellor was in that session. This allows the counsellor to look at how successful the session was and what improvements may need to be made.

"We know that 90 per cent of our young people who access our service, rate our service as very good or excellent," Ms Jarvis said.

Historically, KYDS has not had

significant levels of government funding.

"There have only been two years where we did receive government funding and that was in 2019 and 2020," Ms Jarvis said.

With the government already informing the organisation that there will be no further funding beyond June 2021, KYDS requires funds to continue to service the young people of Northern Sydney.

"In the absence of funding from the government, we rely to the fullest extent on community grants, corporate support, and the northern suburbs community itself," Ms Jarvis said.

This is where the Lindfield Fun Run has come in to assist.

The charity run, organised by the Rotary Club of Ku-ring-gai, will see 50 per cent of all funds raised go directly to KYDS.

For serious runners, there is a 10km run while there are shorter 2km and 5km routes for those after a less adventurous start to their Sunday morning.

To ensure that they are achieving their goal of being barrier-free and accessible, KYDS will utilise the funds raised from the event to finance counsellors for their one-on-one counselling service.

With the ongoing COVID-19 pandemic highlighting how much we value the opportunity to connect with other people, the Lindfield Fun Run provides an oppor-

tunity for the local community to come together. KYDS is calling on all members of the community to get involved.

"For those who have been before, the event just has a lovely vibe," Ms Jarvis said.

KYDS is also hopeful of high participation rates of school students from across Northern Sydney in the event.

"We would love to see lots of school groups get out there and raise money for their friends in the local area, knowing that it is going to them," Ms Jarvis said.

For more information about the Lindfield Fun Run, visit [lindfieldfunrun.org.au](http://lindfieldfunrun.org.au)

## STRONGER COMMUNITIES PROGRAMME

### Round 6 now open

Grants of up to \$20,000 are available to support community projects.

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## Bendigo Bank doubles impact on community

TURRAMURRA and Lindfield Community Bank will match dollar for dollar money raised for community projects with a project value of between \$1000 and \$7000 in total.

They will be selecting up to 10 great projects to be featured in the campaign. Each group and project chosen is responsible for raising up to 50 per cent of their fundraising goal during the campaign period and every dollar raised will be matched by Turramurra and Lindfield Community Bank.

All donations to the projects

are to be made via their campaign page or over the counter. As an example, if a project is valued at \$7000, they would match fundraising – dollar for dollar up to \$3500.

Applications are open to all community and charitable organisations from the Hornsby/Ku-ring-gai area.

Applications close at 5pm Friday, April 16. You can apply online via the entry form at [www.tlcbb.com.au/community-hub/double-the-impact](http://www.tlcbb.com.au/community-hub/double-the-impact)



## Youth Week

# How to help a disappointed teen

By Michelle Mitchell

AN unexpected shift in friendships. A sudden end to a romance. Poor results in an exam that was meant to be easy. A family breakdown. Not being picked for a sports team. I know you could add to this list. These are only some of the experiences that can bring a sense of disappointment around our teens and tweens.

Disappointments fill the painful gap between expectations and reality. It is what we feel when a hope is not fulfilled. In my life, disappointments have often lovingly whispered truths about who I am becoming or which path to next take.

They have guided me as I have been willing to sit with them. That's now easy for me to recognise. Hindsight is a wonderful thing! The correlation between pain and growth is one kids may not yet fully recognise.

### Conversations worth having

Here I have outlined three conversations that are worth having with a tween or teen who feels disappointed. The general aim of all



**Pain:** Disappointments are an inevitable part of life for everyone.

these conversations is to help our tweens and teens turn towards acceptance, and find wisdom in the moment.

If they can do this, they may be able to reconstruct something wonderful and life giving in their next step forward.

#### Conversation one:

Let's make room

Say: *"It's OK to feel mad. It's OK to feel sad. In fact, it's important you feel those things. Let's make some room for them."*

We hope for endless happiness for our kids. However, everything

in life has a season. There is a time to laugh and a time to cry.

A time to win and a time to lose. No one can be up all the time, not even a well-supported and loved tween or teen! It's a false expectation that we have to relieve ourselves from.

Very few of us have all the skills needed to navigate a disappointment when it arrives, but that's what makes human beings so amazing – our ability to grow under pressure. However, this type of growth is EXHAUSTING – it's mentally and emotionally taxing. It's no minor, trivial side task.

That's why our kid's need us more than ever when they are experiencing a disappointment.

They need us to MAKE ROOM in our schedules and hearts to be with them in their journey.

#### Conversation two:

The truth can guide us

Say: *"This isn't what you wanted to happen, but it is happening."*

Reality can be very hard to face. We can all be tempted to hide behind half-truths or blame our side of the story.

Each time we do this we shackle the very thing that wants to guide us forward. When our kids are stuck in a negative cycle they often take it out on other people, or even themselves, yet with acceptance comes a release of pressure.

I often ask teens to identify the difference between their "real" and "ideal". Ideally our kids might want everyone to like them, or to be picked first on a sports team, or to get a good mark on their maths test. Their reality may be very different. Being able to TRUTHFULLY articulate a disappointment is their first step – "I am disappointed that I didn't make the team" rather than, "I hate my coach, he never notices me." The

moment we accept what is, we can begin to adapt to it.

#### Conversation three:

There is always more

Say: *"OK, what's next?"*

Letting go of the ideal to embrace the real is really hard, but it is important if we want to enjoy life as it presents itself. I encourage tweens and teens to not wait too long before asking themselves what's next?

With every door that closes there is a new one waiting to open. Making room in your heart and mind for another adventure and another season is important, even if we are still sad or mad. We can hold both emotions.

When the real happens (regardless of how disappointing it is) my advice is to respond to it. Dive into it QUICKLY.

Don't spend a second wishing for the ideal. Solve the problem if it is solvable. Make a decision if that is necessary. Choose adventure to embrace if it is at all possible.

Things can turn out differently and still be enjoyable. We can move forward if we are able to focus on what we have, not what we don't.



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## Youth Week

# A call for kindness on Autism Awareness Day

A DECADE ago, US President Barack Obama proclaimed April 2 as World Autism Awareness Day and called upon the American public to learn more about autism and take a more active role in the support of individuals affected by this developmental condition.

"I call upon the people of the United States to learn more about autism and what they can do to support individuals on the autism spectrum and their families," Obama said.

The spectrum includes those

from LFA (low-functioning autism) through to HFA (high functioning autism) and these people deserve others to be kind, understanding and supportive towards them. These amazing people didn't develop autism they were born with it. Sometimes autism is referred to as an invisible disability. Some children can be unkind to children on the spectrum because they are different. Being different is not a negative thing. Children with autism are valuable human beings with real feelings even

though they can't always express them. Some of the most incredible people the world has ever known are believed to have had autism and were able to use their different brains to do remarkable things – examples of just a few are Albert Einstein (developed the theory of relativity), Sir Isaac Newton (discovered the laws of gravity); Mozart (one of the most famous musicians in the world); Temple Grandin (famous doctor of animal science and a professor and author) and Stephen Wiltshire (artist who could study a building for several minutes and then go to his desk and draw it).

The world is often noisy, bright, busy, messy, social and full of chaos – all kinds of input are coming at the autistic child – that is a lot to take in, especially if their processing speed is slower or their senses are different from yours.

Some difficulties children on the spectrum face every day are:

- Difficulty with intense emotions;
- Brain has to work harder when it comes to communicating;

- Staying focused;
- Some teenagers on the spectrum with good language skills have a tendency to interpret words or phrases concretely often misunderstanding common expressions – eg "nice job" – could mean great job or it could mean you really stuffed it up; the person was "quite thick" – could mean he was well built or it could mean he is dumb – the autistic child more often than not has trouble understanding that a phrase can have more than one meaning – this should not be laughed at;
- Often their brain has a slower "processing speed" and may not be able to answer a question as quickly or might have trouble organising thoughts when they write;
- They may use a tone of voice that doesn't show feelings behind words;
- They may have intense interests and like to talk more than play. That is a social difference between people on the spectrum and those that are not;
- Some on the spectrum have re-

petitive movements called "stims" – these movements sometimes calm or soothe them and help them stay focused;

- Some on the spectrum see things in smaller parts, instead of being able to focus on the whole picture making it harder for them to figure out what is on another person's mind;

- Some on the spectrum are encouraged to say "I am confused about what you just said – can you repeat it more slowly please", of course you can – not asking much;

- They may be non-verbal but can still understand what you say and sure appreciate a smile;

- And many more difficulties.

We can make their lives a little easier by being kind and understanding and showing patience, respect and friendship.

From a very proud grandmother of an autistic child who inspires me every day with his determination to try to meet everyday challenges.

To learn more and donate, visit [www.amaze.org.au](http://www.amaze.org.au)

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2021

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Ku-ring-gai Council Mosman Council City of Ryde

## Young performers take centre stage

THE stories of young people will be told on stage through movement in an extraordinary new work led by theatre makers Bonnie Cowan and Kate Murphy.

How do we move through the world? How do we navigate distance and proximity? Separation and closeness? And longing and reuniting? *Within Reach* is a sophisticated performance creating a physical language to articulate the views and ideas of young people in 2021. Only two shows will be performed by an ensemble of

young artists aged 11 to 25. "It's such a privilege collaborating with young people in this way," Cowan said. "The content they are creating is well beyond their years. Spending my Saturdays creating a radical new performance with a mature ensemble of teenagers is a dream."

Murphy added: "It's all about young people having full ownership of this show. They have been co-creators since the beginning of rehearsals and will continue until closing night."

Marian St Theatre for Young People is a unique, local not-for-profit organisation which enriches the lives of young people by connecting them to the transformative power of live performance.

**Within Reach**  
Pymble Town Hall  
Friday, April 9  
5.30pm and 8pm  
All tickets are general admission and cost \$15  
**Bookings:** [www.mstyp.org.au/theatre/within-reach/](http://www.mstyp.org.au/theatre/within-reach/)

## Masada College SCHOLARSHIPS NOW OPEN

We offer a variety of scholarships in Years 5, 6, 7, 10 and 11 providing students with a **50% discount** on tuition fees. **Hebrew scholarships** are also available. Tests will be held at the College on **28th April**.

To apply contact [enrolments@staff.masada.nsw.edu.au](mailto:enrolments@staff.masada.nsw.edu.au)

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Masada College





# Youth Week

## Together more than ever

YOUTH Week began as a NSW Government initiative in 1989, and has since grown to be a celebration of young people in every state and territory across the country.

National Youth Week is an opportunity for young people to:

- Share ideas
- Attend live events
- Have their voices heard on issues of concern to them

- Showcase their talents
- Celebrate their contribution to the community
- Take part in competitions
- Have fun!

The theme for this year is: Together more than ever

Take advantage of what our local Councils have on offer for your tweens and teens this school holidays.



### School Holiday Program ☆ 6-16 April

• All activities require bookings • Ages 11 – 18 unless specified  
• Excursions please bring hat, water and lunch unless specified – there may be opportunity to buy lunch depending on excursion

| Tuesday 6 April                                                                                                       | Wednesday 7 April                                                                                                                | Thursday 8 April                                            | Friday 9 April                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pizzas &amp; paintings</b><br>At AWOL Youth Hub<br>10am – 2pm<br>\$10 – includes materials and snacks              | <b>Tie dye</b><br>AWOL Youth Hub<br>10am – 2pm<br>\$10 – includes materials and snacks                                           | <b>Movie Day</b><br>AWOL Youth Hub<br>10am – 2pm<br>Free    | <b>Networld excursion</b><br>Drop off and pick up at AWOL Youth Hub<br>9am – 3pm<br>\$40 for transport and adventure<br>For 12-18 year olds        |
| Tuesday 13 April                                                                                                      | Wednesday 14 April                                                                                                               | Thursday 15 April                                           | Friday 16 April                                                                                                                                    |
| <b>Pancakes &amp; milkshakes</b><br>At AWOL Youth Hub<br>10am – 2pm<br>\$10 – includes everything needed for activity | <b>First Aid Course</b><br>Meeting room 2 • Gordon Library<br>8.30am – 3.30pm<br>\$100 includes lunch and full first aid course. | <b>Games Day</b><br>At AWOL Youth Hub<br>10am – 2pm<br>Free | <b>Walk about park excursion</b><br>Drop off and pick up at AWOL Youth Hub<br>9am – 3pm<br>\$40 for transport and adventure<br>For 12-18 year olds |

Bookings [krg.nsw.gov.au/youthevents](http://krg.nsw.gov.au/youthevents)

For more information 9424 0981 | [youth@mcc.nsw.gov.au](mailto:youth@mcc.nsw.gov.au) | [kcyouthservices](https://www.facebook.com/kcyouthservices) | [kcyouthservices](https://www.instagram.com/kcyouthservices)

AWOL Youth Hub • 799 Pacific Highway • Gordon

## Plenty of activities on offer for kids

YOUNG residents aged 11 to 18 will have excursions, movies, tie-dye workshops and an accredited first aid course on offer throughout April.

The activities are being organised through the Council's AWOL youth hub next to Gordon Library.

Excursions are planned to Walk-about Park and TreeTops Networld both on the Central Coast.

There are in-centre activities – for foodie and movie lovers we are offering pancakes, milkshakes

and movie and popcorn days or for something more arty, there is pizza and painting or tie-dye day.

All excursions cost between \$40 per person and include bus transport to and from Gordon.

Running once again is the popular first aid course where participants can gain skills to apply first aid in a variety of situations to obtain a nationally recognised first aid certificate.

There are also in-centre activities at Gordon in January, includ-

ing movies, painting, table tennis, games and tie dying. All activities are supervised by the Council's youth services team and COVID-19 protocols will be in place.

More information about activities including bookings is available at the youth services Facebook page or our youth events page. Alternatively contact the youth team at [youth@mcc.nsw.gov.au](mailto:youth@mcc.nsw.gov.au)

## Gardening

# Autumn a nice time to plant and ponder

By Gregory Lewis

AUTUMN in the northern suburbs of Sydney is usually a relatively slow transition from summer temperatures and high humidity to milder days and cooler nights.

As we enter mid-autumn we start to experience lengthening shadows and crisp mornings however there is still time to plant (or transplant) your favourite evergreen shrubs and trees.

Warm soil temperatures normally persist throughout autumn and this presents a 'window of opportunity' for new plantings to establish themselves before the onset of winter.

These are most favourable planting conditions and provide an ideal environment to encourage new root growth which in turn produces encouraging new shoots.

Optimum soil temperatures for root formation fall within the range of 17C-25C with the lower end of the range carrying over from summer into autumn.

The key ingredient here is



**In bloom:** Camellia sasanqua flowers are a great pop of colour.

'warmth' – the warmth of the soil helps to encourage on-going activity of soil micro-organisms and also stimulates root-tip growth so vital in the establishment process.

Root disturbance and an incomplete watering are two of the most common stresses when planting. Ensure the root ball is moist the

day before planting and take care when removing the plant from the pot.

Make the planting hole the same depth as the root ball but slightly wider and back-fill with surrounding soil or premium potting mix. Water in at least 3 times to consolidate the back-filled soil against



**Beautiful:** Japanese windflowers are a lovely autumn perennial.

the roots. The area around the root zone is called the 'rhizosphere' and this is where important biological activity occurs in helping new plantings. Follow up with a liquid seaweed solution which is most beneficial for the plant and for the general health of the soil.

So take the time to sit back, relax and contemplate your good work after planting.

With planning and timing you will find that autumn is a 'sweet time' for gardening – a case of 'working with nature' and that's the icing on the cake!

Happy planting.



Community

Nature’s power of reflection

By Lucy

THERE are moments in our lives that are pivotal for the realisations we get. It is part of the cycle of change, where we move from pre-contemplation (choosing to be unaware of the behaviour that is harming us), to contemplation (realising that a behaviour is not supporting us).

The pace we live our lives is a really good example of where we keep pushing our bodies without considering the impact on our physical or psychological health, until we are faced with an emergency, an accident or perhaps an illness that presents us with a crossroads. Let me share Mary’s story with you. It is not very dramatic, but instead offers an example of the subtle ways that our body communicates and how nature can be a powerful reflection of how to reset.

Mary woke one morning to know, very clearly, that her nervous system had struggled to keep pace with the demands she was placing on her body. She had been tired and achy before, but this time her body was letting her know it was physically hurting from the over-use of adrenaline to keep up. There was no temperature, it was more an emotional exhaustion that was felt in every part of her body.

She just wanted to stay in bed and hope the aches would go away, but she was unable to settle, her body was asking for a gentle walk. She battled with this push-pull conversation but in the end honoured the clear impulse to go for a gentle walk as medicine for the way she was feeling.

Mary noticed everything. She noticed she needed to be far more delicate as she put her clothes on, she wanted soft easy clothes that gave her the virtual hug she so physically craved.

She wanted to be warm but not hot, she wanted her hands to be gentle, not rough. When she was clumsy, she got irritated. She realised she was also more sensitive to noise – the opening and closing of her door; the pace of the cars as they drove past; the hum of the motorway and the increase of tension and activity as the morning commute began to pick up, the actual sound and the pace of the movements felt like they were screaming in her ears and impacting her body.

She clocked the resentment of this pace and what she perceived to be the imposition on the stillness that her body was craving

due to her exhaustion. She knew that racism and constant doing was how she had lived her life, but this morning her body was moving with a different feeling in it and this sensitivity actually felt more honouring of the pace she wanted to live her life and the delicateness she wanted to treat herself with.

At this point she was walking along a little forest path. She realised the trees, the bushes, the insects and the birds were not remotely bothered by the noise and the rush to get to work.

Their branches moved with the light wind, their leaves glistened with the reflection of the sun on their dewy leaves, nature’s song, hum, rustle and buzz were unchanged by what was going on around them - the sound, the sense of rush, tension and activity – not one bit. The reflection they offered was as an observer of their surroundings.

The subtle reflection was enormous for Mary. She imagined herself in the eye of a storm, where there is a surreal stillness. It was an observation she had not clocked before.

In that moment she realised this was how she wanted to be. She realised she couldn’t change the frenetic pace of life around her, but she could change how she engaged with her life, the pace she lived it, how she moved in it and whether she was sucked into it or not. She was 100 per cent in charge if how she did what she did.

The pace she was living and the lack of self-care was clearly harming her physically and emotionally because she felt like she had been gone 10 rounds with a boxer! Nature was offering her a moment to pause, to observe. She felt the space around her, she realised her pain and sense of fragility had been the most amazing gift because it made her sensitive to all the things she had rushed through and ignored.

Today was the dawning of a new day and a new way of moving that did not get sucked into a frenetic pace of life that harmed her.

Mary’s story is a simple one. The body is incredibly honest and however much the brain can override the body’s message, the body simply turns up the volume till we choose not to override it. We live in a stunning area with nature’s reflection on every corner.

What will your body and your walk reflect to you today?

The many pitfalls of reverse mortgages



By Cecilia Castle, Castle Lawyers at Asquith

IMAGINE being a retiree with an unencumbered home and little money to live on, carry out essential home maintenance or go on a holiday.

Reverse mortgages are a financial product that enables older home owners to borrow up to 50 per cent of the unencumbered equity on their home without necessarily having to repay the loan until they die. But beware of the pitfalls.

Reverse mortgages are available without a requirement for loan serviceability as repayments are optional and there is no term

imposed on the loan as it does not have to be repaid during the borrower’s lifetime. Reverse mortgages attract hefty fees and come at a much higher interest rate than standard home loans. They also usually require independent legal advice. While reverse mortgages provide immediate relief in distressing financial situations, they can be a millstone around a borrower’s neck as the interest accruing balloons over time to eat into the remaining equity of the home.

This will in turn create a diminished legacy in the borrower’s estate. It will also affect the borrower’s capacity to use the remaining equity in their home in the event they need to downsize to a retirement village or nursing home.

Independent legal and financial advice is highly recommended for anyone considering reverse mortgages over their homes, as well as consulting their loved ones as to the wisdom of their decision and ways that family may be able to offer alternative long term solutions.

**Cecilia Castle** is the principal of Castle Lawyers at Asquith. [CastleLawyers.com.au](http://CastleLawyers.com.au)



Support: NRL legend Mark Geyer with youngsters for Graffiti Removal Day.

Graffiti Removal Day

KU-RING-GAI Council’s graffiti removal team recently met up with Turramurra Rotary’s Graffiti Removal Project team to discuss details for supporting Graffiti Removal Day being held on Sunday, March 28.

This NSW Government initiative is aimed to highlight the problem of graffiti and encourage people to volunteer their time to remove and prevent graffiti. In the past eight years volunteers supporting this day have removed more than 140,000 sq m of graffiti.

To volunteer or nominate a site, visit [www.graffitiremovalday.org.au](http://www.graffitiremovalday.org.au)

For more community news and local features, visit us at [hkpost.com.au](http://hkpost.com.au)

Fundraising for women fleeing domestic violence

WE encourage our readers to consider donating towards Erin’s Place, a women and children’s Refuge in Northern Sydney. They are raising funds for works such as painting and flooring and replacement of items such as furniture, decor and appliances.

CatholicCare’s Domestic Violence Response Enhancement (DVRE) team provide after-hours crisis support for women and children who are experiencing domestic violence. Many of these women are referred to their Specialist Homelessness Services (SHS) for transitional accommodation at the refuge. Specialist caseworkers then work closely with the women staying at Erin’s Place to ensure their safety and navigate the legal, logistical and emotional hurdles associated with leaving a violent relationship.

Last financial year, the SHS and DVRE teams supported 1048 clients, including 81 Aboriginal clients.

This is an initiative of CatholicCare, Diocese of Broken Bay. Donations are 100 per cent tax deductible.





## Community

# Vaccine hub up and running

HEALTHCARE workers rolled up their sleeves to receive the first jabs of the Oxford/AstraZeneca COVID-19 vaccine at the Hornsby Ku-ring-gai Hospital vaccination hub on Thursday, March 11.

The Hornsby Ku-ring-gai Hospital was one of several set up to provide vaccinations to the community as part of Phase 1b of the vaccine rollout.

Northern Sydney Local Health District Director of Aboriginal Health Peter Shine was the first to receive the vaccine in northern Sydney.

Mr Shine said it was important for everyone able to be vaccinated to do so to protect each other from COVID-19.

"I was excited to roll up my sleeve this morning and play my part in helping to protect our community, and I would encourage everyone to do the same," he said.

"Aboriginal and Torres Strait Islander Peoples are an at-risk group when it comes to COVID-19, so being vaccinated is the best thing you can do for yourself and your mob.

"I trust the researchers, the medical experts, epidemiologists and the vaccine.

"Our ancestors provided a future for us. This vaccine will ensure that I can provide a future for my children and grandchildren. I want to watch them grow."

Northern Sydney Local Health District A/Chief Executive Dr Tamsin Waterhouse said opening the hub was an exciting time for staff and the community.

"The Hornsby vaccination hub is an important milestone for our district and NSW as we continue to rally against COVID-19," Dr Waterhouse said.

The first doses of the AstraZeneca vaccine have been imported from overseas, but ongoing supply will be manufactured in Australia.

Both the Pfizer/BioNTech and the AstraZeneca COVID-19 vaccines are very good at protecting against severe illness and death, which is great news for all Australians.

The AstraZeneca COVID-19 vaccine will be given to people in two doses.



**First dose:** Jeanene Dzirniz and Peter Shine, the first vaccine recipient at Hornsby Ku-ring-gai Hospital.

## Hornsby Local Woman of the Year – Emily Crockford

By Matt Kean,  
Member for Hornsby

AFTER the front-page story in the March edition of the *Hornsby Ku-ring-gai Post*, I can announce the 2021 Hornsby Local Woman of the Year is Emily Crockford.

Emily has had a sensational past 12 months, making the finals of the 2020 Archibald Prize for the first time and being awarded the Australia Council National Arts and Disability Award for Emerging Artists.

Emily joined the Premier, Minister for Women and other Women of the Year award winners at the 10th Annual NSW Women of the Year Awards in early March.

Emily is one of the founding members of Studio A, which supports artists living with an intellectual disability. Her work is featured all over the city including the WestConnex M5 Motorway, the University of Technology Sydney, Barangaroo and as well as being part of the City of Sydney's hoarding project.

She has some amazing projects

coming up and I hope Emily's story will inspire others to go after their dreams and never give up.

To find out more about Emily and her work with Studio A visit [www.studioa.org.au](http://www.studioa.org.au)

### Join in the Premiers Reading Challenge

I'D like to encourage all local students to take part in the 2021 Premiers Reading Challenge.

Last year saw a 5 per cent increase in students taking part with almost nine million books read as part of the challenge. It's open to all students from Kindergarten to Year 9 and asks them to read between 20 and 30 books from a range of different literature. 2021 sees a focus on Indigenous authors and illustrators, with Bundjalung woman, author and illustrator Dr Bronwyn Bancroft providing this year's promotional artwork.

Join the challenge at [www.premiersreadingchallenge.nsw.edu.au](http://www.premiersreadingchallenge.nsw.edu.au)

## Ku-ring-gai Local Woman of the Year – Jo Harris

WAHROONGA resident Jo Harris OAM is being celebrated with a Local Woman of the Year Award in recognition of the significant support she has given to the Ku-ring-gai community.

Alister Henskens SC MP commended Jo on the achievement, acknowledging her outstanding service to community history.

"Jo has made a tremendous contribution to keeping Ku-ring-gai's treasured history alive," Mr Henskens said.

"I congratulate Jo on this well-deserved honour.

"Jo has lived in Ku-ring-gai all of her life, raised her children and been active in many community pursuits.

"More recently she has been the storyteller of Ku-ring-gai's history actively promoting our local area through her involvement in the Ku-ring-gai Historical Society."

The Local Woman of the Year Awards is one way the NSW Government celebrated the achievements of women as part of International Women's Day on March 8, 2021.

## Volunteers out and about for clean-up

THERE were hives of activity across Hornsby and Ku-ring-gai on Sunday, March 7 to mark Clean Up Australia Day.

Educate Plus CEO and site co-ordinator Neil McWhannell said: "When encouraging people to volunteer, I asked people who could not come to get into the habit of 'Picking up Five to Keep Our Planet Alive' every time they visit a beach or park."

On March 7, about 500kg of rubbish was collected which included, car parts, numerous face masks and general rubbish.

All recyclables were sorted for reuse with Ku-ring-gai Council to collect the many bags of rubbish.

"We had one of the strongest turnouts we have ever received, with over 30 people volunteering to clean up Wahroonga Park, Wahroonga Village and surrounding streets" Mr McWhannell said.

Volunteers included local MP Alister Henskens, Cr Donna Ward, numerous members of the Rotary Club of Wahroonga as well as a large number of members of the public who offered to assist.

Mr McWhannell, also from the Rotary Club of Wahroonga, was



**On duty:** Barbara Salisch.

overwhelmed with the response for the clean-up and by the enthusiastic efforts of all.

The day was made extra special at Mt Colah / Mt Ku-ring-gai Scout Groups attendance at Munderow Road, Mt Ku-ring-gai with a visit from local and NSW, State Environment Minister Matt Kean and Federal Member for Berowra Julian Leeser.

Mr Kean and Mr Leeser's encouragement to the group to keep our environment clean for this and future generations were met with great enthusiasm.

Well done on all the local efforts across the community.



# Classifieds

To place your classified ad, call Chris on **02 8355 5136** or email **sales@hkpost.com.au**

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**Old friends**

Who attended the 1968-69 Nurses Aid Course at St George Hospital, Sydney?  
Carolyn Morgan would love to get in contact with you.  
Please call **0476 680 058.**

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**Photos by text:**  
Allan 0433 394 778.  
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**Community diary coming very soon!**  
**For all the local community groups, Rotary, Lions Clubs, Probus and others.**

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| 汉语水平考试(HSK)       | CHINESE PROFICIENCY TEST |
| 中文-粤语 (广东话)       | CHINESE CANTONESE        |
| 美术 (儿童画, 素描, 水彩画) | FINE ART                 |
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# Public Notices

## Calling all women

Come along, get involved make new friends. The Soroptimists at Hornsby are pleased to announce that our business meetings at Pennant Hills Bowling Club will be resuming face to face from April, COVID permitting. We meet at Pennant Hills Bowling Club for dinner at 6 30pm followed by our business meeting at 7 30pm.

Soroptimist International is a vibrant dynamic organisation for today's women. We are committed to a world where woman and girls together achieve their individual collective potential, realise aspirations and have an equal voice in creating strong, peaceful communities worldwide.

2021 is our centenary year. As part of these celebrations one of our projects is 100 Acts of Kindness.

Come along and bring your ideas. We would love you to join us.

**For more details, please email [sihornsby@gmail.com](mailto:sihornsby@gmail.com) or call Nasiba on 0450 844 914**

## Hornsby Ladies Probud 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.**



## Free NDIS and disability support:

If you have a disability, you can get government funding to access support and services through the NDIS. We are offering free one-on-one help with the application process, can answer your questions and help you understand your NDIS plan. We also provide referrals to other services you might need. We can organize interpreters in your preferred language.

## Contact: Himalee Raj on 0437 376 336 or at [Himalee.R@ecsc.org.au](mailto:Himalee.R@ecsc.org.au)

You can visit Himalee at the Mission Australia Hornsby office every Thursday between 10am and 4pm or make an appointment on another day. In-home visits available or Himalee can meet somewhere local.

## Support Workers

WE'VE lived in a global pandemic for a year now and changes in how we live and work have forced a lot of us to change how we view ourselves – how we live, how we interact with others and our communities.

For people who are older, have a disability or health concerns, and who require assistance to live independently in their own homes, these are important issues that need to be overcome every day. Support Workers allow thousands of people to remain living at home, and assist with access so they can live their lives in our community. They may even be next door.

Support Workers may assist with tasks like helping with personal care, domestic assistance, companionship, shopping, cooking, transport to appointments or just accessing things we take for granted like the local coffee shop or shopping centre.

Support Workers make such a huge difference in keeping communities together. Days and clients offer a diverse and flexible approach to taking control of your own work/life balance while allowing those in need of assistance the same freedom.

The work makes such a great difference and in return offers a great deal of satisfaction.

If you are interested in finding out more about a career with Just Better Care, give our office a call on 9484 8788.



## Plantagenet Society

Many groups in the community had to shut down during lockdown, but one that is flourishing again is the Plantagenet History Society of Australia, whose talks cover the era of castles and cathedrals, crusades and controversies. The group has been going for 22 years. Meetings this year will be alternate months at their new venue, Turramurra Uniting Church.

The May 15 meeting speaker will be Tony McCurdy talking on 'Joan of Arc'.

On July 17, historian Harvey Broadbent will give a presentation on 'The Origins of the Ottoman Empire'.

For more details, please visit [plantagenetaustralia.org](http://plantagenetaustralia.org), email [plantagenetaustralia@outlook.com](mailto:plantagenetaustralia@outlook.com) or phone **9449 7962**

## 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 service is available to the public at:

**Cherrybrook Shopping Village:** 10am to noon Saturdays.

**Hornsby Westfield Shopping Centre:** L2. 1pm to 3pm Saturdays. Contact Lydia 0417 628 873.

**Competition winners will be announced here for Mother's Day May offers. Winners notified by email.**

# Letters to the Editor

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

WE would like to congratulate you on having the foresight and courage to establish a quality local newspaper at such a difficult time with the COVID-19 pandemic at its height and with many local businesses either closing or having a very difficult time.

After the big corporations abandoned local newspapers in the community it became clearly evident that we needed a good, trusted, quality written media in our community – and that has been clearly achieved by the establishment of the *Hornsby Ku-ring-gai Post*.

We are now able to keep up to date with local fundamental issues and information that is just so important to the community during these difficult times.

Moreover, community articles such as that presented by Cecilia Castle in the recent edition of the newspaper that exposes the potential legal, financial and other problems with respect to popular granny flats and how these problems can be avoided, are very worthwhile.

**K Askew and I Raschepkin  
Hornsby Heights**

THANKS so much for starting a new local paper! We have a wonderful local community in the upper north shore and it was so good to see your new paper celebrating that and informing us all of local events and news.

Wishing you all the best of luck.

Thank you!

I will look forward to each new edition.

**D Simpson  
Wahroonga**

I WAS delighted to find Issue 7 of this publication at my local chemist having my first experience with Issue 3, which was delivered to the retirement village where I live.

My congratulations on an intelligent, adult and family-based news sheet. And a special thank you to the proofreaders for getting it right!

Articles are local, current and helpful – particularly the no-nonsense parenting from Michelle. Years ago I was in the adolescent education system, and remember one 16-year-old lad coming to me at the end of the talk saying: "Sometimes we push further than we want to go in the hope that someone will love us enough to say stop!"

I have watched the growth of youngsters coming to camps and jamborees, often with mother carrying all the luggage and telling junior the things he/she must not do.

Within 24 hours, challenges have been accepted (even washing socks in cold water). And by the end of the week that child has become a person capable of making decisions and working through most of them.

Hopefully, the shutdown with COVID-19 will have shown enough families the joys and challenges to be found in working together, getting to know each other, and supporting the positives while endeavouring to iron out the inevitable bumps along the way.

**M Bentley  
Turramurra**

I WOULD like to take a few moments to express our thanks on behalf of Natalie and myself on how the newspaper has helped not only our business but also our sincere thanks as part of the team.

First, the articles which have been published over the past few months have been fun to write about, and we look forward to writing more especially in this area of wellbeing and good health to which we are both collectively and individually grateful for these opportunities.

Additionally, not only is the print copy helping build our business portfolio, but the digital copy allows us to share it with colleagues, friends and contacts across the globe. We have a few projects which have

transpired due to these articles – thank you.

In the words of Don Maclean in his famous song *American Pie*:

*"But February made me shiver,  
with every paper I'd deliver"*

Plus with the wisdom of the great Warren Buffett:

*"If you gave me the choice of being  
CEO of General Electric or IBM  
or General Motors, you name it, or  
delivering papers, I would deliver  
papers. I would. I enjoyed doing that."*

Keep up this wonderful work and yes we do enjoy delivering the paper in person.

**Martin & Natalie  
Martin E. Gillespie  
CEO GEM Wellness Warriors**




**Publisher's Post**  
with Tina Brown

**Listen to our new Podcast recordings**

**Tina talks with Cecilia Castle from Castle Lawyers about her work in the community.**




*Post-production services provided by Andrew Russell, Audio Engineer, Russell Sound.*



# Sport



**Eyes on the prize:** Northern Tigers Football Club officially launched its 2021 season with an event at Club Turramurra.

## Tigers ready to pounce

By Nick Amies

NORTHERN Tigers FC will be looking to build on the foundations laid in 2020 to challenge for silverware in the NPL New South Wales Men's and Women's competitions.

The club officially launched its season with an event at Club Turramurra, with First Grade players being presented their 2021 playing jerseys by club sponsors and former players and coaches.

Men's First Grade kicked their



season off in March, with coach Adam Hett looking to go one better after losing last year's Grand Final to the Central Coast Mariners Academy.

Promotion to the top division is also the aim after Football NSW suspended promotion and relega-

tion between tiers last season. The core squad has been retained and includes the promotion of local juniors Oliver Scott, Nick Drummond (both Turramurra United) and Will Hodgson (Northbridge FC) after turning in strong performances when called up from the Under-20s last year.

Women's First Grade start their season in April due to the W-League affecting player availability.

The Tigers squad has unfortunately been dealt with a blow as

captain Ellie Brush was ruled out for the season after suffering an ACL injury while playing for Sydney FC in the W-League.

Jason Eagar has assembled a strong roster in search of a third straight finals appearance, re-signing Isabella Foletta (Canberra United), Malia Steinmetz (Perth Glory), Lauren Allan and Gema Simon (both Newcastle Jets) after W-League stints.

Isabel Gomez and Aileen Keane also join from Western Sydney Wanderers and return to Tigers

after previously playing with the club at youth level.

The next generation of Tigers also show great promise, with all youth teams placing within the top ten in the state during 2020 and the Women's NPL Under-15s and Under-17s both finishing inside the top five.

Northern Tigers First Grade home fixtures are played at North Turramurra Recreation Area.

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

## Northern Galaxy kicks off season

By Nick Amies and Rob Wing

NORTHERN Galaxy, Hornsby Shire's newest football club, officially launched its inaugural season with an event at Mt Kuring-gai Oval at the end of February.

The club is a joint initiative by Berowra Football Club (BFC) and Mount Colah Football Club (MCFC) to develop female football in the region, playing in the Northern Suburbs Football Association winter season.

The launch event was officially opened by MCFC President Paul Ferry, who welcomed the guests and provided a detailed background about the formation of Northern Galaxy.

NSFA's Head of Female Football Eilidh Mackay then spoke passionately about the importance of female football at NSFA, its growth plans and how Northern Galaxy is an important part of fe-



**Big reveal:** The new Northern Galaxy playing jersey design, which was voted on by members.

male football for NSFA. Councillor Nathan Tilbury acknowledged what an amazing achievement it was for two highly competitive

and successful clubs to put aside local rivalries and work together for the betterment and advancement of female football.

BFC President Brad Rayner, Mackay and Tilbury unveiled the new Northern Galaxy playing jersey design – purple and black

chevrons – which was voted on by their members who have already registered for the season.

Participants were given a free barbecue on the day, along with some social games between players and the main event – a colour run.

Volunteers from MCFC and BFC worked together to deliver the event and produced a sea of smiling faces as players made their way around the oval and collected a multitude of hues.

While junior teams are still being finalised, Northern Galaxy have already experienced player growth at a senior level, securing additional teams overall across the women's all-age and women's over-35s.

The NSFA winter season starts on the weekend of April 10-11 for seniors and April 17-18 for juniors



## Sport

# Coles backs Little Aths

By Yashee Sharma

LITTLE Athletics began in 1964 as a way to fulfil young children's need to compete in athletics activities. Now, 57 years later it is a major way for kids to develop fundamental skills while having fun with fitness.

Ku-Ring-Gai's own Little Athletics centre is gearing up for a new year with a spectacular start, thanks to a \$4200 grant from Coles.

This grant came from Coles' initiative to support local clubs as they are a major partner of Little Athletics Centres all across Australia since 2017. Since then, they have donated more than 3.5 million bananas and raised more than \$1.6 million in grants.

These grants have been used to help little athletes run, jump, throw and grow.

Ku-ring-gai's centre at Pymble will use the grant for new marquees to replace the damaged old ones so that students and volunteers are kept safe from the sun. This will improve the centre to be

a better and more protected facility for the members.

This will come as a great gift for the young athletes after experiencing the tough COVID-restricted year we just had.

Ku-ring-gai Little Athletics President John McFadden said the grant has uplifted and inspired both athletes and volunteers.

As an added bonus for the kids, Commonwealth Games high jump champion Brandon Starc paid a visit to the Little Athletics centre to motivate everyone with his tips and tricks.

Starc shared his winning formula as part of Coles Community Round.

The Community Round featured other leading Aussie athletes such as discus champions Dani Samuels and Matthew Denny, Catriona Bisset (800m) and Sarah Carli (400m).

They all gave the athletes an opportunity to learn from them through mentoring and advice.

With spirits high, Ku-ring-gai Little Athletics is set to start this year with a blast.



**Special visitor:** Commonwealth Games high jump champion Brandon Starc with youngsters from Ku-ring-gai's Little Athletics centre at Pymble.



**Social sport:** The Hornsby Ku-ring-gai Pickleball community of players.

## Addictive Pickleball a fun way to keep fit

HORNSBY Ku-ring-gai Pickleball is a community of players who meet at the Hornsby Ku-ring-gai PCYC (Waitara) each Tuesday and Thursday mornings from 10am to noon.

Pickleball is an addictive sport that combines elements of tennis, badminton and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels. The rules for pickleball are simple. It can also be quite a challenging, fast-paced and competitive game when people become more experienced at playing. It's fun, social and competitive.

Whether you're a beginner who just

wants to learn a new sport or you're a seasoned player who craves the thrill of more competitive play, pickleball offers something for everyone. It is great for exercise. Just come along anytime. We have plenty of paddles available for you to trial the game. Beware it is quite addictive and your fitness will improve rapidly. We usually have four courts in operation.

For more details, please ring one of the committee members:

|                |              |
|----------------|--------------|
| Peter Kirkwood | 0418 443 246 |
| Gordon Cooke   | 0406 358 925 |
| Sue Gill       | 0414 683 028 |
| Philip Cassidy | 0402 994 636 |

**We are always keen to promote local sports and share stories. Please call 02 8355 5136 or email [contact@hkpost.com.au](mailto:contact@hkpost.com.au)**

### Community Events



SCAN ME



*There's still time to sign up...*

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Run as a family, with friends or challenge yourself to either a 10km, 5km or 2km walk or run for a great cause!

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