

# THE Village

OBSERVER



**FREE**  
COMMUNITY  
MAGAZINE

**pick me up**  
AND TAKE  
ME HOME

**READ ABOUT THE LANE COVE FESTIVAL 2025, AND THE LANE COVE FUN RUN**  
**PLUS WHAT'S ON THIS SPRING IN YOUR LOCAL COMMUNITY**

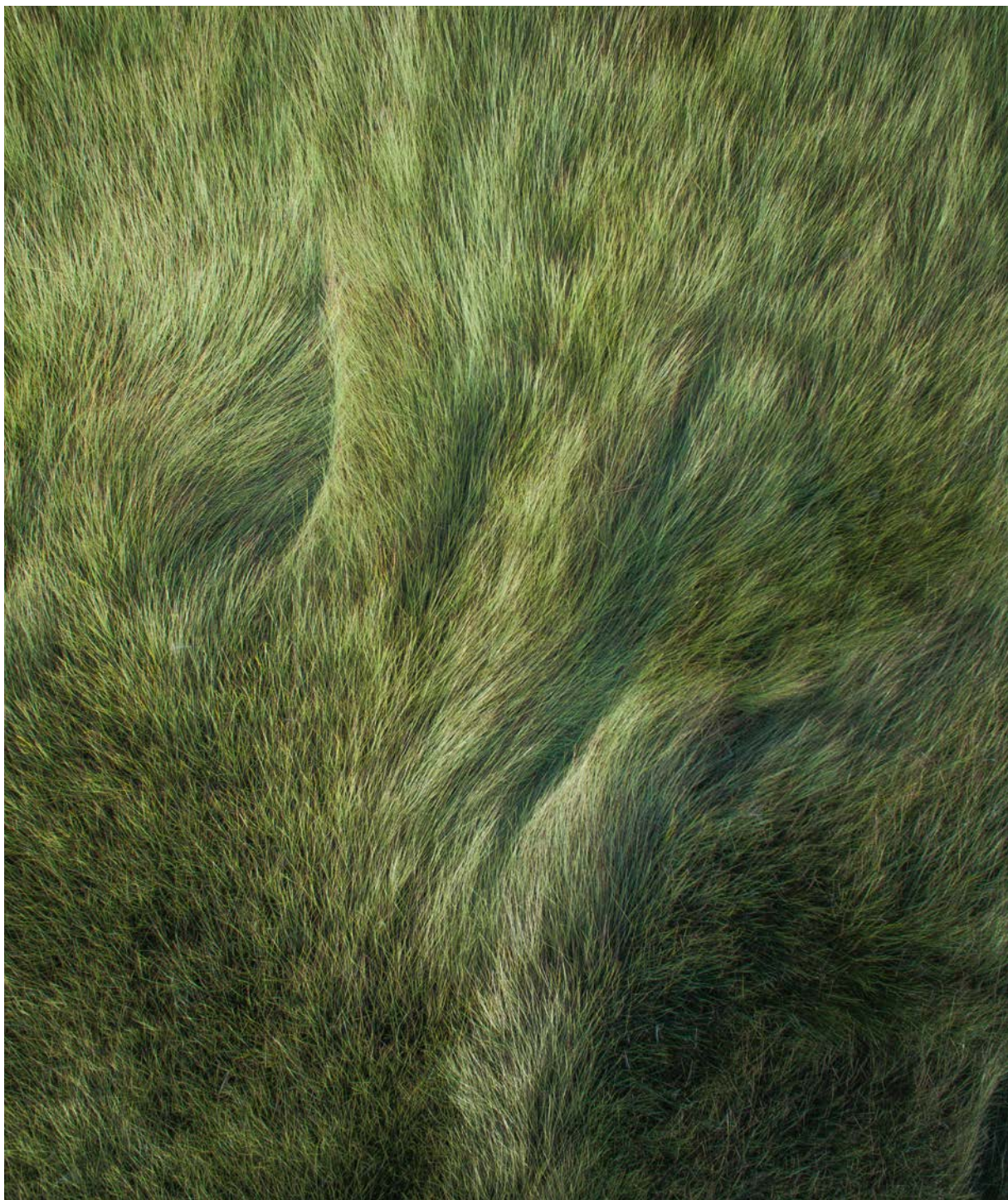


**Sydney Community Services**

Proceeds from The Village Observer support residents in need from the Lane Cove, Hunters Hill, Ryde, Willoughby and North Sydney areas, through Sydney Community Services.

ISSUE 350 - SEPTEMBER 2025  
[thevillageobserver.com.au](http://thevillageobserver.com.au)





## RUSH

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— Vendor

“

*Thank you so much to Tim Holgate and the team at Belle Property! I couldn't be more impressed with the entire experience from the team. They were incredibly professional and knowledgeable about the building.*

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PROPERTY

**POWERING OUR COMMUNITY**

Proceeds from The Village Observer supports residents of Lane Cove, Hunters Hill, Ryde, Willoughby and North Sydney, via Sydney Community Services – a local not-for-profit organisation that helps people to live a quality and independent life in their own home and in their community.

**LOCAL SUPPORT FOR LOCAL PEOPLE**

SCS provides services to seniors and people living with a disability including social activities, gardening, home nursing, podiatry, linen, home delivered meals, home modifications and maintenance, flexible respite, carers support, shopping services, community and engagement programs, medical transport and assistance in daily life.

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## Welcome to the September edition of TVO!



Spring is upon us and it's the season of festivals! The Lane Cove Festival is back, bigger, bolder and brighter than ever thanks to a new association with the Sydney Fringe Festival. Whether it's music, theatre, art, nature, food or the famous Lane Cove Fun Run, it's the place to be this September.

Hunters Hill's fabulous Moocooboola Festival is also returning this month, celebrating Father's Day with a bang at Boronia Park, with fun for the whole family.

Don't miss Maggie Lawrence's uplifting interview with Special Olympics Gold Medallist Lauren Kerjan. In case being a world-beating skier isn't enough Lauren is also a talented artist, and she wouldn't mind representing Australia at soccer too.

Speaking of remarkable women, our condolences to the family and friends of Rosalie Lucas, Lane Cove Citizen of the Year in 2015, who passed away recently. Rosalie was a musician, historian, sailor, and a tireless volunteer supporting so many local causes. We share a tribute to her extraordinary life in this issue.

As always, if you have a story to share (fact or fiction) please get in touch.

## Melissa

**MELISSA BARKS - EDITOR**

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Thank you... as a local, small publication, run by a not-for-profit charity, TVO relies on our advertisers and partners to come to life every month. We'd like to extend a big thank you to this month's supporters:

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**Sunday  
14 September 2025**



**One of the largest events in Lane Cove, the Lane Cove Fun Run is back once again on 14 Sunday September.**

Run by volunteers from Lane Cove Public School, the wider community and enthusiastically supported by local business sponsors, the Lane Cove Fun Run is a great day out for a run or a casual stroll.

**BE AMONG THE CROWD ON THE STARTING LINE:**

- 5km Race – 7:30am or
- 2km Race – 8:30am
- at Kingsford Smith Oval in Longueville.

Organisers encourage everyone to enter into the FUN of the event, dress up, get your kids to dress up and the dog too! Heaps of great prizes available including Best Dressed prizes.

*A great family day out to raise money for the Lane Cove Public School P&C and Sydney Community Services.*

**Register now through the Lane Cove Fun Run Website  
[www.lanecovefunrun.com.au](http://www.lanecovefunrun.com.au).**

**Sunday 14 September  
2025**



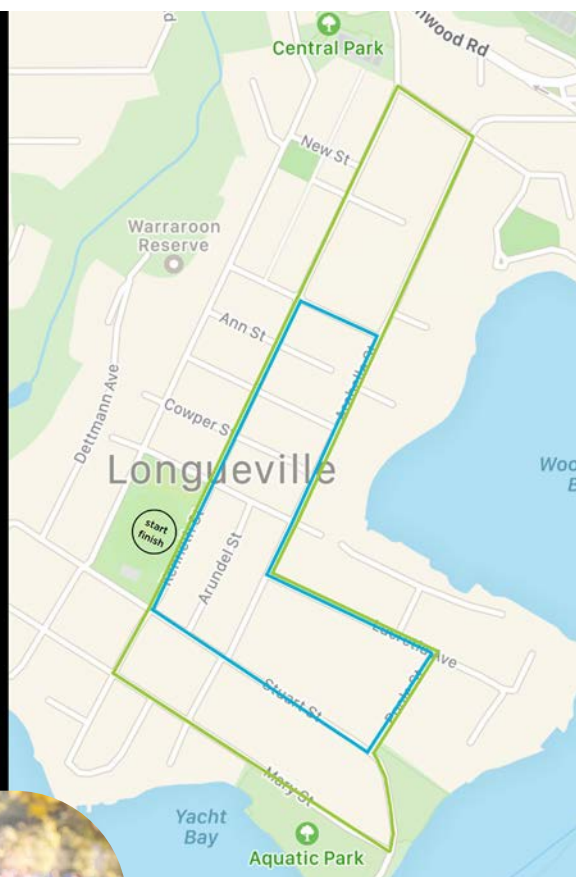
**2km Race**

Lap 1 —

**5km Race**

Lap 1 —

Lap 2 —





## Sydney Community Services awarded Lane Cove Community Grant

*Sydney Community Services has been awarded a generous community grant by Lane Cove Council.*

Speaking at a recent Community Grants Award Presentation Ceremony, SCS Chief Executive Officer Branka Ivkovic expressed thanks to Lane Cove Council for its support.

‘This funding helps us continue our vital work in Lane Cove: supporting independence, strengthening social connection, and reminding people that they matter.

‘At Sydney Community Services, we believe no one should face the day alone. Loneliness is not just a passing feeling — it is a serious public health issue that affects people of all ages, especially older adults and caregivers.

‘Thanks to this grant, our programs — from gentle exercises and playgroups to creative art programs for people with disability or transport to the vital services in the village — create spaces

where people feel seen, supported, and part of something. A chat over tea, a shared story, or a friendly visit can build resilience, trust, and community.’



L-R Cllr Caleb Taylor, SCS Chief Executive Officer Branka Ivkovic, SCS Board Member Dr Carl Wong at the Award Presentation Ceremony

## Lane Cove Swim Club continues its winning ways

Lane Cove Swim Club was a major winner at the inaugural 2025 Swimming NSW Awards, taking home the Club of the Year (Metro) title. The club's success was attributed to its remarkable growth, innovative practices, strong partnerships, and thriving club culture, which have made it the largest swimming club in NSW. This win follows its recent national recognition as Swimming Australia's Club of the Year, further solidifying its reputation as a leader in the sport.

## Moocooboola Festival 2025

Hunters Hill Council is getting ready for another Moocooboola Festival celebration.

This year's Festival will be held on Father's Day, Sunday 7 September, at Boronia Park Ovals from 10am to 4pm, with some special celebrations to mark the day.

Festival goers will enjoy all the crowd favourites, including rides, bar, amusement games, kids' zone, showbags, displays, live performances and the ever-popular Dog Show. Plus some new attractions, including a Kids' Petting Zoo and pony rides as well as a Health and Wellbeing Zone, providing complimentary health and blood pressure checks, body scans, fitness challenges, and more.

Mayor Zac Miles thanked Optus for its sponsorship of the event, which supports Council to transform Boronia Park Ovals into a vibrant and welcoming community event space.

Other sponsors for the 2025 Moocooboola Festival include URM, Swimart Gladesville, Archway Medical Centre, Kids Cottage, Hunters Hill Hotel, Buffalo Vale Distillery, BresicWhitney Hunters Hill and 2RRR.

## I'M HERE TO HELP

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## Celebrating 25 years of the Aboriginal Heritage Office

Five northern Sydney councils – North Sydney, Ku-ring-gai, Lane Cove, Northern Beaches and Willoughby – have celebrated the 25th anniversary of the Aboriginal Heritage Office (AHO), a pioneering partnership that has protected and promoted Aboriginal heritage since 2000.

To mark the milestone, the councils have signed a renewed five-year agreement to support the AHO's vital work, including Aboriginal site management, education, and training and advisory services for partner councils.

Established in the late 1990s by North Sydney Council, the AHO was created to take a more respectful, proactive approach to Aboriginal heritage. Sharing the expertise of a team of dedicated Aboriginal Heritage Officers across multiple councils, the model remains rare and potentially one of a kind in Australia. It works together across local government, the NSW Government, and the Metropolitan Local Aboriginal Land Council in a collaborative effort to care for Country.

Over the past quarter century, the AHO has achieved many significant milestones, including:

- relocating the road near the 'Whale Rock' engraving at Balls Head, preserving a site of high cultural significance
- opening the AHO Museum in Freshwater
- training council staff and volunteers to monitor more than 800 Aboriginal sites across the northern Sydney region

- delivering a program of cultural walks, talks and education for schools, community groups and the broader public.

New AHO Manager Brent Emmons said the AHO provides a critical service for partner Councils and the community.

'This partnership has always been about doing things differently – working together to care for Country and ensure Aboriginal voices are central to heritage management.'



Aboriginal Heritage Office Manager Brent Emmons, with Aboriginal Heritage Archaeologist Phil Hunt, Archaeologist Susan Whitby, and Aboriginal Heritage Officer Kyle Nettleton

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# Almost Famous

by Liz Foster

While I'm at the gym forcing myself to get fit, the various tellies are all tuned to different channels. It's quite a feat concurrently watching soccer highlights of the past ten years, best of Deal or No Deal (US version) and two local newsfeeds while my virtual trainer assures me I can overtake that bike right up ahead – he knows the answer, I know the answer, add a gear!

The warring newsfeeds often feature international actors doing the rounds promoting their wares. The poor stars are wearily ducking from one interview to the next, often wearing the same clothes and having to respond just as enthusiastically and informatively to each and every question despite having already answered it a hundred times or more. You can sense the PR peeps coiled just off camera, ready to spring out and cut the interview when a tricky question's asked or time is up. Never mind if they woke up feeling cranky - no frowns, sighs or eye rolls permitted – anything adverse will be leapt upon and immortalised into a meme for all time. Instant black marks on your reputation can have a real impact in a rapidly changing and fast-moving world.

I recently learned this the hard way when I posted a pic on Facebook of yours truly holding my original Live Aid ticket on the forty-year anniversary of the groundbreaking concert. I made a trite remark about having seen Freddie Mercury and Queen at their last ever concert, along with many other stars now gone including David Bowie and George Michael.

I don't live on social media and post very little, so forgot my account was set to automatically share to Threads (this is the Meta version of the old Twitter). In fact, I've never even visited the platform. Imagine my surprise – more like horror – when I saw a notification that my post on Threads had more than 10,000 views.

!!!!!!!!!!!!!!!!!!!!

I hastily scabbled to find it (remember I didn't even know I'd done it). There I was, same photo, same words. I'd had a smattering of general comments on Facebook about how amazing it must have been, but that was it.

Not so on Threads. Currently up to 18.7K views, 1.6K likes and 111 comments, this innocuous post has officially gone viral by any measure. I hastily scrolled through the comments feed, heart racing, expecting a hideous take down of some sort.

It turns out, all you need to do to go viral is make a mistake. There was the odd 'cool!' and 'wish I kept my stub'

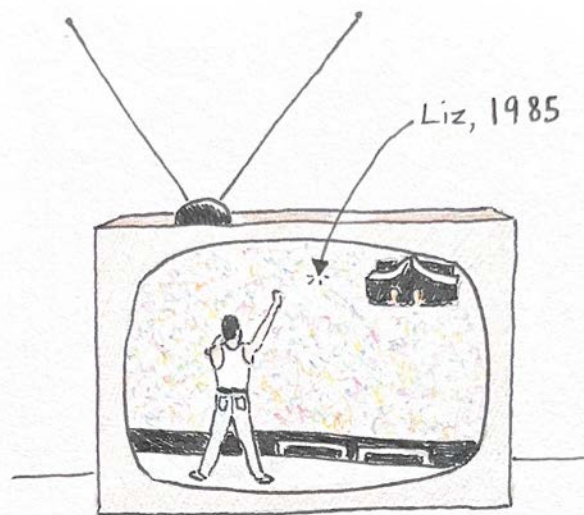


Illustration by Grace Kopsiaftis

type comment, but overwhelmingly the scoop was, um, that Queen played their final concert at Knebworth the following year. *Must have dreamed being at Knebworth... great memory but so wrong... was that not Freddie in '86? I want my money back... yada yada.*

The weirdness of the internet meant that the mysterious algorithm that lurks on these platforms got kicked into gear once people started commenting. And sharing. Heaps of people too had been at the same concert, but none had kept their ticket.

Now imagine that scenario on top of already having stratospheric fame, like being royal. It's hard enough having to paste on a smile for a solid half an hour when arriving at some event or other. But Princess Kate's a patron of Wimbledon. While clearly loving the game, Kate's also required to compose her face positively, or at least neutrally, for the duration of the match. Not to mention no tripping to or from her seat, no wee breaks and definitely no ice cream (imagine what those pics would look like!) The only exception to the rule is age - Prince Louis's giant yawns and bored gestures during trooping of the colour and carriage rides with his siblings are adorable while Prince George, eldest sensible brother and heir to the throne is well and truly beyond pulling that off. And Kate's own efforts at posting aren't any easier – remember the huge beat up when she posted a digitally manipulated family photograph in 2024?

The Holy Trinity of going viral seems to be mild controversy, inaccurate details and being a mega superstar. It's just as well I'm not famous and my photograph is absolutely not digitally manipulated. I'll settle with the first two any time.

**Liz Foster** is a local writer. Her debut fiction novel, *The Good Woman's Guide to Making Better Choices*, is out now with Affirm Press.

You can reach her by scanning this QR code to join her Readers' Club or by emailing [liz@lizfoster.com.au](mailto:liz@lizfoster.com.au).







## Travel Choices

WORDS BY ADRIENNE WITTEMAN

Favourites in travel are a bit like the comfy jumper, now-misshapen hat or thrice darned socks that you can't bear to throw out. You know you should move on but you won't until you find an equally perfect substitute.

In early August I flew to Europe to test AmaWaterways, a river cruise company with a high profile in the US market but only recently for sale in the booming Australian market. At least in its current guise, for the truth is that APT and Ama were successful partners for 19 years, with APT branding Ama operated ships as their own. Thus, if you think those innovative inside/outside balconies look familiar, then you're right.

I've been lucky enough to sail on several riverboats – Globus Avalon on the Seine, Uniworld on the Seine, the Rhone/Saone and through Bordeaux, and Tauck on the same rivers, plus the Douro. I've also cruised the Mississippi three times with American Cruise Lines, and Uniworld on the Nile. I can't count the cruises I've experienced vicariously over three decades of selling them but it's safe to say I know a lot about this type of travel, if not always the product itself.

Amamagna was therefore a new experience for me, and one that I think fits comfortably among the cruise companies now selling in Australia. AmaWaterways tells me their Australian sales are doing well, and I can see why.

The word must be out that the company promotes a strong sense of wellness, with each rivership featuring a gym and fitness instructor. This is no mean little space with just a bike and running machine but rather a proper exercise space with yoga mats, balance balls, running machines, spin bikes and more. The enviously fit instructor runs classes all day, unless s/he is accompanying the (often strenuous) hiking and biking excursions. On our cruise, there was one of each daily, depending on how long

we were in port. AmaWaterways clearly wants guests to return healthy from its cruises, and plenty appear to share the sentiment.

Food is important to everyone, and Amamagna really shone in this respect. As this ship is on the Danube, with locks that allow wider ships, this boat has space aplenty and offers four restaurants. The main restaurant is an elegant affair with a well thought out menu, daily reflecting the cuisine of the countries we passed through ... think goulash in Budapest, schnitzel in Vienna and so on. Then there is Al Fresco, with its refreshingly light five course, less formal, Mediterranean menu. The chefs gather herbs from several large rooftop tubs, their fresh fragrance sweetly pungent in the warm summer evenings.

Jimmy's, a novel concept offering a shared plate dinner at long tables for up to 12, is very popular. Here the emphasis is on fun, family and friends with great food, served simply just the way the now owner's dad and AmaWaterways founder, Jimmy, envisioned dinnertime onboard. He liked a bit of formal too however and so there is The Chefs Table, a superb degustation experience, perfect even without something special to celebrate. With all this delicious cuisine is it any wonder that health and fitness is important!

I could have done more than I did on board for there is also massage facilities, a sizeable rooftop pool, a library replete with a gaslit fireplace, reference books and novels, and a cinema for movies and sports broadcasts. There's even



a large laundry for those who don't trust the ship's housekeeper to do a fine job. (Trust me – they do).

When not out scoping golf courses for a possible Danube golf cruise, I could usually be found in my room working away in surroundings both spacious and comfortable. The bed was excellent, as you'd imagine, but in a room large enough for a king size bed, a 3-seater sofa, a desk and a French balcony I felt very at home.

Naturally, I played spot the differences with other comparable lines. I did miss my barista made coffee. And all-inclusive advocates might quibble about alcoholic beverages being included only at lunch, dinner and early evening Sip and Sail. There was little "dressing up" in the evening, with shorts and tee shirts being not unacceptable at night, though most wore smart casual after 6.00. However, these are minor distractions that many won't notice or miss and certainly don't detract from the AmaWaterways experience.

So where will I take my next river cruise? I'm repeating Egypt in April but am very excited that AmaWaterways launched in Colombia this year and this, partnered with a Galapagos cruise, looks very appealing. Clearly an innovative company, I'm happy to have forsaken my usuals for something new.

If you're considering a river cruise then please contact me, an obvious expert in all things cruising. The cruise your friend recommends may well be suitable, but it might not be the perfect one for you. Of course, I may have my favourites but my knowledge will be provided impartially to help you choose wisely.



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## ASPECTS

**What:** Our nightly visitor loves apples **Where:** Backyard in Lane Cove North **When:** August 2025 **BY:**  
MIKI OKA



## Having a Will protects your wishes – leaving a gift changes their future

**Monday 1 September kicks off Include a Charity Week 2025 - a social campaign that raises awareness about the importance of creating a Will and how you can leave a gift to a meaningful cause like Sydney Children's Hospitals Foundation (SCHF).**

Including a charity in your Will is a special and personal decision. It's a powerful declaration of your values and beliefs, leaving a legacy that you and your loved ones can be proud of for generations.

Your support can help change the future for kids like three-year-old Abigail. She is one of more than 400,000 children in Australia who live with a rare disease.

Born in 2021, Abigail entered the world via an emergency c-section and spent her first two weeks in the Neonatal Intensive Care Unit, before finally making it home just in time for Christmas. Her parents hoped their hospital days were behind them. But then everything changed.



After a medical episode at home, Abigail was rushed to Sydney Children's Hospital, Randwick for urgent care. There she was diagnosed with hypopituitarism - a rare, life-long condition where the body doesn't produce enough of the critical hormones for growth, metabolism and overall health. Like 95% of children with a rare disease, there is no cure for Abigail but there is hope - through gene therapy and groundbreaking research.

Thanks to generous gift in Will supporters funding initiatives like the Kids Advanced Therapeutics Program, at Sydney Children's Hospitals Network, the future is changing for children like Abigail, creating new possibilities for kids with rare conditions, including cell and gene therapies that turn off disease at its source.

Abigail's proud parents, Adrienne and Aaron say it's incredible to see research change the life of children with no cure or traditional treatment.

"Our Abigail is thriving, but she will always need medication to help control her metabolism, blood pressure and growth. While her condition is rare but stable, some families aren't so lucky." - Adrienne and Aaron.

By leaving a gift, large or small, in your Will to SCHF, you too can help provide the best possible care to sick kids for generations to come.

To find out more call **1800 770 122** to speak to one of the friendly Planned Giving Team members at SCHF or visit **[www.schf.org.au](http://www.schf.org.au)**



Abigail



# Include a Charity Week

**1-7 September**

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# LANE COVE FESTIVAL 2025:

## *Uncover the Unexpected*

*This September, Lane Cove will burst into colour, sound, and creativity as the Lane Cove Festival 2025 returns - bigger, bolder, and infused with the vibrant spirit of the Sydney Fringe Festival.*



*And what will people say at Pottery Lane Performance Space*



*Kersh Sivakumaran*



*Fringe on a Stick Food Trail*

Now in its 33rd year, the festival has always been a joyful showcase of art, music, food, and community connection. But thanks to a new partnership with Sydney Fringe, this year promises to *uncover the unexpected*, with an expanded program brimming with local talent, Fringe favourites, and even an international act.

Across the entire month, Lane Cove's cultural venues - from the leafy Canopy precinct to the intimate Pottery Lane Performance Space, Gallery Lane Cove, and historic Carisbrook House - will host an

eclectic mix of performances, exhibitions, workshops, and family-friendly events. Whether you're drawn to theatre, music, visual arts, or culinary delights, there's something to delight everyone.

### **A spectacular launch night**

The festivities kick off on Friday 5 September at The Canopy (6–9pm). This free, family-friendly celebration will transform the heart of Lane Cove into a lively stage of circus acts, music, cabaret, cultural dance, and comedy. Expect dazzling performances from Fringe favourites alongside

homegrown stars. It's also the official start of the *Fringe on a Stick* food trail - so your festival fun can come with a delicious \$10 skewer in hand from one of Lane Cove's favourite eateries.

### **Theatre with a purpose: *And What Will People Say***

Directed and produced by Lane Cove local Kersh Sivakumaran, *And What Will People Say* blends Indian classical dance, live music, and spoken word to confront the often-unspoken realities of domestic violence in multicultural families.







Giant Balloon Show



This powerful piece invites audiences into the stories of women who stayed in abusive homes for the sake of their children, and of those children - now grown - reflecting on the silence and complexity of their upbringing. Rooted in real community conversations and developed in consultation with psychologists and support workers, the work has already made an impact in previous seasons across Sydney.

For Kersh, bringing *And What Will People Say* to her own community is deeply personal. As the founder

of BCD Theatre, she is committed to telling authentic, culturally safe stories from diverse and marginalised communities. Her artistic journey spans over two decades, from performing and choreographing Indian classical dance on stages around the world to producing works that drive social change.

'Belonging can be shaped not just by who you are, but by where you choose to be,' Kersh says. 'I want my work to be part of how others find their own sense of belonging here, by telling stories that reflect the real, nuanced experiences of our community.'

Audiences can expect a performance that is visually rich, emotionally stirring, and thought-provoking - one that opens space for conversation, reflection, and connection long after the final bow.

### And What Will People Say

- Sydney Fringe Festival
- 17-21 September
- Pottery Lane Performance Space Lane Cove
- Bookings: [sydneyfringe.com/events/and-what-will-people-say](https://sydneyfringe.com/events/and-what-will-people-say)







Grandpa Poseidon at Pottery Lane Performance Space



## Follow the Fringe on a Stick Food Trail

Running alongside the festival all month, the *Fringe on a Stick* food trail is a delicious way to explore Lane Cove's eateries while soaking up the festivities. Participating restaurants will serve up \$10 skewers, each offering their own creative twist on the concept - from sizzling satay to gourmet bites.

It's not just about the food - it's a way to support local businesses and extend your festival experience beyond the stage. Grab a skewer before a show, or make a night of it by hopping between venues to sample them all. Participating eateries include Acai Cove, Curry Lane, Garçon, I Love Pizza, Kasuke Ramen, Masala Kitchen, Phò Hoa, Sunset Diner, Via Napoli, and more.

## More to Explore

The 2025 program is packed with highlights. Look out for UK theatre duo Wright & Grainger, the *Taylor and the Besties Eras* Tour tribute concert, the *Kiss the Queen* Victorian cosplay party, and *The Lane Cove Fun Run*. Cameraygal Week events will honour the Traditional Owners of the land, with weaving workshops, bushcare activities, and live music in Lane Cove Plaza.

From the thought-provoking (*The Vagina Monologues*, the *Repair | Replace* art exhibition) to the whimsical (*Grandpa Poseidon* for kids, petting zoos, and community picnics), the Lane Cove Festival invites residents and visitors alike to discover something new.

## Your Invitation to Uncover the Unexpected

Lane Cove Mayor Merri Southwood says: 'Lane Cove has always been a community that celebrates creativity and connection. This partnership with Sydney Fringe Festival is an exciting opportunity to showcase our vibrant local talent, welcome new audiences, and transform our venues into hubs of energy and inspiration.'

Whether you visit for a single event or plan to sample the month in full, this year's Lane Cove Festival promises to be a celebration of creativity, culture, and community spirit you won't want to miss.

**Full program:** [lanecove.nsw.gov.au/lcfest25](https://lanecove.nsw.gov.au/lcfest25)



# Amara

*by Pathways*



Discover Amara  
— A World-Class  
Seniors' Lifestyle On  
Sydney's North Shore.





# Live the Amara difference.

## Lifestyle

Sophisticated living with every detail thoughtfully taken care of.

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## Community

A connected community where meaningful moments are shared daily.

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Timeless elegance in a setting of refined comfort and style.

## Purposeful Design

Designed with intention. Luxurious, functional, and beautifully considered.

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Fixed monthly fees for life.



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Visit the Amara display suite today.  
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## Our Olympic golden girl

Maggie Lawrence interviews Lane Cove local Lauren Kerjan who won Gold for Australia in 2025 at the Special Olympics World Winter Games.

Alpine skier Lauren Kerjan is clearly a remarkable person. Despite being born with a chromosome abnormality that has impacted her life, she's not one to be held back. When she decides she's going to achieve something great, Lauren skis away with a gold medal at the Special Olympics World Winter Games.

Lauren has lived in Lane Cove West her whole life. She went to Dingle Dell and Osborne Park pre-schools, St Michaels Catholic Primary School in Lane Cove and Marist Sisters Woolwich College. Lauren has a younger sister Alexandra who is a Psychologist.

Skiing is in Lauren's family.

'My mother is a skier. She learnt to ski when she was a young child. My grandfather on my mother's side was also a keen skier. They skied and stayed in Perisher Valley. Mum played basketball and netball for many years.

'My dad learnt to ski when he was in his early 20s. Mum and Dad have friends who ski as well, and they still go on ski holidays together and I often go too. Dad also likes sailing and cycling,' Lauren told me.

Lauren learned to ski when she was four years old at the Perisher ski school in NSW. Every year Lauren's family and friends would go to Perisher on skiing holidays.

'We had lots of fun learning with other kids but the intellectual disability that I have does make it more challenging for me to learn new things. Skiing is not an easy sport, requiring lots of 'gear' and challenging weather conditions so it can be harder for people with a disability,' she added.

### Great community support from Lane Cove Football Club

'I was fortunate to have great support at the schools I attended. I also have had wonderful community support through the Lane Cove Football Club. Being a member there led to me playing indoor soccer and that was how I met the people that helped me pursue my Winter Olympics goals.'

In 2018 Lauren was skiing with her friends in Perisher Valley when she spotted a skier wearing a 'Special Olympics' racing bib.

'My friend asked "why aren't you skiing with them Lauren?" So mum rang them when we got home to investigate.

'We met the skiing co-ordinator at a Special Olympics soccer event and now each year I go skiing for four or five days with the Special Olympics. I usually go down during



*Lauren celebrates her gold medal at the Special Olympics World Winter Games in Turin, March 2025*

Interschools race week which includes a multi-class race event that I participate in. It's great because I love skiing and it's an opportunity to go away independently.

In 2024 Lauren was invited to race in the Special Olympics Australian National Winter Games in Victoria's Mt Buller. She won gold in her division and was offered a place on the Australian team for the Special Olympics World Winter Games.

'I was super excited about this win at Mt Buller and what it opened up for me,' she said.

### A gold for Australia at the World Winter Games

Lauren has only skied in one World Games, the Special Olympics World Winter Games that was held in March this year in Turin, Italy.

The Games is contested by athletes with an intellectual impairment. The 2025 event saw 1500 competitors from 102 countries, spread across eight sports: alpine and cross-country skiing, dance sport, figure skating, floorball, snowboarding, snowshoeing and short track speed skating. Australia competed in the alpine skiing and snowboarding.

'There were six women on our team but I was the only female from NSW. Fourteen athletes were there representing Australia (twelve skiers and two snowboarders) and we each raced in three events. We were a great team: athletes, coaches and staff that all supported each other.

'It was such a great opportunity to represent Australia in a world games because there were not really many of us. I felt really special in my racing suit and it spurred me on to do well,' she said.

Lauren won Gold for Australia in the SuperG downhill racing event.

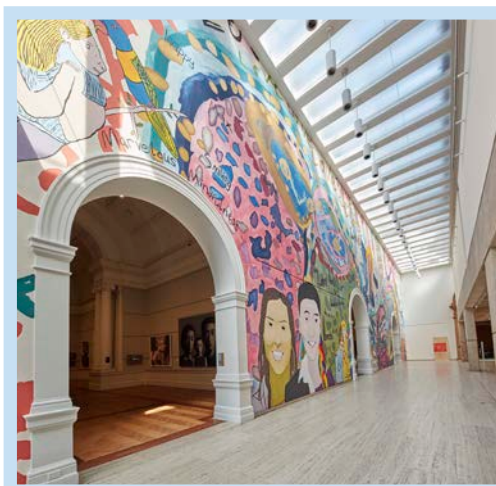
'It was a cold day for the SuperG and there was a delay prior to the start of the final race. I think I was so cold it helped me get to the finish quickly. It was amazing. I was so happy and proud.'

Lauren trained hard for the Special Olympics. Along with skiing at least once a year with Special Olympics (and some

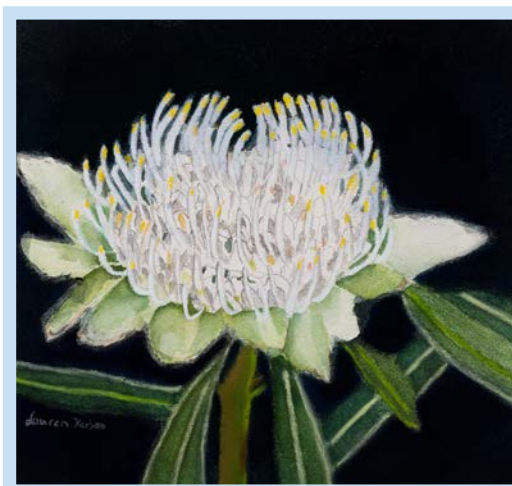




Lauren competes at the Special Olympics World Winter Games



Love owls and mermaids singing in the rainbow pop, a mural created for the entrance court of the Art Gallery of NSW by artists from Studio A.



White waratah, Lauren Kerjan, 2023.

family holidays), training for the World Winter Games also included a special camp in September 2024 for the Australian team at Perisher Valley. After that, they had regular team meetings with their coaches to run through training advice.

'My training was a daily exercise routine in the mornings. I walked a lot because I don't drive, and I played soccer (indoor with Special Olympics, and outdoor with the Lane Cove Football Club). I also competed in tenpin bowling competitively every fortnight,' she told me.

## A passion for painting

Apart from her obvious enthusiasm for skiing, Lauren has another passion: she discovered an interest in art and painting as a young girl still at school. Later she joined Studio Artes in Hornsby and this took her on a new creative journey.

'In 2016 while I was doing art at Studio Artes, I was very fortunate to be invited to join Studio A in St Leonards. It's an amazing organisation with great people and support. It's provided me with fantastic opportunities,' she said.

'Studio A gives people with disabilities the support needed to get our art into the community, which is more difficult to navigate when you have a disability. It gives us confidence and people then see what amazing talent disabled people have.

'I love art. I'm a botanical artist and I usually like to paint flowers. I sometimes do animal portraits, birds or turtles and a whole lot of things.

'Painting has brought me so many opportunities and experiences I would never have had without the support of Studio A. I go to exhibitions and openings and speak on behalf of the Studio artists in front of lots of people. It's been amazing for my confidence and growth and I've made great friends. I also get the satisfaction of doing interesting and varied artwork based on client briefs.

'I also enjoy doing art with the children at the Farran Street Child Care centre. For over 10 years I've worked one day a week there. They've been an amazing support for me. I love the children and the staff are always kind and supportive.

'I prefer to use gouache, watercolour, chalk pastel and digital mediums. I also love doing textile sculpture.'

I learned from Lauren that the term 'gouache' combines the qualities of water colour and acrylic paint and is known for its vibrant colours and ability to create a delicate and bold effect.

## Masterpieces exhibited in the Art Gallery of NSW

Lauren has had her art commissioned by Westpac and Liberty Specialty Markets and she's created masterpieces exhibited in the Art Gallery of NSW.

In 2020, Lauren worked with six other Studio A artists to produce Love owls and mermaids singing in the rainbow pop, a magical and monumental mural for the entrance court of the Art Gallery of NSW.

Her work was also included in a collaborative design for the City of Sydney's Creative Hoardings project. Titled Midnight Zoo, it features her enigmatic zebra, and currently adorns hoardings across the city. Lauren has also worked on other projects and collaborations.

'My Nana is an artist who painted with watercolour. She is a great supporter of my work and she's very proud.

'I've gained confidence from both painting and my love of skiing – they've provided me with great opportunities to work hard and achieve goals I never expected were possible.

Lauren is certainly an inspiration. I asked her what her goals are now for her future.

'I'd like to continue learning new art skills using different mediums, do more botanical and landscape paintings and submit art in more exhibitions,' she said.

'I also love being overseas and helping younger athletes with their dreams as well.

'I'd like to continue to improve my skiing and hopefully get to the next Special Olympics World Winter Games in a few years. My biggest dream would be to represent Australia in soccer and paint portraits of players from the women's national football team, the Matildas,' Lauren concluded.

**Maggie Lawrence is a local author and screenwriter. You can visit her at [www.maggielawrence.com](http://www.maggielawrence.com)**





# PATHWAYS

LONGUEVILLE

## Meet Sassy! Our Executive Chef at Pathways Residence Longueville

*A Visionary Chef Upholding a Five-Star Standard at Pathways Longueville, Opening 2025*



Meet Sassy Saad, the Executive Chef at Pathways Longueville. With 19 years of experience in fine dining restaurants, Forbes Five-Star Resorts, VIP services, and private residences, she is eager to bring her expertise to the aged care sector.

**What drew you to join the Pathways Residences Longueville team?**

"I deeply admire Pathways Residences' philosophy and unwavering commitment to providing the highest level of care."

**What inspired you to become a Chef?**

"From a young age, I developed a deep appreciation for food, influenced by my grandfather who was a butcher. Our yard was surrounded by sheep, flourishing vegetable patches, and fruit trees. This early exposure instilled in me a profound respect for quality ingredients and the joy of cultivating and preparing meals from scratch."

**What drew you to Aged Care?**

"I would like to breakdown the stigma and negative perceptions associated with food and the dining experience in aged care settings. My goal is to elevate the dining experience in aged care by integrating five-star service standards into every day dining."

*"Every meal should be a nourishing experience that delights the senses, respects individual preferences, and fosters a sense of dignity and community. The menu at Longueville will incorporate this philosophy."*



Chili-basil squid with green apple.



Pressed lamb with cauliflower, baby carrots and jus.



"In the kitchen, I approach cooking as a deeply caring and nurturing act, much like the ethos upheld by Pathways. The act of preparing and sharing a meal is not merely about sustenance but about creating an experience that nourishes both body and soul. This alignment of values makes Pathways an ideal environment where I can contribute meaningfully, ensuring that every dining experience reflects the same level of care and respect that defines their approach to aged care."



***“Understanding that mealtime enjoyment is closely linked to sensory appeal, I design menus that feature a variety of textures and vibrant colours.”***



**How will you incorporate variety, flavour, and nutrition into the menu?**

“Understanding that mealtime enjoyment is closely linked to sensory appeal, I design menus with a variety of textures and vibrant colours. This not only makes meals more visually appealing but also stimulates appetite and encourages consumption. Offering familiar dishes with a twist provides comfort while introducing new flavours. I place a strong focus on using fresh, seasonal, and locally sourced produce to ensure meals are rich in essential nutrients. Incorporating a variety of vegetables, fruits, whole grains, and lean proteins helps meet the diverse dietary needs of older adults.”

**What excites you about your new role as Executive Chef at Pathways Longueville?**

“Shaping the dining experience at Pathways Longueville excites me, because it offers the opportunity to redefine what dining in aged care can be. Especially the opportunity to create an environment where mealtimes are about more than just nourishment – they can become a celebration of flavour, culture, and community. By integrating seasonal ingredients, honouring cultural traditions, and fostering a sense of belonging, I aspire to make dining at Pathways Longueville a truly exceptional experience for every resident.”

**What’s your all-time favourite dish to cook at home—and who do you love to cook for?**

“At home, I’m known as “the mad scientist” for my love of smoking, curing, and fermenting foods. My family enjoys homemade cured meats, pickles, and doughs—especially my wood-fired pizzas. I ferment the dough for 48 hours to develop a light, airy crust with rich flavor and better digestibility. For me, cooking is about more than taste—it’s about creating nourishing, enjoyable experiences with care and attention to detail.”

**If you could share a meal with any famous chef or food personality, who would it be and why?**

“Definitely Anthony Bourdain. Anthony helped reshape the food industry as he inspired people to go out and be more adventurous and explore more diverse cuisines. He encouraged people to seek out good food in the most unassuming establishments. In the industry today, don’t need to dine at a hatted restaurant to have a great meal and dining experience, this can all be discovered in small local restaurants.”



Tuna crudo with tomato basil and olive.

**What’s one kitchen gadget you can’t live without?**

A microplane! I use it every day.

**For more information about Pathways Longueville, scan the QR code or email Michelle at [MOHara@pathways.com.au](mailto:MOHara@pathways.com.au)**



Pathways Longueville Premium Suite



**The team at Helloworld Travel Lane Cove are thrilled to be awarded 'The most outstanding Specialised Retail Business for 2025' at the North Shore, Local Business Awards. The Awards night was held at Norths Cammeray on 30th July. What an amazing night they had - lucky table number 13!**

This achievement is a testament to their dedicated team and the loyalty of their highly valued clients. The office has been owned & managed in Lane Cove by Debbi Ashes for 29 years and the whole team just love coming to work everyday & making their client's travel dreams come true!

Having moved after 29 years in the same location has proven to be very successful offering a clients a lot more spacious, bright & inviting environment to come in and meet with the team. Located across the road from Harris Farm Markets, it is in the prime position.

The team specialise in all aspects of travel. They have a dedicated cruise expert as well as dedicated staff specialising in multi-generational travel, sporting & school groups, conference groups & touring. No trip is too small, too big or too close to home! The team recognise that everyone has differing travel dreams, budgets & style so every trip is tailor made to meet clients expectations.

You may be thinking you never see the complete team of 5 staff in the office, don't be fooled as one staff member is always travelling! First hand knowledge & experience of different destinations is imperative to the teams success and advice.

**The office is open Monday – Friday 9am until 6pm & Saturday 9:30am until 12:30pm.**



## FESTIVE WINTER CHARMS OF EUROPE



### 5 DAY CHRISTMASTIME IN ALSACE & GERMANY

📍 BASEL – BREISACH – STRASBOURG – SPEYER  
– HEIDELBERG – FRANKFURT

#### INCLUDES:

- 4 nights river cruising on board *Avalon Panorama*
- All on-board meals with wine, beer and soft drinks with lunch and dinner
- Explore the Christmas markets of Breisach, Strasbourg and Heidelberg
- Visit the fascinating ruins of Heidelberg Castle
- Delight in festive cheer and sample Glühwein, bratwursts and other regional delicacies
- Find the perfect Christmas gift among the array of local crafts and decorations



### 6 DAY CHRISTMASTIME IN THE HEART OF GERMANY

📍 FRANKFURT – MAIN – WÜRZBURG – BAMBERG  
– NUREMBERG

#### INCLUDES:

- 5 nights river cruising on board *Avalon Panorama*
- All on-board meals with wine, beer and soft drinks with lunch and dinner
- Explore the Christmas markets of Würzburg, Bamberg and Nuremberg
- Discover the UNESCO Heritage-listed town of Bamberg, and see the many nativity scenes on display
- Wander through the Old Town of Nuremberg and sample traditional lebkuchen



### 8 DAY CHRISTMAS MARKETS OF EUROPE BY RAIL

📍 MUNICH – VIENNA – SALZBURG – BUDAPEST

#### INCLUDES:

- 2 nights at The Charles Hotel, Munich ★★★★★
- 3 nights on board Golden Eagle Danube Express in a Deluxe Class Cabin
- 2 nights at Four Seasons Hotel Gresham Palace, Budapest ★★★★★
- 7 breakfasts, 6 lunches and 7 dinners, and beverages on board train
- Enjoy a guided tour of the centuries-old Christmas market in Munich's Marienplatz
- Weave through views snow-capped peaks of the Austrian Alps on board your luxury train
- Enjoy a magical concert of Viennese Christmas folk songs at Hofburg Palace

5 DAYS FROM **\$4,826\*** PER PERSON  
TWIN SHARE **SAVE \$400\*** PER PERSON

6 DAYS FROM **\$5,937\*** PER PERSON  
TWIN SHARE

8 DAYS FROM **\$16,289\*** PER PERSON  
TWIN SHARE



Merri Southwood, Mayor of Lane Cove E: [msouthwood@lanecove.nsw.gov.au](mailto:msouthwood@lanecove.nsw.gov.au)



This September, the Lane Cove Festival will come alive with over 50 events, thanks to a new partnership with the Sydney Fringe Festival, bringing even

more circus, music, theatre, dance, and comedy to our community. From a spectacular free launch night on Friday 5 September at The Canopy to performances, music, and community activations across Lane Cove all month long, there's something for everyone to enjoy. See you there!

### Council Meeting

Our next Council meeting is on Thursday 18 September at 7:00pm. We share a summary of outcomes the week following the meeting at: [www.lanecove.nsw.gov.au/meetingwrapup](http://www.lanecove.nsw.gov.au/meetingwrapup)

### Council Presents \$579,000 in Support to Local Community Organisations

Council celebrated local community spirit at the annual Community Assistance Grants Presentation evening last month.

This financial year, \$579,000 in grants and in-kind support was awarded to 16 community organisations through the Community Assistance Grants, Cultural Venue Hire Subsidy Grants, and other services.

The evening provided an important opportunity for each organisation to share snapshots of their diverse initiatives, spanning music, sport, arts, youth programs, sustainability, and social services.

Held during Local Government Week, the evening also highlighted the strong partnership between Council and community groups.

### Outdoor Pool Open All Day this September at Lane Cove Aquatic Centre

Visitors to the Lane Cove Aquatic Centre's outdoor 50m pool can now enjoy full daytime opening hours throughout September. The Lane Cove Aquatic Centre outdoor 50m pool has historically closed between 10:00am and 3:00pm during the winter period (May – October) with BlueFit and Council working together to extend the opening hours from 1 September.

From Monday 1 September the outdoor pool will be open:

Weekdays: 5:30am–9:00pm

Weekends: 6:00am–8:00pm

This initiative is part of Council's broader commitment to improving community access and equity at the Centre.

The community is being invited to make the most of this opportunity which will help shape the future winter pool schedule.

Regular entry fees apply.

For more information, visit [lanecoveaquatic.com.au](http://lanecoveaquatic.com.au) or contact Lane Cove Council on 9911 3555.

**Save the Date:** For the Lane Cove Rotary Fair and Sustainability Lane on Sunday 12 October 2025 from 9:00am – 4:00pm. We are shutting down Longueville Road, Burns Bay Road and The Canopy for a huge street party, with rides, music, a big raffle, barbecue, and a sustainability showcase including a reptile show and so much more.

## Lane Cove Sustainability Action Plan



Have Your Say!



Scan the QR code to register or take the survey



**What does a sustainable Lane Cove look like to you?** Council wants your input to help guide the development of our next Sustainability Action Plan. You can:

**Register for a workshop at Lane Cove Civic Centre:**

- Monday 8 September  
10:00am - 12:00pm
- Thursday 11 September 6:00pm - 8:00pm

**Complete a survey:**

- Approx. 5 minutes
- Submissions close 11:59pm Friday 19 September




Lane Cove Council



# LANE COVE FESTIVAL 2025

UNCOVER THE UNEXPECTED  
THIS SEPTEMBER!

## HOW TO USE THIS GUIDE:





















- Browse events by date
- Check the location, time and ticket info
- Look for the  symbol for free events
- Visit [lanecove.nsw.gov.au/lcfest25](https://lanecove.nsw.gov.au/lcfest25) to learn more, buy tickets or register!
























## Event Listings

Date	Event Name	Blurb	Location	Time	Cost
Wednesday 20 August – Saturday 13 September	<b>Replace Exhibition</b> 	Repair   Replace, explores our relationship with the planet through materials, stories and structures. Opening night: Wednesday 27 August, 6:00pm	Gallery Lane Cove, Upper Level, 164 Longueville Road, Lane Cove	10:00am – 4:30pm	Free event.  No bookings required.
Saturday 30 August	<b>Ganesha Chaturthi</b>	Celebrate Ganesha Chaturthi with the Hindu Council of Australia at Lane Cove. All are welcome!	Lane Cove Band Stand, Lane Cove Plaza, Lane Cove	3:00pm – 7:00pm	Free event.  No bookings required.
Tuesday 2 September	<b>Pizza + Movie Night</b>	Watch the Oscar-winning Green Book. Entry includes movie and pizza.	Longueville Uniting Church Hall, 47A Kenneth Street, Longueville	6:30pm – 9:15pm	Bookings required. \$15
Wednesday 3 September	<b>Chasing the Rainbow</b> 	This original musical by Different Degrees blends humour, AUSlan, and Oz-inspired fantasy to explore belonging and social change. It's a heartwarming community performance.	Pottery Lane Performance Space, 1 Pottery Lane, Lane Cove	6:30pm – 7:30pm	Free event.  No bookings required.
Thursday 4 September	<b>The House on Revolution Street</b>	A documentary theatre work exploring how trauma is passed through generations.	Pottery Lane Performance Space, 1 Pottery Lane, Lane Cove	7:00pm – 8:30pm	Bookings required. See website for details.
Thursday 4 September	<b>1955 Movie Retrospective: Oklahoma! @ Lane Cove</b>	Music and lyrics from Rodgers and Hammerstein bring to life this 1955 production: a musical celebration of frontier life, romance and passion.	Lane Cove Library, Library Walk, Lane Cove	2:30pm – 4:30pm	Free event.  Bookings required.
Friday 5 September, Saturday 6 September and Sunday 7 September	<b>Dear Stranger</b> 	Write a letter to someone you've never met and receive one in return in this heartfelt and unique art installation and activation at The Canopy.	The Canopy, 2 Rosenthal Avenue, Lane Cove	Friday 5 September – 12:00pm – 3:00pm, Saturday and Sunday 9:00am – 1:00pm	Free event.  No bookings required.
<b>Friday 5 September</b>	<b>Lane Cove @ Sydney Fringe Launch Event</b> 	<b>A first-time collaboration between Sydney Fringe and Lane Cove Council, this family-friendly event marks the start of the Lane Cove Festival. Experience a vibrant mix of bold cabaret, live music, and dynamic performances.</b>	<b>The Canopy, 2 Rosenthal Avenue, Lane Cove</b>	<b>6:00pm – 9:00pm</b>	<b>Free event.  Register on the website.</b>
Saturday 6 September	<b>KX Mat Pilates</b> 	A beginner-friendly community mat class run by KX Pilates Lane Cove, designed to build strength, flexibility, and confidence. Join us for a dynamic full-body workout.	The Canopy, 2 Rosenthal Avenue, Lane Cove	10:00am – 10:50am	Free event.  No bookings required.
Saturday 6 September	<b>Community Nursery Open Day</b>	Lane Cove's Community Nursery is turning 20! Join us for a special celebration with fun activities and leave with free native seedlings and seeds.	Community Nursery next to Council Depot, Lloyd Rees Drive, Lane Cove West	10:00am – 12:00pm	Free event.  No bookings required.
Saturday 6 September	<b>Come &amp; Try Orienteering</b>	Try orienteering, an outdoor navigation sport suitable for all ages and fitness levels.	Blackman Park Playground, Lloyd Rees Drive, Lane Cove	9:30am – 12:00pm	Bookings required. \$15 for kids \$18 for adults. Register on the website.
Saturday 6 September	<b>Spring Native Plant Stall</b>	Lane Cove Bushland and Conservation Society's Spring native plants suitable for balconies, courtyards and gardens.	Lane Cove Plaza	9:00am – 12:00pm	No bookings required.
Saturday 6 September	<b>Kiss the Queen at Carisbrook Historic House</b> 	Dress to the nines at Carisbrook Historic House's Victorian-era cosplay party. There'll be photoshoots and champagne – so corset up and carry on!	Carisbrook Historic House, 334 Burns Bay Road, Lane Cove	10:00am – 4:00pm	Bookings required. \$49



Date	Event Name	Blurb	Location	Time	Cost
Saturday 6 September	<b>Mike Kenny</b> 	Mike Kenny's performance is a one-hour set of original jazz tunes in a concert style space – with a fantastic mix of improvising musicians.	Pottery Lane Performance Space, 1 Pottery Lane, Lane Cove	3:00pm – 4:00pm and 8:00pm – 9:00pm	Bookings required. \$30
Sunday 7 September	<b>Bangaray Beats</b> 	Bangaray Beats is bringing the infectious sounds of Kapwa to The Canopy, blending classic pop, rock, reggae and Filipino percussion for good vibes.	The Canopy, 2 Rosenthal Avenue, Lane Cove	2:00pm – 4:00pm and 8:00pm – 9:00pm	Free event.  No bookings required.
Sunday 7 September	<b>Bushcare's Big Day Out @ Stringybark Creek</b>	Join the Stringybark Creek Residents Association and Lane Cove Council at the Bushcare's Big Day Out. All are welcome. Family-friendly.	Mindarie Park Lane Cove North, Corner of Mindarie Street and Kullah Parade	9:00am – 12:00pm	Free event.  Bookings required.
Wednesday 10 September	<b>Solar Made Simple</b>	The Council sustainability and Zero Emissions Solutions giving information about solar in your house or apartment.	The Diddy, 243 Longueville Road, Longueville	6:00am – 8:00pm	Bookings required. 
Thursday 11 – Saturday 13 September	<b>The Vagina Monologues</b> 	Lane Cove Theatre Company presents their production of the powerful, provocative and unapologetic play: The Vagina Monologues.	Pottery Lane Performance Space, 1 Pottery Lane, Lane Cove	Thursday 11 September 7:30pm – 8:40pm Friday 12 September 7:30pm – 8:40pm Saturday 13 September 2:00pm – 3:40pm Saturday 13 September 7:30pm – 8:40pm	Bookings required. \$35
Thursday 11 September	<b>In Conversation with Susannah Hardy – My hot housemate @ Lane Cove</b>	Join actor and author Susannah Hardy as she discusses her second novel My Hot Housemate.	Lane Cove Library, Library Walk, Lane Cove	6:15pm – 7:40pm	Free event.  Bookings required.
Friday 12 September	<b>The Judy Bailey Band – At Your Request</b> 	A Lane Cove Festival local favourite, a jazz night where the audience writes the set list in the unexpected space of the Lane Cove Civic Centre Foyer.	Lane Cove Civic Centre, 48 Longueville Road, Lane Cove	5:30pm – 7:00pm	Bookings required. \$20
Saturday 13 September	<b>Petting Zoo</b>	Bring the kids for family fun with the local farm animals.	The Canopy, 2 Rosenthal Avenue, Lane Cove	9:30am – 12:30pm	Free event.  No bookings required.
Saturday 13 September	<b>Synergy Open Day</b>	Join the youth centre for their open day – learning about local organisations and community services programs.	Synergy Youth Centre, 8 Little Street, Lane Cove	10:00am – 2:00pm	Free event.  No bookings required.
Sunday 14 September	<b>Phonic Trio</b> 	The Canopy Lane Cove will play host to the feel good music of Phonic Trio. Grab a bite and settle in for two hours of good tunes and good vibes.	The Canopy, 2 Rosenthal Avenue, Lane Cove	2:00pm – 4:00pm	Free event.  No bookings required.
Sunday 14 September	<b>Explore Stringybark Creek and Harry Howard Bushwalks</b>	Join Lane Cove Bushland and Conservation Society's expert for a walk along Stringybark Creek to learn about the area's history and bushland management.	Stringybark Creek Reserve Access from Nundah Street, Ralston Street and Roslyn Street	9:00am – 12:00pm	Free event.  Bookings required.
Sunday 14 September	<b>Lane Cove Fun Run</b>	Participate in a 2km or 5km fun run to raise funds for Sydney Community Services and Lane Cove Public School P&C.	Kingsford Smith Oval and Longueville, Kingsford Smith Oval, Kenneth Street, Longueville	7:00am – 10:00am	\$35 – \$45 for children, \$45 – \$55 for adults and \$140 for families.
Sunday 14 September	<b>Tour Gore Hill Memorial Cemetery</b>	Take a guided tour of Gore Hill Memorial Cemetery. Learn about the pioneers of Lane Cove who are buried there.	Gore Hill Memorial Cemetery, Pacific Hwy, St Leonards	10:00am – 11:30am	Free event.  No bookings required.
Sunday 14 September	<b>Annual Bahá'í Temple Bus Tour</b> 	Join the Lane Cove Bahá'í Community on their Annual Temple Bus Tour. Light lunch and morning tea provided.	Meet at Synergy Youth Centre, 8 Little St, Lane Cove	8:45am – 3:00pm	Free event.  Bookings required.
Wednesday 17 September – Sunday 21 September	<b>And What Will People Say?</b> 	Blending Indian dance, music, spoken word, 'And What Will People Say?' is a powerful immersive theatre work that confronts the often unspoken realities of domestic violence.	Pottery Lane Performance Space, 1 Pottery Lane, Lane Cove	17 Sep – 19 Sep 7:00pm 20 Sep 5:00pm 21 Sep 3:00pm	Bookings required. \$27.50
Wednesday 17 September	<b>Spring Fashion Parade</b>	St. Andrews Uniting Church will host the 2025 Spring Fashion Parade, presented by Stafford Fashions and Tina Hyman Jewellery, in support of the Exodus Foundation.	St. Andrews Uniting Church, 47A Kenneth Street, Longueville	10:15am – 12:00pm	No bookings required. \$15
Opening night 19 September Exhibition running 17 September – 4 October	<b>Lane Cove Art Award</b> 	Established by artists, Lloyd Rees, Guy Warren, William Pidgeon and Reinis Zusters, the Lane Cove Art Award is one of Sydney's longest running community art prizes. Opening night 19 September 6:00pm – 8:00pm	Gallery Lane Cove, Upper Level, 164 Longueville Road, Lane Cove	10:00am – 4:30pm Launch night 6:00pm – 8:00pm	Free event.  No bookings required.
Thursday 18 September	<b>Girl Guides Campfire</b>	Enjoy a traditional Girl Guides campfire with songs, stories, and community spirit under the stars.	Lane Cove Girl Guide Hall, Blackman Park	6:30pm – 8:30pm	Free event.  Bookings required.
Thursday 18 September	<b>Makerspace Night @ St Leonards</b>	Enjoy an evening of designing and making – for beginners and experienced operators.	St Leonard's Library, LG level, 88 Christie Street, St Leonards	4:30pm – 6:00pm / 6:00pm – 7:30pm	Bookings required.



Date	Event Name	Blurb	Location	Time	Cost
Thursday 18 September	<b>Comics and Zines Workshop</b> 	Ever wanted to learn to make comics for fun and self expression? Cockatoo Comics is hosting a zine workshop on diary comics – all levels and beginners welcome.	Cockatoo Comics, Level 2, Lane Cove Village, 43-45 Burns Bay Road, Lane Cove	6:00pm – 7:00pm	Bookings required. \$15
Thursday 18 September	<b>LaVoce Community Choir</b>	Celebrate the joy of singing at LaVoce Community Choir's Festival Concert. Everyone is welcome to join the choir.	Lane Cove Library, Library Walk, Lane Cove	6:30pm – 7:30pm	Free event. Bookings required. 
Friday 19 September	<b>Spring Spotlight Walk</b>	An evening walk along Stringybark Creek to spot nocturnal creatures. Bring a torch and sturdy shoes. Ages 8 and up.	Mindarie Park Lane Cove North, Corner of Mindarie Street and Kullah Parade	5:45pm – 7:30pm	Free event. Bookings required. 
Saturday 20 September	<b>Music in the Plaza</b>	Join Karingal Concert Band and Stringybark Jazz for a morning of great tunes in Lane Cove Plaza.	Lloyd Rees Band Stand, Burns Bay Road, Lane Cove	10:00am – 12:00pm	Free event. No bookings required. 
Saturday 20 September	<b>Zumba</b> 	A fun filled hour of free Zumba that is open to all age groups. Combining fierce rhythms with aerobic goodness for people of all abilities.	The Canopy, 2 Rosenthal Avenue, Lane Cove	10:00am – 11:00am	Free event. No bookings required. 
Saturday 20 September	<b>TV Tunes &amp; Movie Hits</b> 	Bring a picnic rug and some snacks and sit back on The Canopy green and join Turrumburra Concert Band as they play nostalgic tv tunes and classic movie hits right up to the current day.	The Canopy, 2 Rosenthal Avenue, Lane Cove	2:00pm – 3:00pm	Free event. No bookings required. 
Saturday 20 September and Sunday 21 September	<b>Steep Yourself in History at Carisbrook Historic House</b> 	Join us for scones, cream, jam and history at the beautiful Carisbrook Historic House. Free entry, pay for the refreshment or tour as you like it – or just settle in and relax at Lane Cove's best-kept heritage secret.	Carisbrook Historic House, 334 Burns Bay Road, Lane Cove	10:00am – 4:00pm	Free event with some optional paid activities. No bookings required. 
Sunday 21 September	<b>Makers Market</b>	Featuring handmade items from Artists, Jewellery, Ceramics, Kids Clothes, Plants, Jams, Linens and More.	Lane Cove Plaza & The Canopy	9:00am – 3:00pm	Free event. No bookings required. 
Sunday 21 September	<b>The Big Sing</b> 	Want to literally find your voice? Join The Big Sing and expect a lot of laughter, joy and a program for singers of all levels to connect over.	The Canopy, 2 Rosenthal Avenue, Lane Cove	2:00pm – 4:00pm	No bookings required.
Sunday 21 September	<b>LCYO Spring Symphony</b>	LCYO's beloved annual Symphony features classical favourites and contemporary works under conductor Mark Brown.	Sydney Conservatorium of Music, 1 Conservatorium Road, Sydney	4:00pm – 5:30pm approx.	No bookings required.
Sunday 21 September	<b>Children's Art Project</b>	Get involved in this community arts workshop with Alex Cox that will be exhibited at the up and coming Galuwa Recreation Centre.	Cove Room, Civic Centre, 48 Longueville Road, Lane Cove	10:00am – 1:00pm	Free event. Bookings required. 
Wednesday 24 September	<b>Moments in Music – Music from the Movies</b>	Local musician Graham Ball discusses film history and the key composers who have turned film music into an art form.	Lane Cove Library, Library Walk, Lane Cove	10:00am – 12:00pm	Free event. Bookings required. 
25, 26, 27, 28 September	<b>Helios</b> 	An international award winning modern re-telling of an ancient myth. A story about life, and about the invisible monuments we build to it.	Pottery Lane Performance Space, 1 Pottery Lane, Lane Cove	6:30pm – 7:45pm	Bookings required. \$39
25, 26, 27, 28 September	<b>Orpheus</b> 	Dave is single. He's stood at the bar. Eurydice is a tree nymph. And Bruce Springsteen is on the juke box.	Pottery Lane Performance Space, 1 Pottery Lane, Lane Cove	8:30pm – 9:45pm	Bookings required. \$39
Friday 26 September	<b>Taylor Swift Eras tribute</b> 	Taylor Swift the Eras tribute show features the biggest hits from the Eras Concert – with a live band and dancers. Dress ups and friendship bracelets encouraged!	The Canopy, 2 Rosenthal Avenue, Lane Cove	6:00pm – 9:00pm	Bookings required. \$18
Saturday 27 September and Sunday 28 September	<b>Grandpa Poseidon</b> 	For the kids! A kid is on holiday in a seaside town. A seagull is stealing a chip. And Poseidon is sat at a bus stop staring at the ocean.	Pottery Lane Performance Space, 1 Pottery Lane, Lane Cove	2:00pm – 3:05pm	Bookings required. \$28
Saturday 27 September	<b>Backyard Habitat Open Garden</b>	Want to host your own native garden but don't know where to start? We'll take you through the journey led by Council's Backyard Habitat Officer.	A Greenwich garden. Address released to attendees at time of registration.	9:30am – 11:00am	Free event. Bookings required. 
Saturday 27 September	<b>Street Paws Festival</b>	Street Paws Festival is a community event for dog lovers and owners with medical advice from local vets, competitions, giveaway and other showcases.	The Diddy, 243 Longueville Road, Longueville	10:00am – 2:00pm	Free event. No bookings required. 
Saturday 27 September	<b>Shinnyo-en Australia Buddhist Temple Open Day</b>	Open day at the Shinnyo-en Buddhist Temple. Everyone welcome – join for short films, refreshments, short meditations and words of wisdom!	Shinnyo-en Australia Buddhist Temple, 231 Longueville Road, Lane Cove	10:00am – 2:00pm	Bookings required.
Saturday 27 September	<b>Navratri Gala</b>	Come and celebrate the Hindu festival Navratri Gala with us. Enjoy snacks and beverages from Masala Kitchen, and a whole range of activities honouring the goddess Durga. All welcome!	The Canopy, 2 Rosenthal Avenue, Lane Cove	4:00pm – 7:30pm	Free event. Bookings required. 





Alexandria Phirros



Dr Kai Brown and RNSH staff

Photographer credit: Peter Kelly

## Honouring Alexis

A pioneering piece of surgical technology at Royal North Shore Hospital (RNSH) has been named Alexis in memory of Alexandria Phirros - a woman of quiet generosity, enduring friendships and a deep belief in the power of progress.

Thanks to a significant bequest from the Estate of Alexandria Phirros, the hospital has welcomed the arrival of the Da Vinci Xi surgical system – a state-of-the-art robot that will transform the way complex procedures are performed.

‘The Alexis surgical robot will enable greater surgical precision and improved outcomes for our patients,’ said Anthony Schembri, Chief Executive of Northern Sydney Local Health District (NSLHD).

‘It also enhances our ability to attract the very best surgical talent, who can now come to Royal North Shore Hospital to train with world-class technology.’

Philanthropy through the NORTH Foundation made this groundbreaking step possible.

‘Alexandria has single-handedly levelled a great inequity between public and private in the Northern Sydney Local Health District,’ said Dr Kai Brown, Liver and Pancreatic Surgeon and Academic Lead for Robotic Surgery at RNSH.

‘Hers will be a permanent legacy. She has opened a world of opportunity for not only patients, but also for our

surgical team - allowing NSLHD to become a leader in minimally invasive robotic surgery.’

Robotic-assisted surgery has been a trusted and advanced option in Australia for over two decades, becoming the standard of care for many procedures. Now, with the introduction of Alexis, NSLHD will proudly offer its own publicly available robotic platform – ensuring that even more patients can benefit from this cutting-edge technology.

With surgeons across urology, colorectal, cardiothoracic, upper gastrointestinal, gynaecology and ENT already trained in robotic-assisted techniques, the hospital is ready.

‘The robot is similar to laparoscopic or ‘keyhole’ surgery, but with significant advantages,’ said Dr Brown.

‘Instead of being limited to their two hands, the surgeon controls four articulated robotic arms via a console. With 10x high-definition 3D magnification, it allows for extraordinary precision, dexterity and visualisation. It means many operations that once required large incisions can now be done with smaller ones - reducing pain, shortening hospital stays and speeding up recovery for our patients.’

For Dr Brown and the wider team at RNSH, the importance of philanthropic support cannot be overstated.

‘It is difficult for public health to make

long-term investments when faced with so many immediate demands. This kind of giving helps leapfrog an institution from keeping up to leading - nationally and internationally.’

For Deidre Robertson, executor of the estate and Alexandria’s best friend of more than 70 years, it is a gift that beautifully reflects the woman she knew.

‘Alexandria had a love of music, antiques, restoring furniture and was a skilled tailorress,’ Deidre said.

Alexandria, who passed away at age 89 after a battle with pancreatic cancer, had experienced first-hand the care of RNSH after being successfully treated for throat cancer years earlier.

‘Alexandria’s generosity will touch the lives of thousands of patients and support the next generation of clinical innovation in Australia. Her legacy is not only one of kindness and generosity, but of vision - a belief in a future where advanced healthcare is accessible to all,’ said Gil Lorquet, CEO of the NORTH Foundation.

Deidre said Alexandria would be humbled by how she is being remembered.

‘She always felt enormous gratitude for the care she received,’ said Deidre.

‘She believed in science and progress - and she would be so proud to be remembered this way. To have a surgical robot named after her, helping people for years to come, is something she would be honoured by.’



# Asthma

I recall very many years ago as a final-year medical student, I did an elective term at a paediatric hospital in Singapore (at the time I aspired to be a paediatrician). It was an interesting term in many ways, including experiencing another country's hospital healthcare system, and seeing how tough their medical school curriculum was. As the visiting international student, the local teachers were mercifully lenient towards me regarding knowledge-testing, and I think actually were rather more fascinated by my then-earring at the time!

As expected, different countries have different prevalences of diseases. One that stood out was asthma. Compared to Singapore, Australia has approximately ten times more of our population affected by this common respiratory (lung) condition, which is responsible for at least one Australian death every day.

Asthma Week is held in the first week of September each year, aiming to bring more awareness to Australians of this chronic condition. Asthma is a serious condition with no cure, affecting 1 in 9 Australians. It is common in children and is the leading cause of disease burden in those aged 1-9 years. Alarmingly, more than a quarter of those with asthma under the age of 40 are considered to have poor asthma control. The most recent data shows that older females over 75 are the leading demographic for asthma deaths.

Those with asthma have sensitive airways, which become swollen and inflamed when exposed to triggers. Symptoms include being breathless or having difficulty breathing, wheezing (a high-pitched whistling noise), coughing and chest tightness.

The mainstay of treatment are inhalers. There are two types: reliever puffers used to relieve acute symptoms, which are taken on an as-needed basis or pre-emptively (an example being before sport participation); and preventer puffers, which are taken regularly every day to prevent, or at least minimise

the frequency of, asthma flares. All asthmatics will need a reliever puffer but not necessarily a preventer puffer. A rule of thumb is that a regular preventer puffer is warranted if you: need to use your reliever puffer a number of times regularly during the week for symptom-control, have a regular night-time cough, get consistent asthma exacerbations every winter, or have ever been previously seriously hospitalised with asthma.



## These are my top tips for controlling asthma:

- **Have your annual influenza (and COVID booster) vaccination.** Any respiratory infection can trigger an asthma attack. At the time of writing, due to the severity of symptoms there have been 92,000 new influenza cases presenting to our hospital emergency departments in NSW this year already. Vaccinations do not make us bullet-proof, so despite being vaccinated we can still catch these viruses, but you are much less likely to need urgent hospital care and it can save your life.
- **Always have your (in-date) reliever inhaler with you.** The Australian Bureau of Statistics (ABS) reported that 474 people died from asthma in 2023. That's why it is important to have your reliever puffer somewhere with you at ALL TIMES – in your school bag, work bag, purse, pocket, work desk, car glove box. A quick self-check of the expiry is ideal. It is not uncommon for me to find that my patients' inhaler devices are out of date when I inspect them.



*Dr Carl Wong is a Lane Cove-based GP and sits on the board of Sydney Community Services.*

- **Ensure correct inhaler technique (with a spacer if required).** It breaks my heart to see asthmatics using incorrect technique, sadly sometimes due to inadequate (or even no) education by their treating health professionals. It's the first thing I do and check for all my new asthma patients and should be reviewed at least annually by your GP or pharmacist. After all, you can't expect your asthma to be controlled if you are not using your inhalers properly. Wonderful videos of how to use all the various puffers can be found on the Asthma Australia website.
- **Use the best inhaler for you.** Inhalers come in various devices. Traditional aerosol inhalers are excellent when used correctly through practiced coordination technique. Dry powder and breath-triggered inhalers require less coordination and are easier to use, especially when hand dexterity is challenging (examples being those with severe arthritis and older Australians). Talk to your GP to work out which is best for you.
- **Rinsing your mouth.** This needs to be done regularly after using steroid inhalers. Otherwise, you may develop oral thrush or a hoarse voice.
- **Know your triggers.** These can vary between people, but common ones include respiratory infections, air pollution including smoking, cold weather, changes of weather, dust, animal dander and pollen. Hayfever and asthma are of the same extended family of conditions and share similar triggers. Controlling your hayfever will control your asthma but the reverse applies as well.
- **Beware of medications.** Approximately 10% of asthmatics will worsen after taking common over-the-counter anti-inflammatory medications. Aspirin and certain heart



medications can also have the same effect. When taking these medications for the first time, check with your pharmacist or GP and always have your reliever inhalers on standby.

- **Have an asthma action plan.** An annual requirement for all school-age children but ideal for adults as well. This is a personalised, individually-tailored plan written by your GP (or lung specialist) as to what to do in certain scenarios – when well, when sick, when sicker, and when at risk of asthma death. It outlines specific symptoms to watch out for at each stage, what puffers to use – how many puffs and how often, and at what stage to call an ambulance. Think of your asthma flare recovery as a marathon and not a sprint – you need to wean your number of inhaled puffs and frequency slowly over several days. If you stop your puffer use immediately, an asthma flare relapse is more likely.

Asthma is a very treatable condition, with most deaths being preventable. The trick is not being complacent about this very common health problem.

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Tim James MP, Member for Willoughby, presents the award for North Shore Adult Volunteer of the Year to Marcelle Cooper

## Perinatal depression advocate named 2025 North Shore Volunteer of the Year

A leading advocate for the Gidget Foundation Marcelle Cooper has been named the 2025 North Shore Volunteer of the Year, for her work raising awareness and support for parents suffering with perinatal depression and anxiety.

The NSW Volunteer of the Year Awards are hosted by The Centre for Volunteering to help promote and support volunteering across NSW.

Now in their 19th year, they celebrate the work of thousands of individuals and volunteer teams from a diverse range of organisations across the state.

The Centre for Volunteering CEO Gemma Rygate said in difficult times, volunteers often come forward to meet a crisis with compassion.

‘Their dedication isn’t just admirable; it underpins a more resilient and compassionate society. These exceptional individuals give selflessly - often while juggling careers, study, and family life - yet they still choose to show up for others when it matters most,’ said Ms Rygate.

North Shore volunteer award recipients will be invited to represent their region at the Gala State Ceremony at the end of the year, where the NSW Volunteer of the Year is announced across each category.

### RECIPIENTS OF INDIVIDUAL AND TEAM AWARDS:

- **North Shore Young Volunteer of the Year**  
William Webster from Crows Nest - Sydney Children’s Hospital Foundation
- **North Shore Adult Volunteer of the Year:**  
Marcelle Cooper from Crows Nest – Gidget Foundation
- **North Shore Senior Volunteer of the Year**  
Garry Standen from St Leonards - Taronga Zoo
- **North Shore Emergency Volunteer of the Year**  
Sally Fenton from Chatswood - St John Ambulance Australia Harborside Combined Division
- **North Shore Volunteer Team of the Year**  
Mary’s House Services Volunteer Team



# Vale Rosalie Lucas

## LANE COVE CITIZEN OF THE YEAR 2015

*Rosalie Lucas, resident of Riverview for 60 years and wife of Geoff for 62 years, has passed away after a very full and happy life, and a lifetime of giving back to her community.*

Rosalie was born in Mosman, the eldest of 6 daughters. Her interest in music started while attending Scots Kirk with her family. Her schooling at Queenwood added further interests of literature and ancient history.

Rosalie and Geoff married in 1963 and settled in Riverview where they raised their 4 children, Philip, Meredith, Roger and Tony. At Lane Cove Public School Rosalie was involved with canteen, P & C and the Music Committee.

Rosalie studied clarinet at the Sydney Conservatorium and passed all 8 grades of the AMEB Musicianship exams.

She then taught clarinet at Arden Anglican School and Rudolf Steiner School at Middle Cove as well as a few students at home. The teaching enhanced her own understanding of the instrument and its music making.

Rosalie joined the North Sydney Symphony Orchestra in 1995 and was made a Life Member in 2005. She took on the role of cataloguing the orchestra's entire music library which for years had been stored in a cupboard, even sourcing copies of missing instrumental parts to make the score complete.

After leaving the Orchestra Rosalie missed playing with others, so she joined the Lane Cove Concert Band. In 2009 she volunteered to research and write a book to commemorate the 50th Anniversary of the band. This was a three-year task, finding information, old programmes and photos, identifying names of those in photos and seeking permission to use the photos. The result was a 185-page book Lane Cove Concert Band – the First 50 years 1963-2013.

At the same time Rosalie had joined Lane Cove District Music Club, now

Incorporated, where she served on the committee for 25 years as Publicity Officer and 20 years as co-Musical Director, helping to arrange six classical and semi-classical concerts each year. During Lane Cove Music's 75th Anniversary in 2020 Rosalie researched and wrote the history of the club, now available on its website [www.lanecovemusic.org.au](http://www.lanecovemusic.org.au). For her many years of commitment to Lane Cove Music Rosalie was made a Life Member in 2015.

Rosalie was still actively involved with Lane Cove Music until very recently. The August concert was a wind quintet, with Rosalie's favourite instrument, the clarinet. Rosalie was lovingly remembered and thanked at this concert. Her love of music enriched all her life and she shared this pleasure with so many.

Another of Rosalie's great loves from school was Ancient History. This led her to Jordan in 2001 to a dig organised by Sydney University's Department of Archaeology. She was warned about the heat and that the accommodation for three weeks would be very basic dormitory style, but was not deterred. Rosalie's careful trowel work revealed a pottery handle. With advice from her leader the dirt was slowly removed from around the whole vessel revealing a perfect amphora – a 2 handled jar used to store wine or oil in the Bronze Age. A truly remarkable find.

Rosalie's next dig was in 2003 in Uzbekistan; this trip enabled her to explore other famous archaeological sites such as Samarkand, Tashkent and Bukhara.

After their children grew up Geoff



and Rosalie bought a yacht and sailed from the Greenwich Flying Squadron. In 1999 Rosalie published The Greenwich Flying Squadron – The First 75 Years 1924-1999. When the Squadron celebrated its Centenary in 2024 Rosalie assisted in updating the intervening 25 years' history. She was recently awarded Life Membership of Greenwich Flying Squadron for her volunteering and contribution.

Rosalie was acknowledged and thanked for her volunteering both in and outside Lane Cove with the award of Lane Cove Citizen of the Year in 2015.

The citation noted, along with her commitment to music and to sailing, her 35 years of volunteering with Meals on Wheels, her 9 years as Cub Leader in the Tambourine Bay Sea Scout Group and her decades of donating blood to the Red Cross.

Rosalie leaves behind a loving and supportive husband, four children and their spouses, seven grandchildren, three sisters, many friends, three 'histories' and a community she enriched in so many ways.

Rosalie's unwavering commitment to her community, her loyalty, and her willingness to give of her time and energy reflect her amazing character and her outlook on life.

She was a faithful friend, easy-going and good company. She will be greatly missed and not forgotten.

**CHRISTINE BUTTERS OAM**



# Looking to be active in retirement?

## Maybe PROBUS is for you

In retirement your life dynamics change. Many workplace contacts are lost; children are independent and have probably flown the nest. You definitely have more time on your hands.

PROBUS, an organisation with over 100,000 members across Australia, may be of interest to you. Lane Cove Probus is a friendly and enthusiastic club for men and women with a membership of fifty-six. We are large enough to have diversity, and small enough that everyone knows each other.

Lane Cove PROBUS is for those who are semi- or fully retired with only one aim - personal enjoyment. You can meet new people and make friends from within your community. The club provides the opportunity to mix with others who have had interesting careers, join in the many shared stories and the coincidences that pop up all the time.

### So what do we do in Lane Cove PROBUS?

We have a monthly meeting (2nd Monday of the month), starting with a thirty-minute formal meeting followed by morning tea. An invited guest speaker then gives a sixty-minute presentation. The range of guest speakers is extremely wide and always interesting. Following our meeting, those who wish then head off to a predetermined Lane Cove restaurant for an informal lunch. We make a point of rotating between venues to show our support for local businesses. These lunches are always well attended. By the time lunch is over we may as well say the day is nearly done!

We have three methods of communication within our club - our monthly newsletter (The Probian), our club website (which can also be used to book any activity you may wish to attend) or if you have an account follow our Facebook page.

**Lane Cove PROBUS** has at least one other informal outing each month. This may take the form of a small, organised tour or it may simply be a \$2.50 Opal Card outing, using public transport to head off to a place of interest before enjoying a pleasant lunch.

Our club also uses Probus Travel Partners to enjoy short or longer planned tours. We may partner with other PROBUS clubs to get the most out of these organised activities. This allows us to meet other like-minded people and by applying economies of scale the travel companies can provide the best possible price.

### Additional club member benefits

Discounted travel insurance is available for all your local and international adventures and all PROBUS members have full coverage through PROBUS National Insurance whilst attending authorised Club activities.

### Examples of our Activities, Trips and Tours

To cater for the mixed interests of our members we have visited Historical Parramatta, viewed the lights and night sky of Vivid, experienced the drama of Parliament, toured Government House and the War Memorial, sailed with the Sydney Heritage Fleet, walked the Wicked Waterfront, discovered Sin in the City (Kings Cross) and played a straight bat at The Sydney Cricket Ground.



We shivered through Christmas in July (Bathurst with no snow), enjoyed a rural four-day tour of Mudgee and have a week on Norfolk Island to come.

Our guest speakers have included renowned authors, historical presenters, an apiarist and bee breeder, theatrical connections, a legacy film producer and a delightful recital by the Willoughby Symphony Orchestra Quartet.

*If you have enjoyed reading this information – maybe Lane Cove PROBUS is for you.*

- Meets: 10.00am, 2nd Monday of the month at Lane Cove Bowling Club, 151 Burns Bay Rd, Lane Cove
- Phone: Bruce Gowing (President) 0418498073
- [www.probuslanecove.org/](http://www.probuslanecove.org/)

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**FEATURING:** Jazz Favourites with the Ryde Big Band,  
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Songs from the Centre with Nicole Debs,  
Zither (guzheng) Melodies with Dora He, and the  
Greek-Australian Romiosini Ensemble and Choir  
directed by Dimitri Fotiadis.

**DATE: Sunday 21 September at 2pm**  
at the Visitor Centre, Field of Mars Reserve,  
Gladesville/East Ryde (main entrance: Pittwater Road),  
**OR**, in bad weather, at the adjacent  
Environmental Education Centre.

**ENTRY FREE** but donations gratefully received.

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# A laughing kookaburra takes flight at Hughes Park

Hughes Park has a delightful new resident that's guaranteed to make you smile. *Kookaburra's Concert*, a stainless-steel sculpture by acclaimed local artist Vivienne Lowe, has been installed as part of the Lane Cove Villages Public Art Program, a Council initiative designed to promote civic pride and enliven public spaces.

Perched atop a discarded music stand, the oversized Laughing Kookaburra (*Dacelo novaeguineae*) gleams against the natural backdrop of Hughes Park. The sculpture references the bird's iconic call and its link to music and joy. Its placement opposite the Lane Cove Community Centre, home to the Lane Cove Band, reinforces the artwork's playful musical theme.

'As a resident of Lane Cove, I often receive visitations from kookaburras in my backyard or hear their call nearby,' says Lowe. 'It makes me appreciate the wonders of the natural environment around me - one of the main reasons I moved here. I love creating sculptures that tell stories or express something meaningful.'



## Eisteddfod Seniors Sunday sensation!

Ryde Eisteddfod 2025 continued its triumphant way, showcasing music, recitations and the performing arts from some very savvy Seniors who showed younger performers just how it's done!

Vocal entries ranged from *Strong and Constant* (is my love), to Schumann's *To the Sunshine* and the Sixties hit *Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini* (an audience favourite).

Entries in the Verses category included *The Lord is My Shepherd*, and a poem by Banjo Patterson.

The Seniors Instrumental Ensembles featured *Hava Nagila* and *Espana*, on electronic keyboards, followed by a bracket of choral groups, including the Kevinwood Choristers Quartet of Eastwood, St Kevin's Gregorian Men and the West Ryde Singers. The TuCCA Choir, performed the Indonesian ballad, *Dayang Samang* with Chinese lyrics.

But perhaps the most moving entry was a tribute to Eisteddfod's founding member Edna Wilde OAM, *Vale, Edna, Atque Gratias Agimus* (*Farewell Edna, we give you thanks*), written by Dawn Nettheim, another founding member of Eisteddfod. This was performed by the Kevinwood Bells of Eastwood. The group received a hushed, receptive silence, followed by enthusiastic applause.

Eisteddfod 2025 continues with competitions held at the Community Centres in Cox's Road and West Ryde with performances in music, speech and dance from performers both young and old.

Information as to what events are still to come can be found on the eisteddfod's Events Calendar page.

Photo: Composer Dawn Nettheim introducing her original composition for handbells with the Kevinwood Bells poised for their 'off-table' world premiere performance.

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during the year



## Exhibition Program at Gallery Lane Cove



*on notice (detail), Gary Deirmendjian, timber, paper, staples. Image courtesy of the artist.*

### Repair | Replace

20 August – 13 September

Opening Event: 27 August 6pm – 8pm

Artists: Ra Bull, Deirdre Boeyen-Carmichael, Gary Deirmendjian, Jane Gillings + Lucy Barker, Gary Gregg, Pim Van Nunen, Alice Xu.

*Repair | Replace* brings together artists who rethink our relationship with the planet through the materials we choose, the stories we tell, and the structures we sustain. Prompted by the simple provocation that *If we*

*don't repair our relationship with the planet, we ourselves may be replaced*, it presents painting, installation, and object-based practices, exploring cycles of damage and renewal. Some artists engage with salvaged materials whilst others foreground material culture to reflect on consumption and the possibilities of care and transformation.

### Lane Cove Art Award 2025

17 September – 4 October

Established by artists Lloyd Rees, Guy Warren, William Pidgeon, and Reinis Zusters, the Lane Cove Art Award is one of Sydney's longest-running community art prizes. Presented by Lane Cove Council and the Lane Cove Art Society, the exhibition is held annually at Gallery Lane Cove. First awarded in 1965, it is an acquisitive prize with several other awards on offer and is open to all Australian residents. A part of Fringe Festival and Lane Cove Festival Program.

### VISIT US - GALLERY LANE COVE,

164 Longueville Rd, Lane Cove,  
NSW 2066

#### OPENING HOURS:

Tues–Fri 10 am–4:30 pm,  
Sat 10 am–2:30 pm

## Join Our Management Committee

Have you ever considered getting involved with an exciting arts organisation? Passionate about giving back to your community? Ready to share your professional skills in a meaningful volunteer role?

Gallery Lane Cove + Creative Studios, a dynamic visual arts centre on Sydney's Lower North Shore, is seeking enthusiastic new members to join our Management Committee. With a rich history of delivering year-round exhibitions and a vibrant visual arts education program, we're looking for individuals with preferred experience in:

- Finance and governance
- Marketing, philanthropy, and fundraising
- Corporate or business management

The role requires attendance at approximately 5–7 meetings per year and offers the chance to shape the future of a community-driven arts institution.

**To express your interest or learn more, get in touch!**

**Info@gallerylanecove.com.au**

# FESTIVAL CONCERT

Thursday, 18 September 2025, at 6.30pm.  
Lane Cove Library, Library Walk, Lane Cove.



## Choirs can change our lives.

Also, choral singing is considered one of our most significant forms of collaboration and helps to improve our participating and listening skills. It's never too early (or too late) to join a choir and improve your health, your brain and your memory, as well as make new friends and have fun!

We also present a number of free public concerts during the year for us to enjoy, along with the audiences. This is the second of our concerts for 2025. Others will be held later in the year. Come to our concert in the Lane Cove Library and see how wonderful it can be.



LaVoce Community Choir rehearses every Tuesday during school terms from 6.15 to 8.00pm at the Living and Learning Centre, 180 Longueville, Road, Lane Cove.

There is no audition or requirement to read music. We sing popular songs selected by the choir members for the joy of it.

**Join us!**

**Concert Bookings are essential**  
Please do this on the Lane Cove Library website.

**lavoce.choir@icloud.com**  
**www.lavocelane Cove.com**



# Discover the Seniors Hub

**A welcoming space for older adults to connect, and feel supported.**

*Do you live in Hunters Hill, Ryde or nearby? Come and join us! Our programs welcome people of all abilities, including those with mobility needs or living with dementia. Carers can relax knowing their loved ones are in good hands.*

## **WHAT'S ON?**

### **Enjoy a great mix of activities:**

- Quizzes & Games
- Music & Craft
- Picnics & BBQs
- Gentle Exercise Classes
- Fun Outings & Day Trips

### **Tasty Treats Included:**

- Morning tea, lunch and light refreshments are all provided!

## **GETTING HERE IS EASY!**

Free transport is available if you live in the Hunters Hill or Ryde area.

## **IS THERE A FEE?**

To join, you'll need to be registered with My Aged Care under the Commonwealth Home Support Programme and have a referral code for Social Support Group.

Call My Aged Care on:  
**1800 200 422** to get started.

## **NOT SURE WHERE TO BEGIN?**

Contact us and chat with one of our friendly Coordinators – we can help you explore funding options and share the latest program of activities and outings!

**P 9427 6425 E [support@sydneycs.org](mailto:support@sydneycs.org)**

***Come along and be part of a supportive, social and fun community.***



**Sydney Community Services**

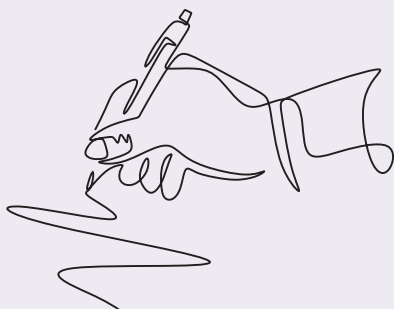
**T 02 9427 6425 E [support@sydneycs.org](mailto:support@sydneycs.org)**  
**1 Pottery Lane, Lane Cove [www.sydneycs.org](http://www.sydneycs.org)**



Supported by the Australian  
Government Department of  
Health and Aged Care



## 100 WORDS



Tony awoke, safe in his bed at Hotel Sari Konak. His recollection of transforming into a hideous creature with coarse fur, fangs and claws the previous night, was just a bad dream and too much Raki. The only new hair growth was atop his head. His follicular unit transplant was successful.

Relieved, Tony celebrated by exploring Istanbul, stopping at the Grand Bazaar for a Turkish coffee. Ismail, the barista, even read his cup. It was mostly fortuitous news, until Ismail's expression changed to deeply concerned. 'Kurt, boz-kurt' he stammered. Tony's travel app, revealed the ominous translation...'wolf, grey-wolf'.

**Perihan Bozkurt, Lane Cove**

Once ... a gibbon ate my spaghetti. On top of Wisma Metropolitan, in Jakarta, a restaurant had half the rooftop taken up by a gibbon enclosure. The gibbons always stared jealously at the customers' food. I was alone in the restaurant once with my plate of spaghetti when a gibbon escaped into the dining area. The waiters chased him down one aisle, then up the other towards me. I was ready to stab him with my knife and fork when he lunged across my table and swiped all the spaghetti off my plate! They never even gave me a refund.

**John Lee, Cammeray**

**Do you have a 100 word story?**

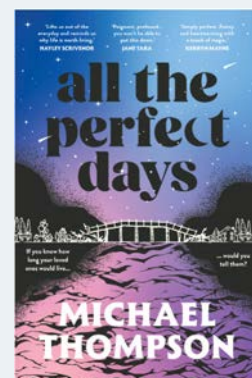
**Email:**

**[editor@thevillageobserver.com.au](mailto:editor@thevillageobserver.com.au)**

## REVIEW

### All the Perfect Days

By Michael Thompson



*All the Perfect Days* tells the story of Dr Charlie Knight. A GP still living in the small town he grew up in; trivia player, lawn appreciator, all round good guy who has suddenly developed a gift for being able to sense exactly how many days his patients have left to live. Imagine a doctor with that ability! What would you tell your patients? What wouldn't you worry about? What would you say ...because Charlie lives in a country town, his patients are his school teachers and the local publican, his friends and family, even the girl he loves.

I could not put this novel down. I do love magical realism. I loved Charlie; late thirties, kind of just treading water when the novel opens. Charlie has just taken the job he was meant to do years earlier; go and work emergency in a city hospital. He is finally ready to live spectacularly. Of course, the one that got away - Genevieve Longstaff - moves back right when Charlie's gift first becomes apparent, and the story goes from there.

This is a really special novel, completely uplifting, real love shines on every page. It asks what is important, how do we fill the days that become the life ..it could have been trite but instead it is beautiful. The characters have real depth, and the town of Marwick was so real. I loved this novel and hope you do too.

### September Books to look forward to:

*What We Can Know* Ian McEwan

*The Farm* Jessica Mansour-Nahra

*Circle of Days* Ken Follett

**Review by: Anna Loder.** Anna is the founder of [www.readabook.com.au](http://www.readabook.com.au) and the podcast of the same name. She is a book fanatic and owns a second-hand bookshop and café in Cronulla.

**[www.readabook.com.au](http://www.readabook.com.au)**



*Calling all local readers – if you've recently read something you couldn't put down, TVO would love to hear about it!*

**Email your review** (maximum 350 words) and a photo of the cover to **[editor@thevillageobserver.com.au](mailto:editor@thevillageobserver.com.au)**

## Lane Cove Historical Society

WORDS: PAM PALMER, LCHS PRESIDENT



### Kiss the Queen at Carisbrook Historic House

Carisbrook Historic House is hosting a Victorian Era cosplay party! Come in costume and indulge at a champagne garden party hosted by our very own Queen Victoria. Step back in time and strut your stuff in style - corset up and carry on! It's Middlemarch, Jane Eyre, Great Expectations and Sherlock Holmes. Think bonnets, corsets, tailcoats and top hats.

Queen Victoria herself will be there - come and have a photoshoot in the house and manicured gardens. Get into character and enjoy a champagne tea party in the courtyard and some big games in the gardens.

Carisbrook Historic House will be open to provide a unique backdrop to this Victorian-era party. Promenade through the house and gardens, and then down to the Lane Cove River. Very photo-rific.

**Details:** Enjoy bubbly and strawberries, home-made cakes, tea and sandwiches for everyone in the courtyard. Explore the Open House and gardens, Kiss the Queen! and play all your favourite lawn games.

Parking available on Waterview Drive or Linley Lane. Or bus to 334 Burns Bay Rd, Lane Cove.

**Date:** Saturday 6 September. Tickets \$49. Devonshire Tea

Another Lane Cove Festival event helping to bring local history alive at Carisbrook. Delicious home-made scones with jam and cream are the feature of a special Festival Devonshire Tea which includes a glass of bubbly too. Take a tour of the house to see how different life was lived in the 1880s.

**Date:** 20 & 21 September

### Monthly history talks

To learn even more about local history, the Lane Cove Historical Society hosts a talk every month on a topic of our Australian history. Always revealing, this month's presentation goes inside an important local landmark. Reg Mu Sung, President of the Gore Hill Memorial Cemetery Society, will reveal some of the cemetery's history which dates from 1868.

**Date:** 7pm on 23 September at Lane Cove Library



## The Vagina Monologues: powerful, provocative, unapologetic

*Lane Cove Theatre Company is proud to present The Vagina Monologues by Eve Ensler, a bold and unflinching celebration of female voices, opening at the new Pottery Lane Performance Space from 11-13 September.*

Hailed globally as a revolutionary theatrical experience, *The Vagina Monologues* is a series of raw, honest, and deeply personal stories based on interviews with over 200 women. Witty, poignant, and at times heart-wrenching, this award-winning play confronts issues such as body image, sexuality, gender-based violence, and the simple act of owning one's voice.

Presented as part of the Sydney Fringe Festival, and directed by Kathryn Thomas (*The Lieutenant of Inishmore*, *The Shape of Things*, *Holding the Man* and *Next to Normal*), this production brings together a diverse and fearless cast of local performers committed to amplifying women's stories and sparking important conversations.

Acclaimed writer Eve Ensler has put together a collection of diverse, candid, funny, heart wrenching and insightful stories of women, their experiences, lives and yes even their no-longer-so-private parts. This show encapsulates that there is not just one way to be a woman.

- Thursday 11 September 7.30pm
- Friday 12 September 7.30pm
- Saturday 13 September 7.30pm
- Sunday 14 September 3.00pm
- The Pottery Lane Performance Space  
Lower Ground Floor - Lane Cove Community Hub  
1 Pottery Lane, Lane Cove  
Parking available in the Little Street underground carpark
- Tickets \$35 adult / \$30 conc
- Bookings: <https://sydneyfringe.com/events/the-vagina-monologues/>

*The Vagina Monologues* is recommended for mature audiences and includes themes of sexual violence, identity, and empowerment.

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







## Cleaner, leader, role model: Akessa's special place at Hunters Hill Public School

A vibrant green garden is busy with activity at Hunters Hill Public School. Over time, the garden has grown a variety of diverse fruits, vegetables and spices - silver beet, beans, bok choy, eggplant, oranges, lemons and even chilli.

Some of the fresh ingredients are destined for the school canteen to enrich student lunches with homegrown nutrition, while others are donated to the staff room for teachers to share.

This garden is the labour of love initiated and maintained by Akessa Seru, who has been working in the cleaning team at Hunters Hill Public School since 2020.

When she joined Serco's NSW Schools Cleaning team, Akessa had already been working as a cleaner for 18 years. However, upon starting with Serco at Hunters Hill Public School, Akessa found a unique, instant connection with the school.

'It's not just the money you're coming in for - you have to dedicate yourself,' Akessa says, when asked what her role means to her.

'You have to be honest, trust yourself to make an impact - the school has to be clean, that's the first priority. If I see a job that needs doing, whether it's small or big, even if it's an extra thing, I'll always do it.'

Akessa's leadership and passion for quality, operational excellence and mentorship have not gone unnoticed by staff, management, students and families at the school.

'The recognition I receive is very special,' Akessa says. 'Laminated in my room I have an email - a letter the

principal wrote about me with good feedback. And every year, I'm invited to the school Christmas party. The parents and kids, they give me a Christmas present, and the kids write letters.'

Akessa says it's not just annual recognition of her dedication and work ethic she experiences, but significant meaning and connection from being welcomed and appreciated every day. From teachers' invitations to eat lunch with them in the staff room, to her pride in providing clean and safe learning environments for students - always with the care and attention she would give her own grandchild - Akessa plays a vital role in the cultural life of Hunters Hill Public School.

'The students and teachers will always say, "Akessa, good morning, how are you today?" I'm a friendly, outgoing person and I love talking to people, and helping wherever I can.'

For Akessa, who moved to Australia from Fiji in 2006, family and faith are close to her heart. An early riser who prioritises attending Zoom calls with her Church group at 4am, she loves cooking meals for her family.

During the interview for this article, there's a voice in the background. It's Akessa's husband, letting her know that the meal she's been preparing on the stove is boiling over. Akessa giggles mischievously. 'It's because I have so many great stories from this school and Serco,' she says.

'Did I mention when a kid told me, "When I grow up I'm going to be a cleaner like you too"? No? Maybe I'll tell you just one more story ...'



**Rotary is more than service and at Lane Cove Rotary Club we're enriching lives through engagement with superb speakers.**

Just recently, we've enjoyed talks by *Prof Peter Joseph* (mental health), *Jerome Laxale* (his journey towards politics), *Carina Stone* (a Rotarian Global Scholar currently studying at Harvard) and *Alison Capetta* (trekking in Nepal). We welcome everyone to these evenings - watch your mailbox or register online to learn more. [www.rotaryclub](http://www.rotaryclub)

## Four Ways to Find Friends at City of Ryde Libraries



We're springing into September at City of Ryde Libraries! We offer a wide range of social groups where you can meet new people, learn and practice different skills and chat about shared interests.

### 1. Book Clubs and Readers Groups

Are you a keen reader who loves to chat? Do you want to discover new books and like-minded people? Our Book Clubs and Readers Groups are for you! With groups across all five of our branches on a range of days and times, you're sure to find the perfect fit. Our Book Clubs read a set book each month, and our Readers Groups gather to chat about what each member is currently reading on their own.

## WE PAY CASH FOR ALL CARS & TRUCKS

Is there an unwanted, unregistered, damaged, or unroadworthy vehicle cluttering your driveway?

**INSTANT FUNDS PAID ON THE SPOT.**

**WE BEAT ANY TRADE IN VALUE.**

With over 25 years of experience, our business specialises in no fuss vehicle removal services, including cars, trucks, utes, vans and caravans, regardless of their condition, year, make, or model.

- **USED OR SECOND HAND**
- **RUSTED, ABANDONED OR NOT RUNNING,**
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**Call Wal 0425 304 475 if you wish to discuss**



MD032436



Visit <https://www.ryde.nsw.gov.au/bookclubs> for the full list of our Book Clubs and Readers Groups.

## 2. Knitting and Crochet Groups

Join fellow knitters and crocheters in making squares and blankets to donate to Wrap With Love.

If you have spare yarn, are handy with a pair of knitting needles, a crochet hook or you have always wanted to learn how to knit, please come along!

Head to <https://www.ryde.nsw.gov.au/adultevents> to see the full list of knitting groups across all five branches.

## 3. Chinese Language Groups

We offer a range of social groups for Cantonese and Mandarin speakers! Our Chinese Readers Group (Mandarin) gathers to discuss Chinese books and regularly hosts author talks. If you are a lover of poetry, you might enjoy our Chinese Classical Poetry Club (Cantonese), and keen gardeners will grow their interest and social groups at our Chinese Gardening Club (Mandarin).

If you are a beginning Mandarin speaker or would like to practise

your language and conversation skills, our Mandarin Conversation Group is perfect for you.

For the locations and times of our Chinese Social Groups, head to <https://www.ryde.nsw.gov.au/chinesesocialgroups>.

## 4. Technology Discussion Group

Do you love to discuss ideas about the latest technology? Are you curious to hear other perspectives on how to use a new device or app? The Technology Discussion Group is a space to ask questions about all things technology-related, share ideas and deepen your knowledge. The group is led by a friendly volunteer and provides a welcoming and inclusive environment to explore your tech-related queries.

Find the details for our fortnightly sessions at Ryde Library at <https://www.ryde.nsw.gov.au/techdiscussiongroup>.



# Spring Native Plant sale

The Lane Cove Bushland and Conservation Society is holding its Spring Native Plant sale in the Lane Cove Plaza on Saturday 6 September 9am-12 noon, with plant experts on hand to advise you on selection and planting.

A wet winter has provided us with plenty of soil moisture so your gardens should be ready to plant various native indigenous shrubs, trees and herbaceous plants. We also have native plants suitable for pots and balconies, books and locally handmade cards.

Natives provide vegetation, flowers and perfume while also providing habitat for local bird species which have been in decline because of the removal of trees and shrubs over many years. This will contribute to an interesting garden and help the survival of many small species of native birds. So come along and meet the society's members and get help and advice on what would suit your garden this spring.



# Native & Indigenous Plant Sale

**Saturday 6 September, 9 am-12 noon**  
**Lane Cove Plaza**

Whether your garden is large or small or you only have space for some pots there is a wide range of suitable native and indigenous plants for your situation. Come and find out about growing Australian and local plants in our Lane Cove gardens, balconies and terraces.

website: [www.lanecovebushland.org.au](http://www.lanecovebushland.org.au)  
facebook: [facebook.com/LCBCS](https://facebook.com/LCBCS)  
email: [lanecove\\_bushland@yahoo.com](mailto:lanecove_bushland@yahoo.com)  
twitter: [@SocietyBushland](https://twitter.com/SocietyBushland)

**Lane Cove Bushland and Conservation Society**





Every day in our community, many people are living with dementia, and alongside them are families, friends, and carers offering love, patience, and support. Alzheimer's disease and other forms of dementia are not just a medical diagnosis; it is a lived experience that affects relationships, daily routines, and the way people connect with the world around them.

In Australia, dementia is the second leading cause of death overall and the leading cause of death among women. Nearly half a million Australians are currently living with dementia, and this number is expected to more than double over the next three decades. These figures are a sobering reminder that dementia is not an issue that affects "someone else"; it touches lives in every suburb, street, and neighbourhood.

How we talk about dementia matters. Words can shape perceptions, influence attitudes, and either reduce or reinforce stigma. Dementia Australia encourages us to use person-first language: for example, "a person living with dementia" instead of "a dementia sufferer" or "a victim." By putting the person before the condition, we recognise their identity, dignity, and individuality. At Sydney Community Services, we invest in training and development, including learning about dementia and person-centred care.

We are proud to operate a monthly Memory Café. It's a welcoming and relaxed environment where people living with dementia and their carers can meet, share stories, and enjoy time together without pressure or judgment. It's not a formal program or a medical setting; it is simply a safe space for connection, understanding, and joy.

On Wednesday, 17 September, Lane Cove Council Mayor, Councillor Merri Southwood, together with the Council's Community Services Team, will join us in hosting a special Open Day at the Memory Café and launch the Lane Cove Council Dementia Friendly Action Plan. This plan marks an important step towards

making our community more inclusive and accessible for people living with dementia. The Open Day will be an excellent opportunity to see the café in action, meet others, and discover how each of us can play a part in creating a dementia-friendly community.

For those caring for a loved one with dementia, the emotional, mental, and physical demands can be overwhelming at times. Carers may experience isolation, stress, or grief — even while treasuring moments of deep connection and meaning.

R U OK? Day is a chance to pause and truly check in with the people around us, whether they're a neighbour, a family member, a friend, or a colleague. You don't need special training to ask, "Are you OK?" — just the willingness to listen and care.

Too often, our "How are you?" is just part of a quick greeting, and the answer is expected to be just as quick. On Thursday, 11 September, let's slow down, ask with genuine interest, and be ready to hear more than a passing reply.

When I first migrated to Australia, I was struck by how often people asked me, "How are you?" It's not a common custom where I grew up, and at first, I was delighted by this caring curiosity. I responded with detailed, heartfelt answers until I noticed puzzled expressions and somewhat awkward pauses. It took a few weeks to realise that, for many, "How are you?" is simply a friendly hello. I adapted, offering shorter answers, but I've never forgotten how good it felt to think someone truly wanted to know.

Maybe R U OK? Day is our reminder to mean it when we ask and to give the gift of listening when someone chooses to share.

Small actions, from choosing respectful language, to attending the Memory Café Open Day, to checking in on someone's wellbeing, all contribute to a kinder, more dementia-friendly and supportive community.





# SPECIAL EVENTS @ THE HUBS

BOOKINGS ESSENTIAL: P: 9427 6425 E: SUPPORT@SYDNEYCS.ORG



## Seniors Rights: Power of Attorney, Guardianship and Wills

*Proudly supported by  
Lane Cove Council*

**Date:** Monday 1 September

**Time:** 1.00pm – 3.00pm

**Venue:** Sydney Community  
Services, Park View Room,  
1 Pottery Lane, Lane Cove

**Cost:** FREE



## Memory Café and the Dementia Friendly Action Plan

*Learn about Lane Cove Council's  
Dementia Friendly Action Plan*

**Date:** Wednesday 17 September

**Time:** 10.00am – 1.00pm

**Venue:** Sydney Community  
Services, Meeting House Hub,  
23a Stokes St, Lane Cove North

**Cost:** FREE



## Community Conversations – Navigating end-of-life planning

*Start the conversation with loved  
ones on what matters most to you  
navigate end-of-life matters*

**Date:** Monday 22 September

**Time:** 1.15pm – 3.00pm

**Location:** Sydney Community  
Services, Park View Room,  
1 Pottery Lane, Lane Cove

**Cost:** FREE with afternoon tea  
provided



## Budgeting and Money Management Workshop

*Practical workshop will show you  
how to budget, be smart with  
spending, save for what you want,  
and stay out of debt*

**Date:** Tuesday 23 September

**Time:** 4pm - 5.30pm

**Location:** The Yarn - Hunters Hill,  
64 Gladesville Rd, Hunters Hill

**Ages:** 12 - 19 year olds

**Cost:** FREE and pizza included



## Line Dancing

*An activity that's easy to start,  
great for all fitness levels, and  
packed with benefits.  
No partner needed.*

**Date:** Wednesday 24 September

**Time:** 1.30pm - 2.30pm

**Location:** Sydney Community  
Services, 44 Gladesville Rd,  
Hunters Hill

**Cost:** FREE taster session



## Laughter and Disaster Workshop

*Discover how to cope when  
things go wrong – and even have  
a laugh along the way.*

**Date:** Tuesday 30 September

**Time:** 1.30pm – 3.00pm

**Location:** Sydney Community  
Services, Park View Room,  
1 Pottery Lane, Lane Cove

**Cost:** FREE and receive a Mini  
Emergency Hand Crank Portable  
Radio and Emergency Document  
Wallet



**Sydney Community Services**

## WHAT'S ON SEPTEMBER 2025

**HOURS OF OPERATION:**

- 8.30am - 4.00pm
- Monday - Friday

[www.sydneycs.org](http://www.sydneycs.org)



### LANE COVE HUB

1 Pottery Lane, Lane Cove

#### Yoga on Wednesdays

Join Sinead Costello, an experienced yoga/ wellbeing specialist, in our yoga classes.

- Lane Cove: 9.30am - 10.30am
- Greenwich: 11.30am - 12.30pm

#### Movement Matters

- Monday, 10.30 - 11.30am
  - Tuesday, 12 - 1pm and 1.15 - 2.15pm
  - Wednesday, 11.15am - 12.15pm
  - Friday, 9.30 - 10.30am and 10.45 - 11.45am
- Contact us for Term 4 information.

#### Book Club

- Monday 15 September, 1.30 - 2.30pm
- Cost: \$5 includes book and afternoon tea.

#### Mah Jong

- Tuesday, 9.30 - 11.30am
  - Wednesday, 1.00 - 3.45pm
  - Cost: \$5 including morning/afternoon
- New players please contact us.

#### Scrabble

- Thursdays, 10am - 12noon
- Cost: \$5 includes morning tea

#### Social Bridge

Are you interested in joining social bridge, play casually with the view to possibly becoming permanent. Join us for a fun, relaxed afternoon.

- Thursdays, 12.30pm - 3.30pm
- Cost: \$5 includes afternoon tea

Contact us to register and for more information.

#### Social Tennis Group

- Every Thursday 9-11am. • Cost \$5.
- Lane Cove Tennis Club, Central Park, Kenneth St, Longueville. *Players must register prior to playing.*

#### BOOMers Mens Group

For senior independently mobile men who enjoy socialising and visiting interesting places in the company of other men.

- Fridays - Departs: 10.00am from Lane Cove Hub, Pottery Lane. Returns: 2.00pm

Contact us for the monthly program and cost.



### MEETING HOUSE HUB

23a Stokes Street, Lane Cove North

#### Seniors Shopping Bus

Tuesdays and Thursdays. Return trip from your home to Lane Cove shops. We can also assist and carry your shopping into your home.

- Cost: \$15

#### Chess Club Every Monday

The group is friendly and sociable, and all abilities are welcome.

- Mondays, 1pm - 2.30pm
- Cost: \$5pp, includes afternoon tea.

#### Movie and Morning Tea

*An American in Paris* starring Gene Kelly, Leslie Caron and Oscar Levant.

- Wednesday 10 September
- 10am - 12pm
- Cost: \$30



#### Meeting House Playgroups

Meet local parents and children.

Arts, Craft, Music and Story Playgroups for 0-5 years.

- Tuesdays and Thursdays, 9.30am - 11.30am
- Term costs:
  - \$10 per casual visit
  - \$60 per term/one session p/w
  - \$100 per term for multiple sessions

#### reACTIVATE Fitness Solutions for Seniors

Join us for a series of functional fitness classes.

- Monday, 10.45am - 11.45am
- Friday, 11am - 12pm
- Cost: First class free, then pay by term:
  - 10 week term \$120 (\$12 per class)





All enquiries and bookings for activities please contact:

 **9427 6425**     **support@sydneycs.org**



## HUNTERS HILL-RYDE HUB

46 Gladesville Road, Hunters Hill

### Seniors Hub

Join one of our weekday programs—designed for seniors and dementia friendly groups.

Enjoy excursions, wellness sessions, and social activities, with door-to-door transport and tasty, nutritious meals included.

*Get in touch for the monthly program!*

### Seniors Social Support

We support Afghan, Chinese, Iranian, Italian, and Spanish seniors groups with bilingual staff and volunteers who celebrate culture and connection.

CALD communities enjoy social outings, cultural events, English classes, wellness sessions, and more!

*Contact us for the monthly program.*

### Social Bus Outings

Join us every Tuesday when we venture to new destinations and meet other local seniors. These trips are weekly and either half or full-day outings.

- 9.00am - 4.00pm

*Contact us for the monthly program and cost.*

### The Velveteens

Join us for morning tea before heading off to a different venue each month. If you are over 65, registered with My Aged Care, have a referral code for Social Support Group and are totally independent then contact us for more information.

- 2nd Monday each month
- 10am - 4pm

### Women's Wellness Class - Tuesdays

A weekly program based on a holistic view of health, taking into consideration physical and social needs. The classes incorporate strength and balance exercises.

- 9.45am - 10.45am

*Contact us for more information about cost and term times.*

Supported by



## YOU'RE INVITED...

You're invited to a delicious

### ITALIAN LUNCHEON

at The Meeting House

Wednesday 3 September  
12noon - 2pm

Cost: \$40

Limited local transport available



Different Degrees Drama Ensemble presents:

### CHASING THE RAINBOW

Step into the land of AUS with Different Degrees — a vibrant group of actors of all abilities.

- Wednesday 3 September
- 6:30pm – 7:30pm
- Pottery Lane Performance Space, 1 Pottery Lane, Lane Cove

BOOKINGS ESSENTIAL



### GOLDEN GIRLS FASHION PARADE

Fabulous spring fashion and accessories. Cost: \$20

- Thursday 9 October,
- 10am - 12.30pm
- Lane Cove Council, Cove Room, Ground Floor, enter via 2 Little Street

BOOKINGS ESSENTIAL



Supported by the Australian Government  
Department of Health and Aged Care



Costs indicated are for Commonwealth Home Support Program (CHSP) participants only. Contact us and speak with one of our Coordinators to learn more about other funding options.



**ANTHONY ROBERTS**  
MP

**P: 9817 4757**  
**E: [lanecove@parliament.nsw.gov.au](mailto:lanecove@parliament.nsw.gov.au)**



**TRENTON BROWN**  
CITY OF RYDE MAYOR

**P: 9952 8222**  
**E: [TMayor@ryde.nsw.gov.au](mailto:TMayor@ryde.nsw.gov.au)**

## 507 Bus

On the 7th of August, I tabled a Notice of Motion in Parliament to formally raise concerns about the 507 bus service. Public transport has been a persistent issue across our electorate, and the 507 is one of several routes I've been actively advocating for.

This route, which connects Gladesville and Drummoyne to the City, has experienced a noticeable reduction in frequency—particularly during peak hours—and insufficient weekend coverage. Many constituents have reached out to me, echoing these concerns, and expressing frustration over the lack of recent improvements.

In my Notice of Motion, I highlighted the ongoing community concern surrounding the 507. It's one thing to have a bus route listed on a timetable—but if it doesn't run frequently or reliably, the words "bus service" begins to lose its meaning.

I also acknowledged to the House that the reduction in frequency and weekend coverage has adversely impacted residents, school students, and senior citizens. Over the past several months, numerous representations have been made by constituents, yet little has been done to address the issues.

That's why I've called on the NSW Labor Government to undertake a comprehensive review of the 507's service frequency, reliability, and patronage data. This review is essential to identifying gaps and planning improvements that better meet commuter demand.

I remain committed to ensuring our community receives the public transport services it deserves. Thank you to everyone who has shared their experiences with me—your voices are being heard, and I will continue to advocate on your behalf.

## Art blooms in a season of health and fun

After a long, cold, and wet winter I know everyone in the City of Ryde is looking forward to spring, the eagerly awaited season of renewal.

And along with the sunshine, the blooming gardens and extra warmth, there's plenty of great activities and events taking place.

The month begins with the announcement of the winners of our Sustainable Waste 2 Art Prize (SWAP) on Thursday 4 September during a special opening night ceremony at Meadowbank's See Street Gallery.

The physical exhibition will run until 20 September in conjunction with a digital exhibition on Council's website which runs until 21 September.

I encourage everyone to come and have a look at some of the extraordinary creative works that are produced for this competition, which aims to raise awareness of environmental issues and encourage positive behaviour change using artworks and design objects made from upcycled waste materials as mediums of communication.

Council is an enthusiastic participant in the annual Jean Hailes Women's Health Week, which runs from 1-5 September. This wonderful event is a nation-wide campaign of events and online activities – all centred on improving women's health and helping women to make healthier choices.

We're holding a number of sessions on topics such as breathing and meditation for a sound sleep, exercise and stretching for every stage of womanhood and optimal eating to support hormonal health and general wellbeing.

West Ryde Library is the setting for an important session advising us on the best ways to learn how to improve your ability to respond or adapt to an emergency.

Resilient Ryde, which takes place on Wednesday 10 September, will provide an opportunity to Get Prepared using the Red Cross REDI app to improve your ability to adapt and respond to emergency situations such as severe weather events.

And, finally, I'm looking forward to seeing members of the community at my next Meet the Mayor gathering, which is taking place at West Ryde Marketplace on Saturday 20 September.

Come along for a coffee and a friendly chat about the issues that concern you or any ideas you may have to make our great City even better.

For details about all the events and activities occurring in the City of Ryde this month, go to: <https://www.ryde.nsw.gov.au>





**TIM JAMES**  
MP

**P: 9439 4199**  
**E: willoughby@parliament.nsw.gov.au**

Small businesses are the lifeblood of our local economies. From high street retailers to family-run services and emerging startups, they drive jobs, opportunity and community connection. As your local member and Shadow Minister for Small Business, I am deeply concerned by the Minns Labor Government's decision to axe the Business Connect program – a proven, highly successful support service for small businesses across New South Wales.

Since its inception in 2017 under the former Liberal and Nationals Government, Business Connect has provided free, tailored, one-on-one advice to more than 60,000 small businesses. With a customer satisfaction rating of 96 per cent, it delivered real help to business owners in everything from planning and marketing to financial literacy and growth strategies.

Here in Willoughby, many small business owners have told me of the value of the program and how it helped them adapt, innovate and stay resilient particularly through the challenges of the pandemic and challenging market conditions. The program also played a key role in supporting women-led businesses and new migrants looking to start a small business journey.

Yet without consultation, Labor has decided to scrap Business Connect from 30 September, with no meaningful alternative announced. This is a short-sighted and damaging move that strips support away from the very people who are working hard to keep our economy ticking. With record insolvencies, rising input costs and softening consumer confidence, now is exactly the wrong time to be pulling back on support for small business. Business Connect was a safety net and a springboard and helped our small businesses survive and thrive. Removing it sends the wrong message. The Government has not explained why it is cutting a program that works and has such overwhelming support from small businesses across NSW.

I am calling on the Government to urgently reverse this decision and fund Business Connect beyond September 30. We must back our small businesses, not abandon them when they need us most. Please let us also as a community support our small businesses by shopping local.



**ZAC MILES**  
HUNTERS HILL MAYOR

**P: 9879 9400**  
**E: mayor@huntershill.nsw.gov.au**

### **Moocooboola Festival is on the way!**

We're now only days away from the highlight of our community calendar—the Moocooboola Festival!

Set to take place on Father's Day, Sunday 7 September at Boronia Park Ovals, this year's festival is presented by Optus and promises to be a day filled with fun, food and festivities for everyone.

Festival-goers can look forward to a market bazaar brimming with delicious food, unique novelties, jewellery, candles, showbags and plants. There will be local community information stalls like Giant Steps, the Hunters Hill Historical Society, and Sydney Community Services who will provide information and giveaways. Thanks to Hunters Hill Hotel, there will also be free photo magnets on Oval 1 to commemorate the day. Also look out for the special activities and activations by Optus.

Our stage performances will include some great local acts, sponsored by Swimart Gladesville, and there will be a live onsite broadcasting by local radio station, 2RRR. Attendees can grab a drink and raise a toast to Father's Day from Buffalo Vale Distillery's Wine and Gin Bar.

This year sees exciting new attractions, including the BresicWhitney Hunters Hill Petting Zoo, offering pony rides and a farmyard petting zoo. The Archway Medical Hub are sponsoring a Health and Wellbeing Zone to provide complimentary health and blood pressure checks, body scans, fitness challenges, and more.

Families will find plenty of activities in the Kids Zone sponsored by Kids Cottage Hunters Hill, including an interactive circus playground and jumping castle. Young ones can also explore the display trucks from the NSW SES – Hunters Hill Unit, Muogamarra Rural Fire Brigade and United Resource Management (URM). Sporting clubs will run interactive displays including AFL and croquet.

Carnival rides and ticketed attractions will span both Ovals. Pre-purchase tickets by Thursday, 4 September, for a discount. Tickets will still be available at the event.

One of the festival highlights is the Dog Show, scheduled for 1pm in the arena on Oval 1. This popular event draws enthusiastic crowds, and with various categories to enter, every pup has a chance to shine.

Don't forget that the Hunters Hill Tri Club will be hosting the Run to Moocooboola Triathlon event which is open to everyone to join.

We are grateful for the generous support from all of our sponsors.

For more information and for registration links, visit [www.huntershill.nsw.gov.au/moocooboola](http://www.huntershill.nsw.gov.au/moocooboola).

I look forward to seeing you there.

## COMMUNITY CONNECTIONS

### PIZZA + MOVIE NIGHTS

@ Longueville UC Hall,  
47A Kenneth St,  
Longueville.

TIME:

6.30pm Pizza;  
7.15pm Movie

**2 September – Green Book**  
(2018) Biographical comedy-drama of the true story of the 1962 tour of the deep south by African American pianist Don Shirley and Shirley's driver and bodyguard. Winner of the 2019 Academy Award for Best Picture, Best Original Screenplay and Best Supporting Actor. Starring Viggo Mortensen and Mahershala Ali.

**7 October – Amélie** (2001) A whimsical romantic comedy depicting contemporary Parisian life, set in Montmartre. It tells the story of Amélie Poulain, played by Audrey Tautou, a shy and quirky waitress who decides to change the lives of those around her for the better while dealing with her own isolation.

**Bookings essential on  
9428 4287 or 9427 4740.  
Cost \$15.**

*Best value pizza/movie  
combo ! BYO drinks.*



### ST. AIDAN'S HALL FOR HIRE

1 Christina Ave, Longueville

Perfect for all community groups.  
Available on a weekly, monthly or  
school term basis.

Fully functioning kitchen, toilets,  
indoor/outdoor play area, plus  
tables and chairs for 80.

**Rental negotiable.**

**Please contact**

**office@staidans.com.au**

### Moocooboola Computer Club for Seniors

- Monday, Tuesday and Thursday
- Community Centre, 44  
Gladesville Road, Hunters Hill.

Working at your own pace, learn  
how to explore your needs  
and interests such as archiving  
photos or planning holidays with  
guidance from our volunteer  
trainers, have fun with your IT  
devices, (no Apple Macs), and  
meet new people.

**P: 9816 5293 or**

**P: 9879 4588**

**(during club sessions)**

**E: moocoo@netspace.net.au**

## SPRING FASHION PARADE

**Wednesday 17th September 2025**  
**St Andrews Uniting Church Hall,**  
**cnr Kenneth & Christina Streets, Longueville**

Morning Tea served from 10:15am

Parade begins 10:45am sharp

Entry Donation \$15

Garments (by Stafford Fashions) and jewellery (by Tina Hyman)  
may be purchased following the Parade.

*Proceeds donated to help the homeless (Rev. Bill Crews Foundation)*

**Enquiries: Call Jan on 0455 741 414**

## SAME DAY LOCAL PLUMBER

**BLOCKED DRAIN?**

**BURST PIPES?**

**LEAKING TOILET?**

**NO HOT WATER?**

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## PROPERTIES OF THE MONTH



2/344 Mowbray Road, Artarmon 2 bed 1 bath 1 car

**SOLD**

James Bennett 0403 504 724 E: james.bennett@belleproperty.com  
Jade Prior 0439 957 056 E: jade.prior@belleproperty.com



67 Coolaroo Road, Lane Cove North 3 bed 2 bath 2 car

**SOLD**

Patrick Lang 0423 891 807 E: patrick.lang@belleproperty.com  
Monica Carollo 0491 001 539 E: monica.carollo@belleproperty.com



G02/22 Birdwood Avenue, Lane Cove 3 bed 2 bath 2 car

**SOLD**

Tim Holgate 0400 802 888 E: tim.holgate@belleproperty.com



9/71 Ryde Road, Hunters Hill 2 bed 1 bath 1 car

**SOLD**

Joshua Jarvis 0468 899 443 E: joshua.jarvis@belleproperty.com  
Simon Harrison 0433 100 150 E: simon.harrison@belleproperty.com

Belle Property Hunters Hill	3/52-56 Gladesville Road, Hunters Hill	9817 7729
Belle Property Lane Cove	162 Longueville Road, Lane Cove	9087 3333
Belle Property Willoughby	551 Willoughby Road, Willoughby	9958 5211
Belle Property Lindfield	Suite 20, 12-18 Tryon Road, Lindfield	9416 6999



**belle**  
PROPERTY

## Carisbrook Historic House

COFFEE AND CAKES  
DEVONSHIRE TEAS

September

Sat 20 & Sun 21

10am-4pm



No bookings necessary  
[www.carisbrookhouse.com](http://www.carisbrookhouse.com)  
Enquiries 0418 276 365



We need your expertise and help one weekend a month to provide delicious scones for our Devonshire Tea weekends. Your baking skills will make a real difference. Please contact us via [carisbrookhouse@hotmail.com](mailto:carisbrookhouse@hotmail.com) or phone: 0418 276 365

**At the Podium**

REG MU SUNG  
Gore Hill Cemetery

7pm Tues Sep 23

Lane Cove Library

[www.carisbrookhouse.com/events](http://www.carisbrookhouse.com/events)  
Phone 0434 757 300



# LANE COVE FESTIVAL 2025

UNCOVER THE UNEXPECTED  
THIS SEPTEMBER!

A month-long program  
of 50 events – performances,  
music, theatre, flora and fauna,  
storytelling and more – from local  
legends to international acts!

## FESTIVAL LAUNCH NIGHT a taste of what's to come!

Friday 5 September  
The Canopy 6pm-9pm  
Circus | Music | Theatre | Dance |  
Comedy

## HIGHLIGHTS

- Wright & Grainger (UK) – Award-winning storytelling & music duo
- Taylor's Eras Tour Tribute
- Choir in the Canopy
- The Lane Cove Fun Run
- The Judy Bailey Band
- Lane Cove Art Award
- Fringe on a Stick – \$10 food skewer trail at your fave local eateries  
...and so much more!

## Lane Cove Festival @ Sydney Fringe

20 events are part of Sydney Fringe Festival  
– bringing the Fringe fun to our local area  
for the first time!

SYDNEY  
FRINGE  
FESTIVAL



**Celebrate Lane Cove Festival @ Sydney Fringe  
with the delicious Fringe on a Stick food trail.**

**Enjoy \$10 skewers at 12 of your favourite  
local eateries all September long.**

Participating eateries include:

- Acai Cove • Curry Lane • I Love Pizza Lane Cove
- Kasuke Ramen • Max Acai Lane Cove • 11:11
- Masala Kitchen Lane Cove • S'Bread House
- Phò Hoa – Authentic Vietnamese Cuisine
- Garcon Restaurant & Cafe Lane Cove
- Sunset Diner • Via Napoli Pizzeria Lane Cove



## 1-30 SEPTEMBER 2025

**Full program & tickets: [lanecove.  
nsw.gov.au/lcfest25](https://lanecove.nsw.gov.au/lcfest25)**

