

THE Village

OBSERVER

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COMMUNITY
MAGAZINE

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PLUS WHAT'S ON THIS SPRING IN YOUR LOCAL COMMUNITY

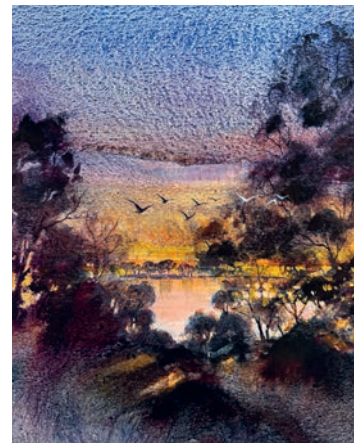


Sydney Community Services

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 351 - OCTOBER 2025
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PRINTED BY: SPOTPRESS

DISTRIBUTED: MONTHLY

The Village Observer is published monthly (except January) by Sydney Community Services (trading as Lane Cove Community Aid Foundation) - Distribution occurs at the beginning of the month - Readers are invited to submit articles for consideration.

• Articles and items for community events should be emailed to the Editor with any accompanying images by the 15th of each month, for inclusion in the next month's issue. • Advertising enquiries should be directed to advertising@thevillageobserver.com.au • If mailing material and you would like it returned, please include a stamped, self-addressed envelope. All care, but no responsibility will be taken for this material. © Copyright 2021. Original advertisements and editorial in this publication are copyright and remain the exclusive property of The Village Observer. No part of this publication may be reproduced and/or transmitted in any form or by any means without the written consent of the Publisher.

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Welcome to the October edition of TVO!



The North Shore continues to make the most of this glorious weather (I apologise in advance if it rains for the whole of October!) with Lane Cove Rotary Fair, Crows Nest Fest, Greenwich Village Arts Trail and Hunters Hill Spring Garden Competition all taking place this month.

Spring is also a busy time in the real estate market. If you're considering downsizing don't miss our feature article, in which James Bennett from Belle Property Lane Cove has shared his tips and advice.

This issue also includes an uplifting update from the Akka Project about their very successful trip to India, and an invitation to be a citizen scientist for this year's Aussie Bird Count.

And Hunters Hill High School shares their plans for funding received as part of NSW's High Potential and Gifted Education partner schools program.

As always, if you have an event to promote or a story to share, please get in touch.

Melissa

MELISSA BARKS - EDITOR

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FRONT COVER IMAGE:

Rainbow Lorikeet.

Photographer: James Mascott

BirdLife Australia is inviting people of all ages

to take part in The 2025 Aussie Bird Count,

Monday 20 to Sunday 26 October 2025.

See page 16 for details.



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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Community feedback invited on North Sydney's Public Open Space Policy

North Sydney Council is inviting the community to provide feedback on its draft Commercial and Group Use of Public Open Space Policy. The community consultation period is open until midnight, Monday 6 October 2025.

North Sydney Mayor Zoë Baker says:

'North Sydney is one of the three most densely populated local government areas in NSW and our limited public open space is facing increasing demand.

'The proposed policy is about ensuring fair and equitable access to our parks and foreshore reserves, for all users.

'We are considering a fee for those who are running businesses in Council parks such as weddings and private events, commercial picnics, personal trainers and bootcamps. This fee would contribute to the cost of maintaining them.

'We are asking our community if they are open to the idea and I encourage everyone to have their say.'

Following the community consultation, Council will vote on whether to implement the policy. If the policy is adopted, any fee schedule will also be put on public exhibition before it is rolled out.

Community members can share feedback in any of the following ways:

- Online: Complete the submission form by following the link at www.northsydney.nsw.gov.au
- Email: Send your comments to yoursay@northsydney.nsw.gov.au
- Post: Mail your feedback to North Sydney Council, PO Box 12, NORTH SYDNEY NSW 2059

Join Lifeline H2HS for the Spring Cycle 2025

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- 50km Classic Ride – A rewarding challenge from North Sydney through to Sydney Olympic Park.

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Needle-free flu vaccinations a game changer for parents

Parents will welcome the news that New South Wales children aged two to five years will be able to receive needle-free influenza vaccinations via their GP ahead of flu season in 2026.

Rather than needles – a major barrier to vaccination – GPs will deliver these vaccines via a spray into a child's nose. They provide the same protection as current vaccinations for this age group.

RACGP NSW&ACT Chair Dr Rebekah Hoffman praised the initiative as a game changer.

'We've seen falling immunisation rates among children under five, from more than 44% in 2020 to under 26% by the end of August this year. These kids are among the most at risk from a severe flu infection, so we need to boost immunity.

'Needle-free vaccines have been used overseas and thoroughly tested for safety and efficacy.

'Next year, these kids' experience of vaccination won't be a scary needle, just a quick spray up the nose – at no cost to parents. That's a relief for parents as much as it is children.'

The NSW Government says it expects the vaccine will also be available for other age groups in the private market, depending on regulatory approval.

Michiyo Miyake announced as North Sydney's new Writer in Residence

Writer, translator and independent publisher Michiyo Miyake has been announced as the Don Bank Studio Writer in Residence for 2025/26.

Born in Japan and now based in Sydney, Miyake has published widely on interwar British and American literature. Since migrating to Australia in 2016, she has turned her focus to fiction and poetry in English.

Her 2024 novella, *Green Metal: Life in Tokyo during the Nuclear Catastrophe*, drew on her personal experiences of the Fukushima nuclear disaster. She has also published Japanese travel essays.

During the six-month residency, Miyake will develop a collection of short stories based on her early years in Sydney as a child, and will run a number of community engagement opportunities, such as a Haiku poetry workshop and a Zine making workshop.

The Don Bank Studio Writer in Residence program supports writers at all stages of their careers, offering them time, space and opportunities to engage with the community in the historic setting of Don Bank Museum.

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Talk of the Town

by Liz Foster

Next year marks the one hundred and fiftieth anniversary of the first ever telephone call, between inventor Alexander Graham Bell and his assistant Watson. Bell, who had patented the telephone just three days prior, spoke the words "Mr Watson, come here—I want to see you".

The invention of a device where you can talk to someone on the other side of the world is surely one of the greatest of all time. If your head's spinning at today's technological rate of change, you're not alone. But I take comfort from the fact that younglings born this century will likely never know and certainly never experience the wonders that new technology like the telephone brought to our households growing up, because these days every new breakthrough becomes same-old in a nanosecond.

In the nursing home where I work, I recently interviewed Jack, a lovely resident in his nineties whose memory is as sharp as a razor. He recalled his family move in 1938 to the schoolhouse in Mimosa, a tiny township halfway between Sydney and Melbourne where his father was the only teacher. Jack spoke of his wonder at discovering a telephone in the schoolhouse, the first he'd ever seen and the only one in town. Soon after the move the phone rang one night. It was the Junee Station Master, asking Jack's dad to go and tell the Mimosa Station Master to change the signals for the interstate train.

The advent of the telephone also created an early female centric career in the form of the telephonist. In Queensland, statewide exams were held for all female staff on spelling, handwriting, maths, and diction. Advertisements called for an equable temperament and pleasant speaking voice along with good health, a good memory and good hearing, which, the ad also extolled, might appeal to unattached bachelors.

Other telephonic diamonds lost forever except in our collective memories include:

- The curly wired handset with the number dial that lived on the hall table (or even in the living room) so the whole family listened in to every call.
- Siblings dragging the handset to the next room thereby wedging the curly wire beneath the door.
- Running a family schedule to avoid endless arguments about hogging the line.
- Volcanic rage from (usually) Dad when the phone bill arrived. I once worked at a corporate where a list of the top ten phone users was handed out to try and reel in the expenses. (It didn't work – making the top ten became something of a Badge of Honour).
- Memorising phone numbers. I still know my best friend's phone number and STD code from the 1980s.
- Late calls, which always signalled bad news.
- Crossed lines. I once listened to a whole argument between a recalcitrant guy and his hysterical/weepy girlfriend when I was about twelve (an occurrence that came full circle when my phone Bluetoothed to an unknown number through my car).



Illustration by Grace Kopsiaftis

- Party lines (shared by multiple subscribers, often in rural or sparsely populated areas) offering cheaper calls but literally no privacy, relying on an etiquette system for others to avoid listening in, which you just knew no-one adhered to.
- The phone being answered by the person closest to it.
- The person answering the phone not asking who was calling.
- The person being called not hearing their name yelled (usually by a sibling) so the receiver sat off the hook for hours until Mum or Dad replaced it.
- Lurking near your local payphone when you'd given out the number for a call at a certain time.
- Stockpiling coins and feeding them in payphones during important calls like work interviews.
- Wrong numbers. I called my sister once and my nephew Henry's best friend Adam answered the phone – he was at her place a lot. After we chatted, I asked to speak to my sister.
'Um – she's not here,' he said, sounding baffled.
'Er okay, is Henry there?'
'No. He doesn't live here.'

It turned out I'd misdialled my sister's number and, miraculously, got through to Adam's house instead.

Not that younglings think anything remotely technological existed before their times; my husband and I met backpacking in Greece in 1990 – he from Sydney, me from London. Fifteen months passed before I arrived here and decided to look him up for old times' sake. I related this tale recently to a young friend, who bemusedly wondered how we were able to reconnect 'back then.'

On the phone, I said.

Her brow furrowed in genuine confusion before the penny finally dropped – 'Oh, the landline!!' Yes, the good old landline, still going strong. My children will be for ever grateful to Bell and Watson.

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.



Of Stars and Stripes and Maple Leaves *Words by Adrienne Witteman*

No doubt you are familiar with stories of would-be visitors to the USA not making it past Customs & Immigration because of supposed historical “offences”, or criticism of the Trump administration being found on one’s social media? Well, I’m pleased to report that I was admitted without a hitch. Moreover, the officer was super friendly - though this might have had more to do with my entry being via a port on the USA/ Canada border, an environment more calming than an airport.

I’m now four weeks into a seven-week trip within Canada and the USA and it has been interesting to discover for myself the tonal changes in both countries, following Donald Trump’s re-ascension to the US presidency. Especially given we have been travelling in the politically divergent midwest and northeast regions.

Our first cruise was a Great Lakes sail onboard Ponant, chartered by Tauck, travelling Montreal to Chicago. It was quite amazing as the bodies of water are so large with a horizon rarely in sight until you’re coming into land. You’d swear you’re on an ocean sail. This has been followed by a Seabourn Montreal to New York, after which we will turn around and do the back-to-back New York to Montreal voyage to check out the autumnal hues. Thus far we’ve not experienced the joy of any serious “leaf peeping” as the colours are only just starting to turn. However, despite sunny days there is a definite chill in the air by late afternoon and hopefully some semblance of fall will appear as we head back north. And being in the home of Anne of Green Gables, finally, is magical.

Since these cruises are close to home and require little effort by those who might find overseas journeys and long-haul flights a challenge, the age cohort is older, and the demographic generally retired, wealthy, and right leaning. The Canadians and Americans are



getting on famously person to person without any apparent underlying tensions though I’ve overheard some funny whispered comments. Such as Canadians not wanting to eat the (delicious) cherries because they come from America. And discovering that certain Canadian alcoholic beverages are not available onboard while we are in America but reappear on arrival in Canada, supposedly because of the tariff imposts.

The Canadians have nothing against American people, and the Americans I’ve met – most of whom admit to having voted Republican because they couldn’t see a future under a Democratic government – beg us not to dislike them. Or tar them with a pro-Trump brush, for much of what has ensued they report as never imagined. The typical passenger on these cruises would not deign to wear a politically motivated shirt onboard, yet I’ve seen plenty of shops in Canadian ports with



tee shirts advertising “Canada is not for sale”. It’s all very polite and respectful.

Which is why travel facilitates and engenders cross-cultural understanding. Maslow postulated in his theory of needs that humankind shared a desire for physiological needs (food and water), safety needs (shelter, job security, a safe environment), love and belonging (social connection), esteem (respect and recognition), and self-actualisation (personal fulfillment).

Life onboard a ship is like living in a perfect, albeit temporary, village that meets the first four needs in abundance. We are fed and watered, looked after, meet lots of lovely people and treated with respect. At this level, it’s a great demonstration of what is possible when we persist for the greater good, further accentuated by the myriad nationalities of the staff living in general harmony onboard.

Despite current operating difficulties, I’ve experienced that the USA is still a fascinating place to visit, though not somewhere I’d like to live. Trendsetter doesn’t currently have a queue of clients wishing to come here but change is inevitable, and America’s charms will one day be persuasive again. In the meantime, you can always do what I have been doing this trip, step in and out of both countries several times, with a generous serve of Canada and just a little American topping. The cruises have been excellent, and the warm hospitality of the citizens of both countries, generous and genuine. The scenery, as always, is magnificent still. You won’t leave disappointed.



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ASPECTS

What: Magnolias in blossom **Where:** Kimberley Avenue, Lane Cove **When:** August 2025
By: Miki Oka



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TVO 11



The Akka Project: a journey of connection and kindness

‘I was nervous at first,’ recalls 15-year-old Isla, thinking back to the moment she arrived in Bangalore with the Akka Project earlier this year. ‘But it turned out to be one of the best trips I have ever been on. Everyone at the schools was so welcoming, with the biggest smiles. I loved it so much I’ve already told my mum I want to go back after high school as a long-term volunteer.’

Back in our June issue, The Village Observer introduced the Akka Project as a group of mums and daughters preparing to embark on a cultural exchange with the Parikrma community in India. Now, the group has returned home with experiences that have proven as life-changing as they are heartwarming.

Building bridges in Bangalore

In July 2025, seven mothers and nine girls, aged 11 to 16, travelled from the North Shore to India. Their mission was to co-create a joyful, hands-on experience with the students of the Parikrma schools and Junior College in Bangalore.

From storybook lessons and recorder practice to Lego competitions, art projects and sports, the group immersed themselves in school life. Conversation circles and laughter over board games gave everyone the chance to connect beyond the classroom.

The aim was never simply to ‘teach’ but to share and exchange. Every activity became a bridge, helping both the Australian and Parikrma teens see themselves as global citizens with much to learn from one another.

Akka Project at a glance

- **49 lessons delivered** across five campuses
- **Koramangala library revitalised** with new books, furniture, and paint
- **500 girls empowered** with menstrual health education
- **Peer-to-peer learning** through art, science, music, and sport
- **Pen-pal exchanges** launched to keep friendships alive across continents



Health, dignity and agency

One of the most impactful elements of the trip was menstrual health education. Across three schools, 500 Parikrma girls took part in workshops led by the Akka team. Each received two pairs of reusable menstrual underwear - a sustainable, cost-effective option that can last up to three years.

The sessions were not top-down lectures but open conversations. Australian and Indian teens sat side by side, swapping stories and knowledge, breaking down stigma and reinforcing dignity and agency.



A life-changing perspective

For the teens and tweens who joined, the trip reshaped their world view.

Fourteen year old Xylah called it 'a journey of connection and kindness.'

Inie, 15, reflected: 'Even though we came from different places, it felt so easy to talk, laugh and dance together. Visiting the flower markets and silk factory was amazing, but it was the kids' passion for school that inspired me most.'

For 11 year old Isabelle, gratitude was the lesson she carried home: 'The people there have the most amount of gratitude you have ever seen. It makes you smile. It was a once-in-a-lifetime experience.'

Looking ahead

The Akka Project is already planning for the future, with a new group forming for January 2026. Locally, the team is visiting North Shore schools to raise awareness of period poverty

and encourage students to get involved in projects supporting communities abroad.

The trip may be over, but its ripples continue - in revitalised libraries, sustainable health initiatives, and the lifelong memories of teenagers who now see the world, and themselves, differently.

As Isla sums it up: 'It's changed how I see the future. I'll definitely go back.'

To learn more or register interest in future projects, visit akkaproject.org.

Doing good for Families and the Community in Ryde

On 5 September, **North Ryde Public School** and **Community Bank • Homebush and North Ryde** revealed the result of their collaboration to beautify the main quadrangle on the school grounds. Students helped design the mural "**Growing with Nature**", below, which illustrates each students' creativity and growth potential.

Rob Francis, Principal of the **North Ryde Public School**, shared "it was wonderful to see our local community celebrate our students co-design of the mural, recognising each student as an individual and the potential that can be unlocked at our school. Thank you to the Community Bank for their support of our school, our families and North Ryde".

The event was attended by the school community, community organisations and Members representing Ryde at Local and State Government.

"In financial year 2025, the **Community Bank • Homebush and North Ryde** had invested 94% of the previous year's after-tax profit to community outcomes", said Michael Brewer, Chair of the Community Bank.

"This year, we are supporting the Ryde Eisteddfod, 2RRR, Carols in the Commons and many others in Ryde."

The Community Bank also announced their partnership with the **Child Abuse Prevention Service**, launching the **Safe Communities, Safe Children** program

into **North Ryde Community Pre-School** and **Explore & Develop North Ryde Public School**, supporting over 200 families and will also contribute to an efficacy study run by the **Australian Institute of Health Innovation**.

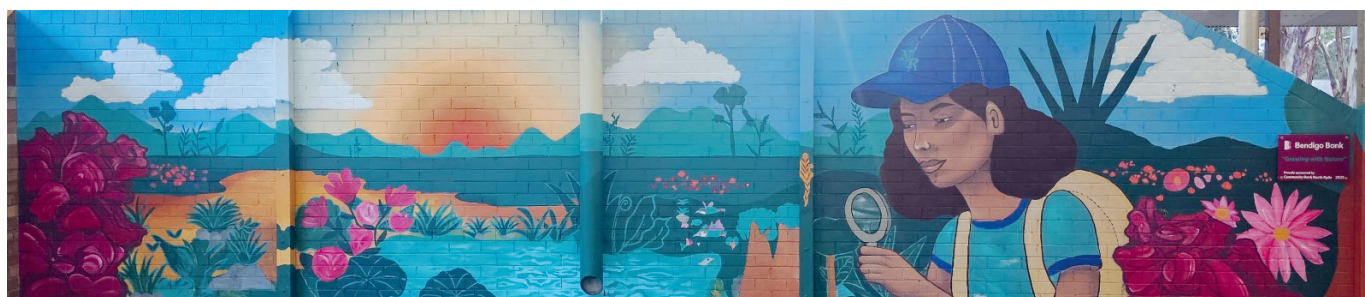
"Our **Community Bank Founders Scholarships** will also be available for students in North Ryde from 2026 and **applications can be submitted from December**", Michael said.

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Downsizing:

finding the right fit for a new chapter

WORDS MELISSA BARKS

For many North Shore locals, the family home has been the backdrop of decades of memories – school drop-offs, milestone birthdays, and Sunday barbecues. But there comes a time when the large garden and unused living space that once supported busy family life begin to feel overwhelming. Increasingly, over 50s across the North Shore are rethinking their housing needs and turning to downsizing as a way to simplify life, free up time (and money!), and embrace new opportunities.

‘Downsizing is one of the biggest shifts we’re seeing in the local property market right now,’ says James Bennett, Principal of Belle Property Lane Cove. ‘People are looking to stay in the area they love but transition into homes that are easier to maintain and better suited to their lifestyle at this stage.’

The appeal of downsizing

The trend is unmistakable: retirees and those preparing for retirement are choosing to remain on the Lower North Shore but swap their long-term homes for more compact residences. Lock-up-and-leave properties – apartments, townhouses, and single-level homes – are proving especially popular.

‘People want convenience,’ Bennett explains. ‘No stairs, less maintenance, and ideally close to the village centre so they can walk to shops, cafes, and transport. Proximity to healthcare is also very important.’

For many, the move is not about giving up space but about gaining freedom. Travel is high on the agenda, and with adult children no longer at home, there’s less need to maintain large backyards or multiple bedrooms.

Downsizing offers the chance to reduce responsibilities while still enjoying all the amenities of the local community.

Motivations behind the move

The reasons for downsizing are often practical as well as lifestyle-driven. ‘A lot of people tell me they want something they can just lock up and leave while they go overseas or spend time at a holiday house,’ Bennett says. ‘But there’s also the reality that larger homes – especially those with gardens or stairs – become harder to manage as people get older.’

There’s also an emotional side. Leaving the family home is rarely easy, but for many, it’s a positive step towards a new chapter. Downsizing often coincides with other life changes, such as retirement or becoming grandparents, creating fresh opportunities for community involvement and family time.

The challenges of letting go

While the benefits are compelling, downsizing does come with challenges. One of the most common dilemmas is whether to sell before buying or vice versa.

‘People struggle with the timing,’ Bennett notes. ‘They don’t want to leave their long-term home without knowing where they’re going next, but equally, they don’t always know their exact budget until their property has sold.’

This balancing act can feel daunting, particularly when emotions are tied up in a house that’s been home for decades. Exploring all options – including bridging finance, extended settlements, or even renting temporarily – can help smooth the transition.

Another pitfall is underestimating the planning required. Bennett says one mistake he often sees is people waiting until they feel pressured to move, rather than preparing early. 'Ideally, begin your research six months to a year ahead. That way you can track the market, get to know the options available, and plan the move in a way that's less stressful.'

Maximising the value of the family home

For sellers, presenting the family home in its best light is crucial. After all, the sale of a long-held property often provides the capital to fund the next purchase.

'Presentation really matters,' says Bennett. 'Simple steps like fresh paint, tidy gardens, and minor handyman work can make a big difference. But if there's one area I think adds the most value, it's professional styling. It helps buyers visualise how they could live in the home, and that often translates into a stronger result.'

Styling, Bennett explains, is not about erasing the home's personality but about enhancing it so prospective buyers see its full potential. In a competitive market, those finishing touches can create a sense of warmth and aspiration that inspires buyers to act.

The buyer's perspective: what downsizers want

When it comes to choosing a new home, downsizers tend to prioritise features that support low-maintenance living and accessibility. Security, lift access, and modern finishes are high on the list, as well as layouts that allow entertaining without unnecessary upkeep.

'People want to stay social,' Bennett says. 'They're looking for homes where they can host family dinners or have friends over, but without the burden of a large property. They also want to be part of a community – whether that's in an apartment building, a townhouse complex, or simply being closer to shops, restaurants and amenities where they can connect with neighbours.'

The NSW Government's new low- and mid-rise housing policy is expected to open up more options for downsizers in the coming years. With increased development of duplexes and townhouses in established suburbs, retirees may soon find a broader mix of suitable properties close to their existing networks.

Lifestyle and location: stay local or move away?

Not everyone who downsizes stays local, but many do. The appeal of remaining near family, friends, and familiar surroundings is strong.

'Most people I speak to want to stay local to the North Shore if they can,' Bennett says. 'There are always some

who consider a sea change or tree change, and affordability does play a role for others. But the majority are looking for something close by – they don't want to lose those connections they've built up over decades.'

Areas such as Lane Cove continue to attract downsizers thanks to its village atmosphere, strong sense of community, and convenient access to the city. Its mix of parks, shops, and medical facilities ticks many boxes for retirees who want to remain independent and active.

Financial considerations

While every situation is different, downsizing can bring financial benefits. Selling a primary residence can free up capital, and for some retirees, it provides the opportunity to reallocate funds towards lifestyle goals.

With property prices continuing to rise in Sydney, some downsizers are using the capital from the sale of the family home to assist adult children to get started on the property ladder.

If you are 55 or older, and have owned your home for at least ten years, you may be able to contribute up to \$300,000 per person from the proceeds of the sale of your home into your superannuation fund.

It is important to seek professional financial advice before downsizing to understand the options available.

Preparing for the transition

For those just beginning to consider downsizing, approach the process with patience and curiosity. Visit open homes, talk to local agents, and start building a picture of what's possible. Do your research early and don't feel you need to rush.

'Understanding the market, knowing your options, and preparing your home for sale can make the transition far less stressful.

Downsizing should be a positive step, not something that feels overwhelming,' Bennett advises.

Another important element is family communication. Adult children may have strong attachments to the family home, but open conversations can help manage expectations and keep everyone supportive of the change.

A shift towards freedom

Ultimately, downsizing is about more than moving house – it's about reshaping life for the years ahead. Whether it means locking up and heading overseas, finding a home with no stairs, or simply having more time to spend with grandchildren, the move offers both freedom and flexibility.

As Bennett puts it: 'It's about finding a home that works for you now, not the one that worked for you 30 years ago. Downsizing is a chance to let go of what no longer serves you and embrace a lifestyle that gives you more of what you enjoy.'

For many that means not just a smaller home, but a bigger life.





Bloomingtails celebrates 10 years and national awards

Artarmon pet care business *Bloomingtails* is marking its 10th anniversary with national recognition, after founder Candice Wilson received four honours at the 2025 AusMumpreneur Awards:

- **Animal Care Business of the Year**
– *Gold (1st Place)*
- **Customer Service Business**
– *People's Choice Gold (1st Place)*
- **Service Business of the Year**
– *Pink (3rd Place)*
- **Business Making a Difference**
– *People's Choice Pink (3rd Place)*

Candice started Bloomingtails on her own in 2015. What began as a small grooming salon has grown into a trusted hub for local pet owners, offering daycare, walking, pet minding and even a *Doggy Farm Stay* in the Hunter Valley.

‘These awards mean the world to us,’ Candice said. ‘Every dog who comes through our doors is treated with love and respect, and it’s wonderful to see that commitment recognised.’

As Bloomingtails turns ten this November, Candice says the real reward has been the relationships built with the local community. ‘Seeing dogs live their happiest lives, and supporting their families along the way, makes all the hard work worthwhile.’



Flock of Galahs - Credit Andrew Sillocks - BirdLife Australia

Spring has arrived and so has Australia’s favourite citizen science event. A national celebration of our diverse birdlife - from magpies and fairy-wrens to cockatoos, curlews and honeyeaters - the 2025 Aussie Bird Count is taking flight for its 12th year, with registrations now open.

From Monday 20 to Sunday 26 October 2025, BirdLife Australia is inviting people of all ages to take just 20 minutes out of their day to spot, identify, and count the birds around them.

Last year, more than 57,000 participants submitted nearly 130,000 checklists and logged more than 4.1 million birds across the country using the free Aussie Bird Count app. Bold, adaptable species - the Rainbow Lorikeet, Noisy Miner, and Australian Magpie - again topped the charts. Will they swoop in for the top three once more in 2025?

How to take part

1. Pick your spot – anywhere you like, from your backyard to your favourite park or garden
2. Spend 20 minutes quietly observing the birds you see
3. Submit your count using the Aussie Bird Count app, which will help you identify the birds you see and hear

You can go out and count as many times as you like during Bird Week as long as each count lasts 20 minutes and is submitted separately.

BirdLife Australia, the national bird conservation charity behind the Aussie Bird Count, says the event is an important step towards connection between people, place and purpose.

‘It’s not about being a bird expert,’ says Sean Dooley, BirdLife Australia’s National Public Affairs Manager. ‘It’s about spending time outdoors and learning something new about your local environment.’

‘The Aussie Bird Count shows how citizen science can bring families and communities together while contributing to our understanding of Australia’s unique wildlife. A simple 20-minute activity can become an annual family tradition that teaches everyone about observation and nature.’

With more than a decade of data, the Aussie Bird Count results can provide BirdLife Australia with insights into trends in urban bird populations, contributing to a dataset that helps to guide future awareness campaigns, conservation priorities, and community education.

‘Whether you’re watching rainbow lorikeets on your balcony, ducks in your local pond, or fairy-wrens darting through your backyard, we want everyone to experience the joy birds bring. Communities that care about nature are communities that protect it,’ says Sean.

The 2025 Aussie Bird Count

- **When:** Monday 20 – Sunday 26 October 2025
- **How:** Download the free Aussie Bird Count app or visit www.aussiebirdcount.org.au to register

Amara
by Pathways



You're invited to the Amara — Retirement Living Workshop

Discover the Amara lifestyle in Longueville

Join us for the Amara Retirement Living Workshop where you'll learn:

- How to make rightsizing simple
- The lifestyle & wellness benefits of community living
- Insights from expert guest speakers
- What the financial options mean for you

Amara Residences is redefining seniors' living on Sydney's North Shore offering a new standard of comfort, wellbeing and connection. With completion anticipated in early 2026, now is the ideal time to start exploring what your future could look like.

Date Thursday 16th October, 1:00PM - 4:00PM
Venue The Alcott, Lane Cove
Seats are limited.



Scan the QR Code
or Call to register
1300 266 260

The why of the needle

Maggie Lawrence chats with Northwood local Rebecca Dabscheck about Acupuncture and why it may be helpful for a variety of health conditions.

Rebecca was born in Sydney and grew up in Lane Cove. She attended primary school at Lane Cove West Public School where she was the school's Vice Captain. She then attended Monte Saint Angelo Mercy College in North Sydney.

'I happily still live in the Lane Cove area. It's a wonderful place to live. I feel at home here and I'm very pleased to be serving the local community and the greater Sydney area.

'I have an older brother. He attended North Sydney Boys High School and is now a Senior Associate Lawyer. I'm very proud of him. I don't have children, but who knows what the future holds for me, for both marriage and children.

'I'm very lucky to have my parents. They are great people and they've always provided me with love, care and support. In fact, my mother is my best friend,' she said.

For many years Rebecca's mother was a radiographer.

'My mother decided to change professions after having me and my brother. She often expresses how she would have loved to have been an acupuncturist. In a way, I feel I've carried on that dream for her. My father is happily retired and has been focusing on some much-loved hobbies turned businesses. I'm glad he's still keeping himself busy and enjoying life.'

A career in Chinese medicine

After she graduated high school Rebecca was determined that she wanted a career in Chinese medicine and went straight into doing a degree course at UTS.

'I knew what I wanted to do and felt very passionate about it. At the time, Chinese medicine was not a "usual" or "common" career choice for many. Nevertheless, working as a Chinese medicine practitioner has proven to be one of the best decisions I've made.

'Sadly, the course at UTS is no longer available but I'm grateful I was able to do it at the time and also for my mentor, supervisors and teachers for guiding me throughout my studies,' she added.

'Looking back, I feel that starting my own practice was a really gutsy move,' Rebecca told me. 'I was only in my early twenties, but I had good qualifications, and I felt capable and passionate. Also, my mentor and parents gave me some encouragement in this endeavour. I would say the collective support sealed the decision for me,' she added.



Rebecca Dabscheck at her clinic.

Rebecca's first experience of an acupuncture treatment was when she was just six years old.

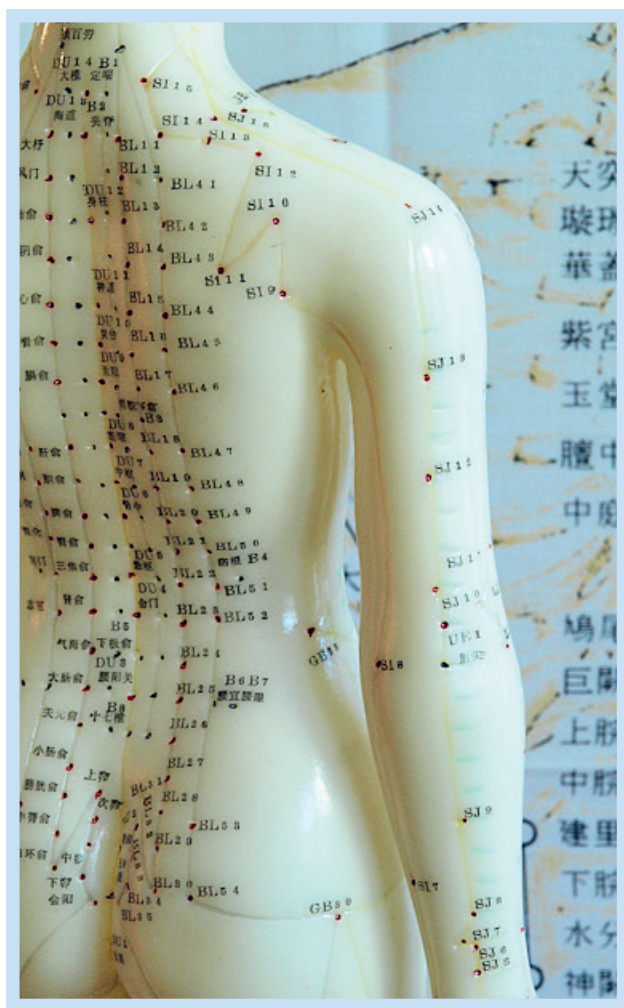
'Like some kids I had a few health concerns. My mother and a work colleague shared a common interest in natural therapies. One day she randomly told my mother "I will stand here and not move until you call and make an appointment for your daughter to see this acupuncturist. You must go. You're going!" It was as though it was meant to be,' Rebecca told me.

'This was the start of my experience and interest in acupuncture and from that moment on it's been a big part of my life to both receive and give acupuncture treatments,' she said.

There were many reasons why Rebecca became interested in alternative medicine and in particular acupuncture, apart from the feeling of wellbeing and relaxation a person often experiences after having a treatment.

'I wanted to explore the way stress may be caused by certain health and non-related health concerns and how it may actually contribute to creating certain unwanted health conditions.

'What also drew me to study Chinese medicine and acupuncture was the way it may help to prevent and treat disease and even encourage longevity. It offers a drug-free and natural approach to healing by stimulating the body's own/innate ability to heal.'



Acupuncture-Points-Chart-Model-back

How acupuncture works

Having invested in many acupuncture treatments over the years, and had a direct experience of how beneficial it's been for a variety of unwanted health problems, I was curious to know how it works.

'Acupuncture treatments may both treat and prevent illness by using the body's own natural healing ability. It involves the gentle insertion of very fine one-off disposable acupuncture needles into selected acupuncture points along pathways (meridians) through which qi (life energy) flows throughout the body.

'This process can help to clear any blockages or causes of disharmony in the body and restore the normal 'un-interrupted' flow of blood and qi.

'There are numerous factors why these blockages may have occurred: stress, diet, insufficient exercise, genetics may have contributed to imbalances in the body that can lead to a variety of health problems.

'Chinese medicine may also be able to assist with the symptom(s) associated with a condition, rather than treating the condition itself e.g. vomiting and nausea associated with chemotherapy.

'Acupuncture is an integral part of Chinese Medicine and may manage a range of symptoms such as pain, stress and fatigue that may be caused by a number of different health conditions. For example, If you have been diagnosed with a chronic disease or cancer, there may be ways in which

Chinese medicine can complement your treatment plan.

'There is some research evidence, that indicates Chinese medicine may assist in supporting fertility treatments such as IVF. There is also broad agreement by Chinese medicine practitioners and other health practitioners about acupuncture as an adjunct treatment for IVF,' she said.

Rebecca explained that acupuncture provides an individualised and holistic approach to health, as each client and their accompanied symptoms of their condition(s) may be unique.

'The amount of sessions can be discussed with the client after a thorough medical case history is taken and/or during subsequent treatments. For example, morning sickness related to pregnancy may need 3-6 weekly acupuncture visits. Again, this depends on multiple factors.'

The regulatory body in Australia that monitors Chinese medicine and other alternative health modalities, states that practitioners cannot claim to 'cure' a condition.

Acupuncture may be a clinically effective treatment method for a variety of health issues including non-specific lower back pain, osteoarthritis of the knee as well as tension-type headaches. Acupuncture may also help with pain management and relief as well as the management of stress and fatigue. The proof of the pudding is how the client's body may respond after an acupuncture treatment.

'Chinese herbal medicine can also be used as an adjunct therapy with acupuncture or in isolation. Acupuncture and herbs are both an integral part of Chinese medicine practice, which may help patients to manage a range of symptoms such as stress.'

I asked Rebecca about her goals for the future.

'My career is very fulfilling but I want to continue to grow as a small business. Every day I'm inspired to find new ways to improve a client's health and wellbeing. I try to encourage everyone to use their own bodies to relax, heal and rejuvenate.

'In the future, I'm hoping that mainstream Western medicine will pay more attention to Chinese medicine and do more research on how it may help people. I hope there is more integration of the two approaches to health as there are benefits to both. Alternative medicine is not called 'Complementary Medicine' for no reason. I would love for Chinese medicine to hopefully gain Medicare approval and be accepted into hospitals a lot more. Fingers crossed!

'In the meantime, I'm not planning to slow down anytime soon. I'm just very grateful to be doing what I love, whilst also helping people. What more could one ask?' Rebecca concluded.

Rebecca Dabscheck is a fully registered Doctor of Chinese medicine with an extensive knowledge and education in Acupuncture and Chinese medicine from decades of informative mentoring, tertiary education and continued learning in health and science. She opened her practice in Northwood early in 2014 after graduating from the University of Technology (UTS) with a double-degree in Traditional Chinese Medicine and Health Science.

Maggie Lawrence is a local author and screenwriter. You can visit her at www.maggielawrence.com



PATHWAYS

LONGUEVILLE

Meet Amelia! Resident Experience Manager at Pathways Longueville

A five-star approach to care and comfort at Pathways Longueville, Opening Soon



Amelia is all smiles as she brings her expertise to Pathways Longueville.



Enjoy fine dining everyday at our state-of-the-art residence.



Experience elegant, innovative and human-centered design.

With an impressive career in luxury hotels and 5 star venues, Amelia brings five-star service expertise to Pathways Longueville. As our Resident Experience Manager, she is passionate about creating an environment where every resident feels at home, valued, and celebrated. Amelia will champion the resident experience at Longueville, ensuring every detail, from daily interactions to unforgettable moments, reflects warmth, comfort, and elegance.

What inspired you to move from luxury hotels into aged care?

"My background in luxury hotels and venues taught me the importance of exceptional service, attention to detail, and creating memorable experiences. I was inspired to transition to a leading aged care provider to bring that same standard of hospitality to a setting where it truly impacts lives every day. In aged care, anticipating needs and exceeding expectations means living by values of Harmony, Respect, and Trust, so residents feel seen, not as a group, but as individuals. For me, it's about applying my hospitality skills to a more meaningful environment, where service is not just about luxury, but about dignity, wellbeing, and quality of life."

"From meals and family engagement, to creating a calming environment, Pathways Longueville is less like an aged-care residence, and more like a boutique hotel with care."

How will your hospitality background shape the resident experience here?

"My hospitality background has shaped the way I think about service; it's all about anticipating needs, creating comfort, and personalising experiences."



Get accustomed to a welcoming environment that feels like home.

"In hospitality, we focused on the details that made guests feel valued. I bring that same approach here by ensuring residents feel listened to, respected, and supported in daily life. It's about more than care, it's about creating a welcoming environment that feels like home. From attention to dining and meaningful engagement to maintaining a safe, inviting space, my hospitality background helps elevate the resident experience so every individual feels special."



"My background in luxury hotels and venues taught me the importance of exceptional service, attention to detail, and creating memorable experiences. I was inspired to bring that same standard of hospitality to a setting where it truly impacts lives every day."

Pathways Longueville has been compared to a boutique hotel. How do you see that vision coming to life?

"I see that vision through a balance of personalised care and a refined, welcoming environment. Like boutique hotels, we focus on detail, quality, and tailored services, creating warm, elegant spaces where every resident's preferences are respected. From meals and family engagement to maintaining a peaceful environment, these touches make Pathways Longueville feel less like an aged-care residence, and more like a boutique hotel with care."

What unique features of Longueville do you think residents will love?

"Residents will love how Longueville blends comfort with elegance..."

light-filled spaces and landscaped gardens, a retail precinct and amenities, restaurant-style dining, private suites, and inviting communal areas foster community connection and a sense of belonging. Thoughtful design and daily comforts make it a place residents will be proud to call home. Longueville will truly showcase a heightened focus on person-centered care and lifestyle."

How will technology and innovation design elements enhance resident experience?

"The Resident Assist System and the award-winning Du Chair are great examples of how innovation can improve comfort and peace of mind. Technology shouldn't feel restrictive, it should feel empowering. These tools allow our care team to respond more efficiently while giving residents independence and confidence."

What does "resident experience" mean to you personally?

"To me, resident experience means more than just the care we provide, it's about how residents feel each day. Do they feel safe, respected, comfortable, and valued as individuals? Are we supporting not only their health but also their happiness, dignity, and sense of belonging? Personally, I see it as creating moments of joy, comfort, and connection, whether that's through a kind interaction, a beautifully presented meal, or simply listening to what matters most to them. It's about ensuring every resident feels at home and truly cared for."



Taste a variety of private dining experiences and premium food and beverage packages.

If you could describe the atmosphere you want to create at Pathways Longueville in three words, what would they be?

"Warm, elegant, and personal."

For more information about Pathways Longueville, scan the QR code or email: ahickey@pathways.com.au



Pathways Longueville Premium Suite



From seizures to smiles: How a gift in your Will can change a child's life

Imagine your child is giggling one day, full of joy and then, in an instant, everything changes.

When Noah was 13 months old, his parents, Vanessa and Marcus, noticed unusual spasms, his eyes darting, and hands twitching. Concerned, they visited their GP, who referred them to The Children's Hospital at Westmead. An EEG confirmed their fears: infantile spasms, a type of seizure that occurs in babies.

An MRI later revealed a Focal Cortical Dysplasia in Noah's brain, a malformation in his left frontal lobe. By early 2020, scans showed seizures spreading across his left hemisphere. Doctors warned he could develop Lennox-Gastaut Syndrome, a severe form of epilepsy that can cause developmental delays.

Noah then began having unpredictable drop seizures. "He would suddenly collapse, often hitting his head," says Vanessa. "You're always wondering... is this



going to be the final head injury? Is it going to be a catastrophic seizure?"

By January 2021, his condition was deteriorating fast. His parents faced an agonising decision: brain surgery, with a 50/50 chance of success or watch his health decline further. They chose surgery.

On 28 June 2021, exactly two years after his diagnosis, an EEG confirmed Noah's seizures had disappeared.

"We were told his EEG was normal. I had to call back and ask, 'Did I really hear that right?'" recalls Vanessa.

Today, aged seven, Noah is bright, bubbly, and walking through life with a smile that melts hearts. He still receives therapy for speech and communication, but he is safe, happy, and thriving.

Noah's story shows the extraordinary difference world-class paediatric care can make. You can help ensure kids like Noah can continue to access life-saving care and treatment, wherever and whenever they need it.

By leaving a gift in your Will to Sydney Children's Hospitals Foundation, you can help shape a healthier future for generations of kids. Your gift, no matter the size, could help fund groundbreaking research, purchase vital equipment, and ensure every child receives the best possible care.

If you'd like to learn more about how you can leave a gift in your Will, we'd love to chat. Please get in touch with our Planned Giving Team on 1800 770 122 or email us at plannedgiving@schf.org.au

**1 in 2 Australians
don't have a valid Will.**

**Don't leave
your legacy
to chance.**

Scan here

Sydney Children's Hospitals Foundation.
ABN 72 003073 185

www.schf.org.au | 1800 770 122

Merri Southwood, Mayor of Lane Cove E: msouthwood@lanecove.nsw.gov.au



Every October we look forward to the Lane Cove Rotary Fair and Sustainability Lane, and this year is no exception! On Sunday 12 October from 9:00am– 4:00pm we are shutting down Longueville Road and Burns Bay Road for a huge street party, with rides, music, a barbecue, and so much more.

At The Canopy, Council is hosting Sustainability Lane, promoting sustainability and eco-friendly lifestyles. There will be plenty of family friendly activities including the chance to learn about Council's new Food Waste Service rolling out to stand-alone households in March next year.

Sustainability Levy Projects

It's a great time to celebrate sustainability in Lane Cove as we share just some of the amazing achievements our community has helped make possible. Lane Cove Council delivered 45 exciting Sustainability Levy projects in 2024/25. Together we've planted native verges, cleared litter from our harbour, launched a Seed Library, and brought new public art to life – all helping make Lane Cove an even more sustainable place to live.

Looking ahead, there's even more to celebrate. Council has approved 39 new projects for 2025/26, each funded by the Sustainability Levy to support the actions in our Sustainability Action Plan. This year you'll see a Living Seawall installed in Greenwich, the library's Sensory and Inclusive Community Collection expanded, upgrades at the Community Nursery, further utilisation of our Lane Cove Performance Space, and a new First Nations Public Mural for the Town Centre.

Council Meeting

Our next Council meeting is on Thursday 23 October at 7:00pm. We share a summary of outcomes the week following the meeting at: www.lanecove.nsw.gov.au/meetingwrapup



A Food Waste Service is Coming!

Council has resolved to implement a Food Waste Service with a target start date of March 2026. A report was presented at the August Council meeting outlining the benefits of the proposed service and how it would be rolled out to the community.

This new Food Waste Service is intended to begin with stand-alone households in March 2026, with townhouses, units and apartment complexes able to opt in from February 2027.

Stand-alone houses will receive a new kitchen caddy, compostable bin liners and maroon-lidded bin which will be collected weekly on the existing bin day. All other bin services will remain the same.

Find out more at:
www.lanecove.nsw.gov.au/foodwasteserviceannounced

LANE COVE'S

FOOD & WINE BY THE RIVER

featuring
Mudgee Wine Region



SUNDAY 2 NOVEMBER

11:00am – 5:00pm, Burns Bay Reserve, Riverview

Park at St Ignatius Regis Campus or catch a free bus from Burns Bay Road in Lane Cove Village



Lane Cove Council

Spring Weed of the Season

Balloon Vine is an invasive plant that climbs and smothers our native vegetation, threatening mature canopy trees.

How to identify it:

- Lime-green toothed leaves in groups of three
- Fine, rust-coloured hairs on stems
- Papery, balloon-like seed capsules (produced all year)
- Small white flowers in Spring & Summer

How to control it:

- Hand-weed small seedlings and remove seed capsules
- Cut stems at waist height, leaving upper growth to die off naturally
- Scrape and paint lower stems with glyphosate (follow safety instructions)
- Always wear PPE and avoid applying herbicide within 3 hours of rain

Don't confuse Balloon Vine for its native look-alike Slender Grape (*Cayratia clematidea*) which differs by having smooth stems (no hairs) and fewer lobes on leaves.

All landowners and managers have a General Biosecurity Duty to control invasive weeds on their property. Early action prevents spread to neighbours and local bushland.

Want help?

Join Council's Backyard Habitat Program for free garden consultations, native plants, and personalised advice.

Learn more and sign up for free resources at www.lanecove.nsw.gov.au/weedcontrol



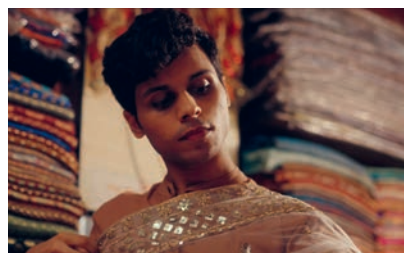
Announcing Lane Cove Cinema Club!

Lane Cove Cinema Club is a new initiative funded by Council's Sustainability Levy to drive social connections and cultural programming in our venues. The club will bring locals together for monthly film nights at the Pottery Lane Performance Space - followed by friendly chats and community-led curation. Help pick the themes, meet new people, and enjoy a diverse program of films that spark conversation and connection. To join the club, visit www.lanecove.nsw.gov.au/cinemaclub

Join the first screening on 23 October at 6:30pm!

Queer Screen will be bringing a special encore screening of its well-received Mixed Shorts premiere

from Queer Screen Film Festival. Featuring short films from Canada, India, Netherlands and the USA, Queer Screen is excited to share the collection at Pottery Lane Performance Space. Queer screen says "At a time when people aim to divide the LGBTIQ+ community, we do as we always have and come together to support each other. And all the films in this shorts program share that ethos."



COMING UP AT THE CANOPY

Makers Markets

Sunday 19 October
9:00am – 3:00pm

Explore the stalls and find something new at the markets held on the third Sunday of each month.



Jelly Bean Jam RETRO PARTY

Saturday
25 October
6:00pm – 9:00pm

The much loved Jellybean Jam is back in The Canopy, this time for a Retro Party! Join us in your best 70s 80s or 90s outfit and get ready to boogie! Tickets \$10.



Chess Club

Every Thursday 1:00pm

Every Thursday come play chess with a local chess group. Bring your own chess board or play on the large set. Around the BBQ areas – Free!



Halloween Movie Night – Wicked

Saturday 1 November
5:00pm – 7:00pm

Finish off your Halloween Candy watching Wicked. BYO Picnic blanket or low chair.

School Holiday Program – Basketball Workshop

Tuesday 7 October,
1:00pm – 2:00pm
Synergy Youth Centre

Take your basketball skills to the next level these school holidays! Learn shooting techniques, defensive moves and more with experienced coaches.

All skill levels welcome. Bring comfortable clothes, shoes with good grip and a water bottle. Tickets \$5 bookings essential.
www.lanecove.nsw.gov.au/events

HSC Study Nights

Fridays 10 and 24 October,
5:00pm – 8:00pm
Lane Cove Library

Friday 3 and 17 October,
5:00pm – 8:00pm
St Leonards Library

Enjoy some quiet study time and exclusive use of the Library for your HSC exam preparations.
No bookings required.

Chatty Chairs

Tuesday 7, 14, 21 and 28 October,
10:00am – 12:00pm
Lane Cove Library

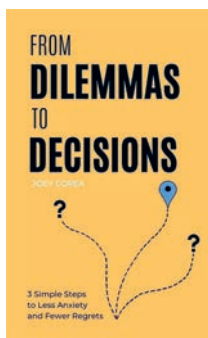
Come along to Lane Cove Library's Chatty Chairs and enjoy an opportunity to meet new people and build community. All are welcome.
No bookings required.

Author Talk with Joey Corea

Monday
13 October,
6:15pm
– 7:30pm

Lane Cove
Library

Join Joey Corea, author of *From Dilemmas to Decisions: 3 Simple Steps to Less Anxiety and Fewer Regrets*, for a talk on confident decision-making during Mental Health Awareness Month. Books available for purchase on the night.
Bookings essential
www.lanecove.nsw.gov.au/library



Military History Talk – The Blue Beret

Tuesday 14 October,
6:15pm – 7:45pm
Lane Cove Library

Army veteran Major Andrew (Andy) Brayshaw is an Army veteran with 43 years of military service behind him. 24 of those years were spent as a Combat Medic in the British and Australian Army. In this talk he shares his experiences as a UN peacekeeper during the Balkan Wars of the early 1990s.

Bookings essential
www.lanecove.nsw.gov.au/library

Makerspace Night

Thursday 16 October,
5:30pm – 8:30pm
Lane Cove Library

Design and make with 3D printers, laser cutters and more. New makers will learn to create a personalised bookmark with safety training provided.

Choose a 90-minute session
- 5:30pm – 7:00pm or
- 7:00pm – 8:30pm

For Ages 16+
Cost \$5.00 + booking fee.
Bookings essential
www.lanecove.nsw.gov.au/library



Tannery Creek Habitat Walk

Saturday 18 October,
9:30am – 11:00am
Tennyson Park, Lane Cove

Discover Lillypillies, Red Gums and other habitat highlights of Tannery Creek with an owl expert from the Powerful Owl Project.
Bookings essential at
www.lanecove.nsw.gov.au/events



Car Maintenance Workshop

Saturday 18 October,
11:00am – 1:00pm

Learn how to safely change a tyre, check your engine oil and test your batteries in this hands-on workshop.

Bookings essential

www.lanecove.nsw.gov.au/roadsafety

Senior Drivers Workshop

Wednesday 22 October,
10:00am – 1:30pm

This free workshop covers risk factors for older drivers, low-risk driving strategies, road rules, new car technology and NSW Older Driver Assessment options.

Bookings essential

www.lanecove.nsw.gov.au/roadsafety

Tech Savvy Seniors

– Introduction to the Internet

Thursday 23 October, 2:30pm
– 4:30pm. Lane Cove Library

Learn to navigate websites, download files and explore useful online tools. Bring your phone, tablet or laptop. For adults.

Bookings essential

www.lanecove.nsw.gov.au/library

Grandparents Day Thank You Craft

Friday 24 October,
3:00pm – 4:00pm
Lane Cove Library,
St Leonards Library and
The Yarn, Hunters Hill

Drop-in and create a special thank-you card for your grandparents in celebration of Grandparents Day!

No bookings required.

Small Business Month Event - AI DOJO

– Find Your Mojo with AI

Friday 24 October
7:30am – 9:30am
Pottery Lane
Performance Space

A fun free breakfast session for Lane Cove small businesses with special guests Audacity Innovations - learn simple ways AI can save time, spark ideas, and help your business grow.

Bookings essential

www.lanecove.nsw.gov.au/events

Moments in Music – A History of Jazz

Wednesday 29 October,
10:00am – 12:00pm
Lane Cove Library

Discover the most influential songs, composers and players in jazz, from Dixieland to Fusion. Presented by local musician Graham Ball.

Bookings essential

www.lanecove.nsw.gov.au/library

Halloween Storytime

Wednesday 29 October,
5:00pm – 6:00pm
Lane Cove Library

Come dressed in your Halloween best for a Silly Spooky Storytime! Enjoy themed songs, stories and take home a craft pack. Free event.

No bookings required.

Writers in Residence Group

Thursday 30 October,
6:00pm – 7:30pm
Lane Cove Library

Join our Lane Cove Writers in Residence group who meet monthly to share stories, discuss creative writing ideas and writing methods.

No bookings required.



Wild Walk

Thursday 23 October, 9:30am
– 11:00am. Ventemans Reach

Explore wildflowers and wildlife along Lane Cove River as part of Mental Health Month. A great way to boost your wellbeing while connecting with nature. *Bookings essential* at www.lanecove.nsw.gov.au/events

BUSH KIDS TERM 4 PROGRAM IS OUT NOW!

Get the kids out into nature with lots of activities to connect families with the natural world.

Bookings are essential, tickets \$10.85.

Go to:

www.lanecove.nsw.gov.au/bushkids for more information.

Leading through fear: finding meaning in uncertainty

'I'm not sure if I can keep this up much longer – the pretence.' These were the words of an executive after he'd been sitting for a short time in silence during a session. He had been at risk of refusing to change because he had tied up his entire identity to his job.

As someone on LinkedIn said in a recent post, 'the mask you wear can suffocate your potential'. Nothing drains you faster than living out of alignment with who you really are. Yet many of us do it for much longer than we should.

My work as both an executive coach and psychotherapist, often puts me in the presence of moments of awakening and admission. Sometimes it is corporate leaders and sometimes it's everyday people who are confronting their identity, purpose and fear in new ways. Hope often feels far away for them, and as a fellow human, I can feel it too.

The world we're navigating

We live in a fragmented and volatile world these days – economic instability, AI disruption, climate anxiety, political polarisation.

The pandemic has left many - even today, three years after it was officially 'over' - scrambling to find a sense of meaning, having lost in many cases financial stability, and often a sense of direction in life generally.

How different our places of work are today, and clients have a whole new set of consequential realities to contend with.

My coaching and therapy clients face different challenges.

Sometimes it's business clients, faced with decisions around the use of new technologies – AI. And their

people tussling with fear of a future they may not belong to, with AI replacing many jobs.

And for a therapy client in the USA, his trauma as he recovers from the effects of a tornado which in a matter of minutes literally ripped not only his house apart but turned his world upside down too. And now he is finding the strength and spirit to rebuild both.

Small shifts, big changes

Sometimes a few moments of reflection, a reframed story, a slowed-down breath, or a quiet moment of self-compassion can spark real change in someone's life. Not giving answers but helping people to listen to themselves.

There may be differences in the individual challenges, yet each demand requires the very same fundamental personal resources. Vulnerability, meaning, and resilience are strong personal assets – and for leaders in today's world, leading with emotional intelligence is a competitive advantage.

Many are feeling the weight of the world more than usual these days. If that sounds like you, you're in good company. Keep talking, keep feeling, keep asking for help.

Change starts with honest conversations. And if you're leading others – or yourself and your family – through uncertain terrain, these conversations matter more than ever.

**By Barbara Jones,
Director, Executive Mandala**

**E: [Barbara.Jones@
executivemandala.com.au](mailto:Barbara.Jones@executivemandala.com.au)**



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Barbara Jones
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executivemandala.com.au

Did you know?

Good Advice is expensive is the title of a 19th-century German painting by Berthold Woltze. The phrase is often seen as a metaphor for seeking valuable tailored advice and insightful guidance, often at a high financial cost.

I am certainly no painter, so here is some (free) medical advice from my experience as a doctor about things that you might find useful throughout your lifetime.

Children

- **Post-infective coughs are common.** Common colds (runny nose, productive cough) last about seven days. This initial phase is followed by a non-infectious dry cough, often worse at night, lasting up to four to six weeks. Nothing much that can be done, except time. Cough medications have limited value, especially for children less than six years of age.

- **Fluids are king when sick.** The human body can go weeks without food, but only a few days without water. Appetites are the first to go and the last thing to return during acute illnesses. But the younger the child, the more urgent the need to stay hydrated. As a general rule for babies/young infants, aim for minimum 50% of daily fluid intake and at least two heavy wet nappies for adequate daily hydration, in and out.

- **Enlarged tonsils and/or snoring does not necessarily need intervention.** Up to 20% of children snore but only around 3% have obstructive sleep apnoea. Snoring may be worsened by big tonsils, but if there is no recurrent tonsillitis (fewer than seven episodes annually), then tonsillectomy is often not needed. Removing tonsils can assist those children with sleep difficulties, and may improve daytime sleepiness, behavioural, developmental or growth problems.

Adolescent and younger adults

- **R U OK?** Suicide is the number one cause of death in both males and females between 15-44 years. In 2023, there was an average of nine



suicide deaths each day. Men are three times more likely to die from suicide than women. If you yourself (or someone you know) is feeling this way – PLEASE reach out. To a loved one, a friend, your doctor, support helplines (Lifeline on 13 11 44). There is ALWAYS something that can be done to help.

- **Eating disorders are a type of mental health condition.** Affecting up to 16% of Australians of all ages, eating disorders are the third most common chronic illness amongst young women, with 27% of eating disorder cases occurring among those aged 10-19. If you feel you have an eating disorder, get help as soon as possible - they are damaging to the body and can even be fatal, but they are treatable.

Middle-aged adult males

- **Get your health checks.** It's a stereotype but a true one. Men come to their doctor less often



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

for prevention health checks and come when symptoms (and often seriousness) of illness are at their peak. Get annual health checks done regularly. This allows for early diagnosis (and therefore treatment) of conditions that arise.

- **Shane Warne effect.** If there was one silver lining from his tragic death, it was that it increased heart awareness especially in males. Healthy Heart Checks are available annually for everyone from age 30. Coronary heart disease is the leading cause of death in males in those aged 45 years and older. Do not let yourself be another statistic.

- **Plumbing.** Erectile dysfunction has been shown in as many as 61% of Australian males aged 45 years and older. Urination problems occur in at least 40% aged 60+ and increases with age. Men often feel embarrassed to discuss this with their doctor, especially if your regular GP is female. Don't be – this is nothing your GP has not seen or treated before. Treatments can significantly reduce these symptoms and improve quality of life.

Middle-aged adult females

- **Mental health is queen.** This represents the leading cause of disability, with 43% of women experiencing mental illness at some time in their lives. Anxiety and depression are the big ones, making up 20% of the disease burden for women. With so many life course events impacting women (pregnancy, motherhood, career changes, menopause), good mental health is so important.

- **Breast cancer deaths are decreasing** and have reduced by 30% in the last 25 years. It is still the leading cause of female death (age 45-65). In NSW, mammograms are recommended for those aged 50-74 every two years, and earlier if there are risk factors. Remember that screening is for women with no symptoms. If you notice changes in your breasts, such as a lump, pain, or nipple discharge – do not delay and see your doctor as soon as possible.

- **Menopause – the unseen.** Depression, anxiety, mood swings, brain fog, changes in body image and self-confidence, hot flushes, mood swings, vaginal dryness, insomnia are all common symptoms. Whilst menopause is a natural biological event for all women, it does not mean that treatments can't be used to alleviate the often-debilitating symptoms. See your GP for a Menopause Health Assessment so that you don't suffer in silence.

Older adults

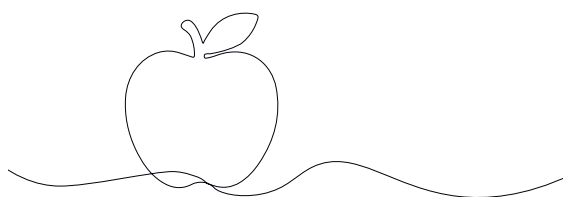
- **Look after your bones.** 66% of those aged 50 years and over have osteoporosis (weak/brittle bones) or osteopenia (pre-osteoporosis). There are over 183,000 broken bones each year due to poor bone health. 40% of women and 50% of men die within five years of an osteoporosis-related fracture. See your GP for a bone health check.

- **Remember this.** Dementia is the first and second-leading cause of death (in women and men respectively) and is calculated to cost \$4.9 billion per annum to the Australian health care system. Early diagnosis allows the ability to plan ahead and seek appropriate care. Dementia also takes a huge toll on one's loved ones/carers, so they must not be forgotten as well. Talk to your GP if you (or your family) are concerned about memory, thinking or changed behaviour.

Getting your affairs in order.

It's never a pleasant topic, but we all can't live forever nor in good health. An Advance Care Directive is an important way of letting people know your preferences about your healthcare and treatment in case you are seriously ill or injured and not able to make decisions. This is also the same for organ and tissue donation. An Enduring Power of Attorney allows you to appoint a person to manage financial and legal decisions on your behalf in case something happens to you, and you suffer from temporary or permanent loss of capacity.

There you have it. Health advice for throughout the ages. Or as the saying goes, 'an apple a day.....'





Rotary



Municipality of Hunters Hill

proudly presented by

McGrath

Tracey Dixon & Matt Ward

IN JACARANDA SEASON

HUNTERS HILL SPRING GARDEN

COMPETITION + OPEN DAY

-  **COMPETITION ENTRIES CLOSES - TUESDAY 14 OCTOBER**
-  **PRESENTATION EVENING - THURSDAY 30 OCTOBER**
-  **OPEN GARDEN DAY - SUNDAY 9 NOVEMBER**



FOR MORE INFORMATION : WWW.HUNTERSHILL.NSW.GOV.AU/GARDEN



(From left) Felicity McCaffrey (Hunters Hill Spring Garden Committee member), Mayor of Hunter's Hill Council, Zac Miles, Charles Amos (Vice President of Rotary of Hunters Hill), with Tracey Dixon and Matt Ward from McGrath Hunters Hill.

2025 Garden Competition in Jacaranda season

With the arrival of Spring, it's time for residents to prepare their gardens for the Hunters Hill Spring Garden Competition.

'Once again, we are thrilled to stage this event with Rotary, which celebrates Hunters Hill's rich heritage as Australia's oldest garden suburb. The Spring Garden Competition not only showcases the incredible talent of our local gardeners but also fosters community spirit and pride in our beautiful environment,' said Mayor of Hunter's Hill Council, Zac Miles.

'I look forward to seeing the creativity that goes into each garden, especially now that it is taking place in Jacaranda season.'

The competition is proudly supported by returning sponsors Tracey Dixon and Matthew Ward from McGrath Hunters Hill.

'There are some incredibly spectacular gardens in Hunters Hill and the Garden Competition is a great way to showcase the beauty of our suburbs. It's an honour to support this event each year,' Tracey said.

The competition will feature categories including:

- Overall best garden Individually maintained
- Professionally maintained
- Best small balcony and courtyard garden
- Best native inspired 'habitat-friendly' garden
- Best streetscape garden
- Best beautified or maintained public space
- *New category*: Best School Garden

Vice president of the Rotary Club of Hunters Hill, Charles Amos, said he is looking forward to building on the success of the competition.

'The Rotary Club of Hunters Hill is thrilled to see this annual event grow and blossom each year. The competition wouldn't be possible without the support of Council and our sponsors,' Charles said.

All funds raised will again be used for the maintenance and restoration of the Hillman Orchard on Alexandra Street, Hunters Hill.

Residents living in the Hunters Hill local government area can participate in the competition for free.

Online registrations are now open for the competition on Council's website until Tuesday 14 October, with prize presentations scheduled for Thursday 30 October.

Tickets are now also on sale for the Open Garden Day, where everyone can enjoy the splendours of the winning gardens.

The Open Day, taking place on Sunday 9 November, will showcase the winning entries as well as other iconic gardens in the Hunters Hill area, including historic estates *Bayfield*, *Kyhill* and *Wybalena* houses.

For more information and to register, go to www.huntershill.nsw.gov.au/garden.



Art Battle: where painting meets performance

If you think art is something you quietly observe from a gallery wall, think again. Art Battle, the live competitive painting phenomenon, is bringing its high-energy, interactive experience to Crows Nest Fest on Sunday, 19th October 2025.

Produced and hosted by Sydney creatives Luke Halpin and Evelina Tarassova, Art Battle transforms painting into performance. Artists have just 20 minutes to complete a painting while the audience votes in real time, making spectators part of the action. Once the battle ends, the artworks go under the hammer in an on-the-spot auction, with artists taking 50% of sales.

Since launching in Sydney in June 2023, more than 370 artists - ranging in age from 16 to 85 - have created over 440 artworks, with more than 75% selling at an average price of \$100 and some fetching over \$1,000. Winners from Sydney now have the chance to compete on the global stage, while the local arts and nightlife scene enjoys a significant boost, with over \$70,000 generated to date.

Art Battle fuels Sydney's creative scene - supporting artists, DJs, musicians, and venues, and sparking collaborations that continue long after the battle ends. Meanwhile, audiences enjoy a unique mix of visual art, live music, and social energy. Whether you're an art lover or just curious to see creativity unfold in real time, this is an event that turns spectators into participants.

For artist registration and updates, follow @artbattlesydney on Instagram.



Handel's *Messiah* at the Concourse

Willoughby Symphony Choir will perform Handel's *Messiah* in Chatswood Concourse on November 9. Drama, hope and the Hallelujah chorus: the ever-popular *Messiah* has it all. Willoughby Symphony Choir is very well known in Sydney's north shore and is widely recognised as one of Australia's finest choirs. The choir will be joined by Willoughby Symphony Orchestra and four soloists.

- 2pm Sunday 9 November
- The Concourse Chatswood
- Tickets Concourse Box Office
02 8075 8111 or online.
- Adult \$60 Concession \$50.

Pymble Players present *The Appleton Ladies' Potato Race*

Inspired by true events, Melanie Tait's affectionate Australian comedy is an effervescent and big-hearted tale about women taking action and showing the world there's more than one way to win a race.

When Penny returns to the small country town of her childhood just in time for the Appleton Show and its famous potato race, she discovers the winning man's prize is \$1,000 and the winning woman's prize is a measly \$200. When Penny decides to take steps to restore gender parity and coax Appleton into the 21st century, little could she have anticipated the spiralling, hilarious culture war that would follow.

Director Alexandra Pelvin on *The Appleton Ladies' Potato Race*: 'I love the clear voices that ring through in Melanie Tait's writing. Each of these characters is so familiar and instantly endearing, and at the same time so layered. The play is an absolute delight.'

- 24 October – 1 November 2025
- Zenith Theatre and Convention Centre,
Cnr McIntosh St and Railway St,
Chatswood 2067
- Bookings:
<https://pymbleplayers.com.au/tickets> or
T: 0490 366 346 (no SMS) (Monday to
Friday 12 noon - 8pm)



Discover the 2025 Greenwich Village Arts Trail

The Greenwich Village Arts Trail 2025 is bigger than ever, featuring a record 39 local artists - from prize-winning professionals to talented creatives with exciting side projects.

Eleven artists are opening their own studios, giving visitors a rare look inside their creative spaces, from tools and techniques to the artistic process. The rest of the trail offers face-to-face encounters with artists, making it easy to learn about their work and inspirations.

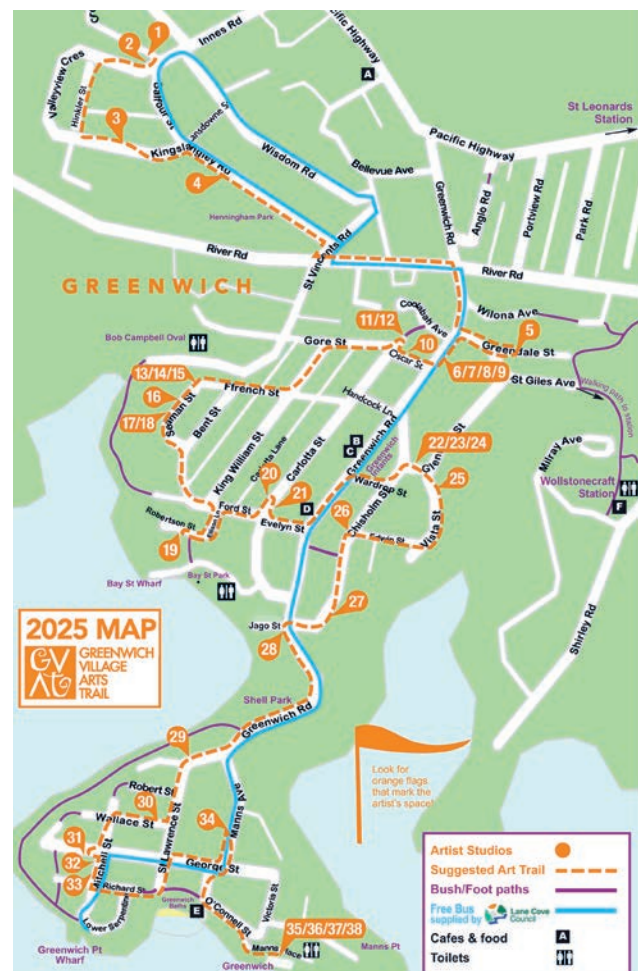
New this year, Simone Piccioni [Studio 7], a renowned Italian-Australian figurative artist, will show evocative oil paintings from his artist-in-residence studio. Atelier Greenwich [Studio 1], a collective of three artists, brings vibrant abstract, landscape, and figurative works. Other debut painters include Christopher Barischoff [Studio 5], Sabrina This [Studio 25], and Ian Brown [Studio 27], each offering bold and unique styles.

Three new 3D artists join the trail: Chris Warrell [Studio 34], a skilled woodworker; Kathy Hawkins [Studio 24], creating leather and fabric accessories; and Kim Hewitt [Studio 8], a potter producing original domestic ware.

All Greenwich cafés will be open throughout the weekend, or enjoy a picnic with water views, playgrounds, and BBQs at Bob Campbell Oval.

Getting around is easy with the free hop-on-hop-off shuttle bus, public transport, or driving. Trains, metro, and buses all connect to the trail, and Wollstonecraft Station links via the pedestrian Beencke's Bridge.

Pick up a hard copy map from local shops, or find a digital version online at www.greenwichvillageartstrail.com.au, Facebook, or Instagram.



William Piguenit bust unveiled



Mayor Zac Miles, President of Hunters Hill Historical Society Rod Stewart and committee member Tony Saunders pictured near the William Piguenit bust

A bust of the late local artist William Piguenit has been unveiled in front of the Hunters Hill Town Hall.

Sculpted by Sydney artist Gerry Colley, the Piguenit bust was placed outside the Hunters Hill Museum, next to the bust of another significant local artist, Nora Heysen.

Mayor Zac Miles, President of the Hunters Hill Historical Society, Rod Stewart and Hunters Hill Historical Society's past president, Chris Schofield, regaled attendees with stories of Piguenit's many accomplishments. The Mayor then unveiled the plaque with Rod and Tony Saunders (also a member of the Historical Society).

Piguenit was born in Tasmania in 1836 and later settled in Hunters Hill in 1880 until his death. He spent most of his life in Hunters Hill painting landscape scenes, including the Lane Cove, Nepean, Darling and Hawksbury Rivers. He became regarded as the leading Australian-born landscape painter.

Mayor Zac Miles spoke of William's everlasting contributions to the art culture in Hunters Hill.

'William Piguenit's contributions to the art world and locally here in Hunters Hill, were very significant, and he is now deservedly honoured in our community,' Cr Miles said.

'It's a great privilege to unveil this bust

in recognition of his remarkable legacy, which is deeply intertwined to our community and the vibrant art history we cherish here in Hunters Hill.'

Council was gifted one of Piguenit's paintings by Miss Marjorie Fitzgerald - his great niece, some decades ago. Council recently restored the painting, which is titled – Hauling in the Net, depicting the Lane Cove River. This is now on display at the Museum.

The Piguenit family also built two houses in Avenue Road, *Kaoota* and *Saintonge* where William had an art

studio built, which is still there today.

Rod Stewart expressed his appreciation for Council's support.

'The bust was funded through a generous contribution from Frank Pirreca, which helped commission the artwork, along with support from the Council's 2024 Community Grants Program,' he said.

Council thanks the Historical Society for organising this project and invites visitors to view the bust and the many other local treasures on display in the Museum.



William Piguenit bust in front of the Hunters Hill Museum

Hunters Hill High School receives funding boost



Back Row: Max Williamson, Ella Luft.
Front Row: Theo Andersen, Isidora Milas



(L-R: Ella Luft, Isidora Milas,
Theo Andersen, Max
Williamson)

Hunters Hill High School has received funding as part of the NSW Government's High Potential and Gifted Education (HPGE) partner schools program, supporting improvements to facilities and programs.

Principal Gregory Lill said, 'This is a great recognition for our school. We have gained local support steadily over the last decade and we'll now have the opportunity to do even more exciting things in the classroom. The staff are always excited when they get such opportunities, and this is a golden one.'

The funding is part of a \$100 million investment shared among 33 schools across New South Wales. It will upgrade science and technology laboratories, libraries, creative arts spaces, sporting facilities, and design workshops, helping schools provide tailored learning opportunities for high-potential students.

At Hunters Hill High, the funding will support facility upgrades to accommodate growing enrolments and broaden educational programs. Planned improvements include:

- A rebuild of the Creative and Performing Arts (CAPA) spaces, including purpose-built music and art classrooms, a sound studio, and a state-of-the-art performance space flexible for drama, dance, and music.
- A revamp of Technology and Applied Studies facilities, including upgrades to the commercial kitchen's learning space and prep room, allowing delivery of the full range of Hospitality courses.
- Upgrades to Information Technology infrastructure to better support teaching and learning.

Staff will also receive Professional Learning to help students reach their potential in a range of areas.

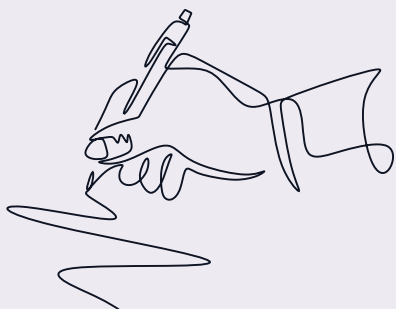
Community response has been positive. One local resident said, 'The science classrooms at Hunters Hill High School are the best equipped I have seen in all the many high schools I have visited.' A Year 8 parent added, 'I feel like Hunters Hill High School is a well kept secret - just the headspace, the beautiful grounds and natural beauty, and so many opportunities. And my child has been so happy here.'

Parents are optimistic about the opportunities the funding will bring. 'I am so excited that this funding will mean the school will have even more to offer in CAPA. It will mean better career pathways and access to the latest industry tech, and will also attract new students which will in turn foster a creative community at HHHS,' said a Year 7 parent. Another Year 8 parent said, 'I have been so happy with the way Hunters Hill High School has allowed my son and his friends develop their own intrinsic motivation as well as challenge themselves in endeavours such as sailing.'

'The HPGE funding will deepen the school's stellar reputation in the performing and dramatic arts as well as providing upgrades and opportunities in Technology, Science and other areas.'

With these upgrades, Hunters Hill High School looks forward to expanding learning opportunities and providing a supportive environment for students across academic, creative, and practical programs.

100 WORDS



"With October thirty-first fast approaching, my sister and I sprang into action, amassing an arsenal, to play tricks on our unfortunate neighbours, who didn't provide treats.

Mrs Pizzi's Jack o' lantern was our first victim, smashed to smithereens. She kept her little dog, Pucci outside in the Winter snow, so she had it coming. Next, Mrs Caminitti's Elvis memorial statue was given a makeover, with a shaving cream beard. Unlucky last, the Fortuna Footwear Factory, graffitied in chalk and pelted with a dozen eggs.

These days, I welcome Halloween somewhat more peacefully, with a pumpkin spiced chai latte".

Perihan Bozkurt, Lane Cove

After leaving the funeral parlour in Macquarie Park, I drove back to my own studio in Chatswood West. Images from the nursing home keep flashing back. Aged people are deserted there like unwanted furniture waiting for their final moment. I picked up my old books one by one from the fragile timber shelf. Then I read the self inscriptions on the front pages, whispering good bye to them like murmuring to someone dying. Dusk is creeping in like stage lights fading away one after another. This is a long farewell; it is also my final adieu to this secular life.

Franz Cheung

Do you have a 100 word story?

Email:

editor@thevillageobserver.com.au

REVIEW

The Midnight Estate

By Kelly Rimmer



I am a huge fan of Kelly Rimmer, I love her historical fiction; *All The Things We Cannot Say*, *The German Wife*, etc. I really liked her contemporary novels too, such as *Before I Let You Go*. I think she does characters really well - you always seem to know their motivation – and setting is always so well done in her novels. I am a huge fan.

I was SO excited for *The Midnight Estate*, out this month. Her novels are auto buys for me, I don't need to know anything about them, and I'll invariably start reading on the way home from getting it...all this is to say *The Midnight Estate* caught me off guard. I loved it.

The Midnight Estate is a gothic, book within a book mystery...I SO wasn't expecting it!

Fiona returns to the decaying family estate of *Wurimbirra*. She's had one of those years; divorced and now out of the family home and family business. I would just like to mention how fantastic I think it is to see 'next chapters' stories...haven't we all been there?!

Of course this heritage architect is going to restore this rambling country mansion as her next project, of course there are secrets that have been hidden, there is a book that Fiona starts to read and even that mysteriously disappears...this is a cracker of a mystery and I could not put it down. I loved it!

It also has a lovely cousin relationship explored, something I don't think we see enough of in fiction and seeing the character of Uncle Tad, the absent minded and distracted author was so much fun. Just like I pictured an author to be!

The Midnight Estate is a dual timeline story that really tackles some big issues (check for trigger warnings if you want them) it's also a really beautifully story imagining all the things one of those incredible country mansions have lived through.

This is a new direction for Kelly Rimmer, one I wasn't expecting and one I was completely there for.

The Midnight Estate is in bookshops now and I cannot recommend it highly enough!

October Books I'm looking forward to:

Gravity Let Me Go by Trent Dalton

Runt and the Diabolical Dognapping by Craig Silvey

The Impossible Fortune by Richard Osman

The Lucky Sisters by Rachael Johns

Last One Out by Jane Harper

Review by: Anna Loder. Anna is the founder of 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



The new neighbours

FICTION BY ISSY JINARMO*

'There's a lot of commotion going on next door,' whinged Matthew Briggs to his wife, Maisie.

'Really, dear, I hadn't noticed.' Maisie shook her head, choosing to ignore her grouchy husband's comment.

The couple lived alone, their married son and daughter living further up the NSW mid-north coast. Maisie missed her everyday contact with her children, immersing herself in hobbies – gardening, reading and amateur dramatics – not that Matthew approved of her theatrical adventures!

From the window she watched as the removalists delivered the new neighbours' furniture watched on by a young couple with two small children. She sighed, a look of sadness on her face. The previous neighbours, Jill and Bob had moved to a retirement village. 'I will miss them,' Maisie thought. 'Youngsters. This could be interesting!'

A few days later she answered a knock at her front door.

'Hello,' said her young visitor brightly. 'My name is Akshay. I'm 7. My mum told me to knock on your front door because my sister, Jaya, hit our ball over your back fence. We are very sorry!'

'Maisie!' Matthew's loud voice boomed through the house. 'One of those kids next door just hit a ball into our back garden.'

Maisie ignored Matthew's comment. 'Come in, A-a-kshay,' she said, stumbling slightly with his name.

Akshay wiped his feet, gave Maisie a big grin and followed her along the hallway.

'Trust us to have damn kids move in next door,' Matthew spluttered.

'Say hello to Akshay, dear,' Maisie said, ushering the youngster into the lounge room. 'He's apologised very nicely and is here to collect his ball.'

'Hhmm! Just get the ball, kid!' Matthew mumbled as he walked away.

'He is a cranky old man Askhay, don't worry, it's not your fault. Go outside and collect your ball. You can come over anytime if it happens again,' Maisie said, full of embarrassment and repressed anger toward Matthew.

Askhay wiped his sleeve across his nose and headed off to the backyard in silence.

'I'll fix that old grouch,' Maisie whispered. 'He doesn't like kids, doesn't like people generally, especially foreigners, doesn't like anything or anyone! Lives in the dark ages.'

'What's this, Maisie?'

'Only a Covid test, Matthew, better to be safe than sorry.'

'But I don't feel sick,' he implored.

'Just do it!' She screamed. He reluctantly did the test to 'shut her up'.

Maisie grinned to herself as she packed up the kit.

'Matthew's mother did say a lot of strange things happened during WWII,' she recalled. 'I have had the feeling she could have been hinting about something relating to Matthew's heritage. I'll get this test kit away to Ancestry in tomorrow's



mail. Who knows what bitter pill he may have to swallow.' She smiled, a satisfied look on her face. New neighbours from far away had made her wonder.

It was with a mixture of hesitation and excitement that she opened the envelope from Ancestry a few weeks later. Her excitement turned to astonishment when she read the result: 68% West European Roma, 32% Germanic Europe. Could they have made a mistake, she wondered?

She felt some trepidation when she approached Matthew and told him she'd bought him a surprise gift. His reaction wasn't one that she expected. He took the envelope from her in his usual grumpy manner muttering he thought she was more likely to spend money on those rowdy kids next door.

He opened the envelope and said nothing for a minute then waved the paper excitedly above his head. 'That's it,' he yelled, 'that's the answer. I should have known.'

'Known what?' asked Maisie.

'Known I'm special. I wish I could remember. I just have vague flashbacks, like dreams, which have driven me crazy for as long as I can remember. I told you I was sent over here as a toddler after WWII and adopted. Mum and Dad said they knew nothing of my background other than I was rescued from a Nazi camp. I thought my parents must have been Jewish but they were gypsies, Maisie, gypsies. That's why I have so much trouble settling into what you call normal life. Why I feel so darn restless and lost all the time. I'm going to buy a caravan, Maisie! I'm going to buy a caravan and we're going on the road. Start packing Lovie, we're off.'

It was a long time since Matthew had called her Lovie. She smiled and wondered if their first trip could be to see their son and daughter.

She heard a thump as another ball from next door landed on their roof. She was very surprised when she heard Matthew call out, 'Let me get that, Akshay and Jaya. I feel like having a bit of a kick myself.'

**When COVID struck, three inventive women from far-flung parts of the country let their creativity run away with them. Jill Baggett, Narelle Noppert and Maureen Kelly OAM collaborate under the pen name, Issy Jinarmo, a project that kept them sane in isolation and has since proven to be so much more.*



The maintenance team hard at work

‘Goat Squad’ completes mission at Ryde Bus Depot

Who needs weed spray when you can have hill-climbing living lawn mowers?

Instead of using chemicals, Busways has taken ‘eco-friendly operations’ to the next level at Ryde Depot, bringing in a herd of rescue goats to tackle more than 700 square metres of wild weeds on a steep slope behind the depot buildings.

This Goat Squad turned the job into the ultimate munching party - chomping through the thick greenery in just four days, leaving the depot cleared, tidy, and chemical-free.

Busways partnered with Central Coast group *Flocking Adorable*, which uses rescued goats as natural ‘mowers.’ They not only provide an environmentally friendly solution to weed control, but also offer the animals a new life, safe home, and a tasty meal at each deployment.

‘It’s a win-win,’ said Suzzane Mildren, Sustainability Manager at Busways. ‘Watching the goats clear the depot was a reminder that sometimes the simplest solutions are the smartest. Sometimes with a little imagination, we can tackle everyday problems in ways that are both effective and environmentally friendly.’

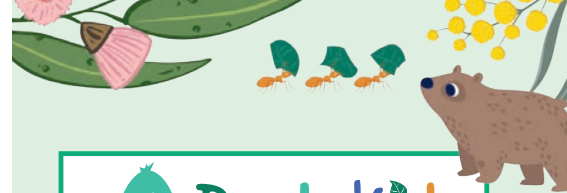
‘This simple sustainable solution in our everyday operation shows that sustainability and animal welfare can go hand in hoof!’



Before



After



OCTOBER HOLIDAY PROGRAMME

● Stanley – King of Camouflage

School Holiday Activity for children aged 4 to 12 years

Find out what the Claggert family get up to on holiday with a comical look at camouflage. We’ll also go on a bushwalk to look for invertebrates and get creative with nature craft to make our own ‘Stanley’ to take home.

- Wednesday 1 October
- 9:45am – 11:15am
- Blackman Park (far end of Lloyd Rees Dr - past the playground), Lane Cove West

● Buzz

School Holiday Activity for children aged 4 to 12 years

What’s the buzz? Bees! Around the world, bees play an important role pollinating plants. Australia has some special bees and even a stingless one! Join us to discover bees, with a story, bushwalk and nature craft. You’ll be buzzing with excitement!

- Thursday 2 October
- 9:45am – 11:15am
- Tambourine Bay Park, Tambourine Bay Rd, Riverview

● Muttaborrasaurus

School Holiday Activity for children aged 4 to 12 years

Travel back in time to when Australia was part of Gondwanaland and to a land of dinosaurs. We’ll learn about Australian dinosaurs and have a roaring good time being a paleontologist for the day.

- Friday 3 October
- 9:45am – 11:30am
- Blackman Park (far end of Lloyd Rees Dr - past the playground), Lane Cove West

● Once a Tiny Tadpole

School Holiday Activity for children aged 4 to 12 years

Tadpoles are secretive babies who grow up to be frogs! Their life cycle is an interesting one and there are lots of frog species in Australia to learn about. Join us for a frog calling game, bushwalk and nature craft to make a frog of your own.

- Wednesday 8 October
- 9:45am – 11:15am
- Stringybark Reserve, Murray St, Lane Cove North





BobCoassin



LibbyHayes

Horns Plus to swing Lane Cove!

Locally-based 19-piece swing outfit *Horns Plus Big Band* will again be bringing their big sound to this year's Lane Cove Rotary Fair on Sunday, October 12th.

Performing from 2.00pm to 3.00pm on the Lloyd Rees Bandstand in the Lane Cove Plaza shopping precinct, *Horns Plus* is directed by renowned trumpet player (and Lane Cove resident) Bob Coassin who has been working with the band over the past few years. Bob has had a long career in the US, Europe, and Australia, playing with some of the biggest names in music including Ray Charles, Buddy Rich, James Last, and James Morrison.

Making her Lane Cove Fair debut with the band will be vocalist Libby Hayes, who has enjoyed a 40-year career in the entertainment industry, including such shows as *The Sentimental Bloke*, *The Buddy Holly Story*, and *Godspell*. Libby has also fronted big band the *Hollywood Horns*, duo *The Incidentals*, and her own original country soul band *Libstarr*.

Horns Plus are sure to get your feet tapping with a colourful mixture of big band jazz numbers.

Horns Plus Big Band has been operating for over 20 years and is based in Lane Cove. The band performs for a variety of public and private functions, community events, and jazz festivals.



Local tweens launch community-backed punk rock album

Young Crows Nest band *REVERSE REVOLUTION* has launched its debut EP with an all-ages, sold-out punk rock show ... and its oldest member is just 13.

The album, titled *Bonjour Aliens*, has been 18 months in the making and features four original tracks covering themes of young love, nostalgia, and the all-important search for belonging.

With 12-year-old Deon Aldridge-Chow on drums and vocals, 11-year-old Owen McEvoy on lead guitar, and 13-year-old Axel Teoh on guitar and vocals, *REVERSE REVOLUTION* has been drawing crowds with their lively performances outside shops and cafes on the lower north shore.

The band is influenced by legends like Green Day, Blink-182, the Killers, Metallica, Nirvana, Foo Fighters and Wolfmother, and mentored by local indie artist Kyle Charles Hall. The result: a huge sound that belies their youth with infectious riffs, whimsical lyrics, and raw, chaotic punk rock energy that disarms and uplifts listeners of all ages.

To raise funds for recording, *REVERSE REVOLUTION* spent a large part of the year busking in Lane Cove, Crows Nest and Drummoyne. They credit the generosity and enthusiasm of their local communities — in particular, Paul Bennett of the Lane Cove Live Music Zone — for helping to bring the album to life.

'We've been working on *Bonjour Aliens* for a long time,' Owen says. 'We had to save up to record our songs, and are very thankful for all the people who supported our busking so we could make this happen.'

The boys met at the Big Music School and Studios in Crows Nest, where they were recruited for the elite Young Guns cover band and bonded over a love of music and video games.

More than just a passion project, *REVERSE REVOLUTION* was a safe space for the trio, supporting them through social fallouts, disappointments, and the move to new schools.

'With *REVERSE REVOLUTION*, we're all different but we just get each other, and we can talk about anything, whether it's music or games or school or our siblings,' Deon says. 'It's different from the friendships we have elsewhere. For example, when I was younger, I wanted to be like Dave Grohl and now I'm really into YUNGBLUD, but most kids I know have no idea who any of those people are!'

'We're more than just bandmates, we're family,' Axel agrees. '*Bonjour Aliens* is our story, and every track is a piece of who we are: the laughs, the fun and the occasional Fortnite chats that keep us energised.'

Bonjour Aliens by *REVERSE REVOLUTION* is available on most streaming platforms including Spotify, Apple Music, YouTube, and Tidal. It features four tracks: *Sweet Honey Smoke*; *I Remember*; *My Place*; and *Fade*.

Find out more about the band at reverserevolution.com.au



An unforgettable Father's Day

Thousands of people gathered at the Boronia Park Ovals on Sunday, 7 October to celebrate Father's Day at the annual Moocooboola Festival.

This year's festival was bursting with family-friendly entertainment, including rides, a circus playground, carnival attractions, food stalls, a market bazaar, live performances, showbags, free photo magnets and the popular Dog Show. There were also exciting new attractions, including a farmyard petting zoo experience, pony rides, a health and wellbeing zone, a bar precinct, a sensory zone, mini golf and learn to DJ workshops, making it an unforgettable day for everyone.

The event was a great opportunity for locals to connect with others in the community and to learn about services and organisations in the area.

Mayor Zac Miles said it was great to mark Father's Day this year with the community.

'Moocooboola Festival is always a wonderful celebration of local culture and community connection that we share here in Hunters Hill,' Mayor Miles said.

The crowd favourite Dog Show was full of wagging tails, as the canine companions paraded in the hay bale-lined arena. The Dog of Show was awarded to 10-month-old mini Groodle, Maisey, by judge Mayor Miles, alongside event sponsors Optus and Swimart Gladesville.

Maisey's owners, Ben, Betty, Tom, Franky and Jamie said the family were delighted that their pup won the hearts of the community.

The day was a testament of the strong sense of community spirit that exists in the Hunters Hill municipality.

Hunter's Hill Council thanked its sponsors and the other local businesses, organisations, volunteers and community members who participated and helped make this year's Moocooboola Festival a huge success.



● Beetle Mania

School Holiday Activity for children aged 3 to 12 years

There are 300,000 species of beetles in the world! Whirligig, Dung and Christmas are just some of the beetles that live in water or on land. We'll be learning about, exploring and looking for beetles on our bushwalk and decorating one of our own to take home.

- Thursday 9 October
- 9:45am – 11:30am
- Blackman Park (far end of Lloyd Rees Dr - past the playground), Lane Cove West

● Skippy

School Holiday Activity for children aged 3 to 12 years

Australia is known for its kangaroos and Skippy, the Bush Kangaroo is the most famous. Let's have some fun learning about kangaroos and other pouched Aussie animals. We'll hop along on a bushwalk and make a roo of our own to take home.

- Friday 10 October
- 9:45am – 11:15am
- Stringybark Reserve, Murray St, Lane Cove North

● Out of Nowhere

Term Activity 2 to 5 years

Let your child's imagination visit the land of Aussie bunyips - wonderful creatures from Aboriginal legend. Join us to read a story about a bunyip baby, go on a bushwalk looking for bunyips and decorate a bunyip egg of our own to take home.

- Tuesday 21 October
- 9:45am - 11:15am
- Stringybark Reserve, Murray St, Lane Cove North

● Chirp!

Term Activity 2 to 5 years

Spring is a busy time in the bird world with lots of chirping, nest building and looking after nestlings. Join us for a bushwalk to listen to and look for birdlife, read a story and make a bird of our own to take home. You'll be chirping with excitement!

- Thursday 16 & Wednesday 29 October
- 9:45am – 11:15am
- Tambourine Bay Park, Tambourine Bay Rd, Riverview



www.lanecove.nsw.gov.au/bushkids



Sometimes we are fortunate to witness the quiet brilliance of everyday people: carers, older Australians, people living with disability, and the families who support them. These are the people who make our community what it is: resilient, compassionate, and deeply connected.

Our work is all about helping people live independently in the communities they choose, not just through services we provide, but through meaningful relationships and a sense of belonging. It's about creating environments where people feel safe, seen, and accepted. Whether it's a warm meal delivered with a smile, a lift to a medical appointment, or a friendly chat over a cup of tea, these moments build trust and connection. They remind us that community is not just where we live, but how we live together — through kindness, respect, and shared humanity.

Sometimes, though, the most powerful stories unfold in front of us when we least expect them. This year, we were thrilled to support our Different Degrees Drama Ensemble, a vibrant group of performers with diverse abilities, who absolutely lit up the stage at the Lane Cove Fringe Festival. Their performance was full of humour, heart, and raw talent, a celebration of creativity, courage, and community. It was a beautiful reminder that feeling safe, seen, and accepted can come from being part of something bigger, a community that values every voice and every story.

One moment stayed with me. After the final bow, one of the performers stepped forward, paused, and with a beaming smile said, "I want to thank my dad." It was a simple, heartfelt, and deeply moving moment. Behind every achievement, there's often someone quietly

cheering us on, driving us to rehearsals, helping us learn lines, and believing in us when we forget to believe in ourselves.

That's the essence of care. It's not always loud or visible, but it's life-changing. And while we don't need a special week or day to celebrate carers, October gives us a gentle nudge to say thank you for the early mornings, the late nights, the patience, and the love.

As we approach National Carers Week (12–18 October), I encourage you to take time to honour the incredible carers who make these moments possible every day. Carers are the quiet champions in our communities; family members, friends, neighbours, and support workers, who offer not just practical help, but emotional support, companionship, and advocacy. They help people navigate daily life, maintain independence, and stay connected to the people and places that matter most.

This week is a chance to celebrate their dedication, raise awareness of their contributions, and say thank you. Because behind every story of independence and connection, there's often a carer making it possible, with compassion, resilience, and love.

And if you've ever dreamed of performing, expressing yourself, or simply being part of something creative and inclusive, the Different Degrees Drama Ensemble is always looking for new members. No experience needed, just a love of storytelling and a willingness to give it a go. Come join us, you might find your voice, your people, and your spotlight.

So whether you're a carer, a client, a volunteer, or someone just settling into a new neighbourhood, thank you for being part of our community. If you're looking to connect, we're here!



T 02 9427 6425 **E support@sydneycs.org**

LANE COVE HUB: Head Office: 1 Pottery Lane, Lane Cove
MEETING HOUSE HUB: 23a Stokes Street, Lane Cove North
HUNTERS HILL-RYDE HUB: 46 Gladesville Road, Hunters Hill



Supported by the Australian Government
Department of Health and Aged Care

SPECIAL EVENTS @ THE HUBS

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



Golden Girls Spring Fashion Parade

Enjoy a morning of fun, fashion & friends with stylish, age-friendly looks and chic accessories – all while indulging in our signature morning tea.

Date: Thursday 9 October

Time: 10am - 12.30pm

Location: Lane Cove Council, Cove Room, Ground Floor, enter via 2 Little Street

Cost: \$20



Memory Café Special Gardening Session

Meet our friendly gardening team, enjoy activities, share experiences, and connect with others. A warm, relaxed space for carers and those living with dementia to socialise, unwind, and discover ways to live well.

Date: Wednesday 15 October

Time: 10am – 12noon

Location: The Meeting House Hub, 23a Stokes St, Lane Cove North

Cost: FREE



Line Dancing

Looking for an activity that's easy to start, great for all fitness levels, and packed with benefits?

No partner required.

Date: Wednesday 15 October for 8 weeks

Time: 1.30pm– 2.30pm

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



reACTIVATE – Move Well and Live Well for Men & Women

Stay strong, improve balance, and enjoy good company in our new seniors fitness class. Build strength in a relaxed, supportive setting.

Date: Taster class Wednesday 22 October.

Term commences 29 October

Time: 11.00am– 12noon

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

Cost: Taster is FREE. 8 week term \$96



Sydney Community Services

WHAT'S ON OCTOBER 2025

HOURS OF OPERATION:

- 8.30am - 4.00pm
- Monday - Friday

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 20 October, 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.



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.

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...

Friday Group at the Seniors Hub

Each Friday enjoy fun outings and day trips designed for older adults to connect, share, and feel supported!

With inclusive activities, dementia-friendly support, and tasty meals provided, carers can relax knowing

loved ones are safe and having a great time.

Contact us for more information.



Movie and Morning Tea

Chicago the Musical

starring Renee Zellweger, Catherine Zeta-Jones and Richard Gere.

- Wednesday 29 October
- 10am - 12pm
- Cost: \$30
- Location: Meeting House Hub



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.
- Returns: 2.00pm

Contact us for the monthly program and cost.



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



TRENTON BROWN
CITY OF RYDE MAYOR

P: 9952 8222
E: TMayor@ryde.nsw.gov.au

Celebrations All Round

It is with great pride and honour that I celebrate the high school graduating class of 2025. I wish you nothing but success in your final exams and hope that you take the lessons that you have learnt in your time at school and go out and make a difference in the world.

While studying is important, take time to nurture your relationships, celebrate your successes and enjoy the moments of your final weeks of school.

I also want to recognise the tremendous success of the 2025 Moocooboola Festival that was held on Sunday the 7th of September at Boronia Park Ovals in Hunters Hill. A long-standing favourite in our local calendar, the festival once again brought the community together in a celebration of creativity, culture and connection.

With an estimated 15,000 people in attendance, this year's event was one of the most vibrant in recent memory. Families, friends and neighbours gathered under clear skies to enjoy a wonderful mix of live music, rides, markets, food stalls and community performances. From the laughter of children in the petting zoo to the lively conversations across picnic rugs and market lanes, the day truly captured the welcoming and generous spirit of Hunters Hill.

With the successes of Moocooboola; the Lane Cove Rotary Fair is looking to be just as much of a spectacle. Being held across the Lane Cove Plaza, the Canopy, Longueville Road and Burns Bay Road on the 12th of October, this day is all about improving the community. The Rotary is committed to many projects this year, including the Delvena indoor furniture upgrade, Street-Side Medics PPE consumables, Sydney Community Services Bus maintenance, D-Café morning tea support weekly meetings, Lane Cove Primary Schools Public Speaking and Lane Cove Youth Orchestra music camp. The Fair will be bustling with live entertainment with a raffle drawing at the end of the day. I hope to see you there and cannot wait to see many of you for chats at my stall!

Granny Smith headlines a month of festivities

The one thing the entire City of Ryde community anticipates more than anything else as the spring weather warms up is our beloved Granny Smith Festival, which is celebrating its 40th anniversary on Saturday 18 October in the heart of Eastwood.

This wonderful annual event – which takes place from 9.00am to 8.30pm – has rightly taken its place as one Sydney's largest and most popular street fairs, regularly drawing crowds of more than 80,000.

This year's festival will showcase classic favourites, including amusement rides, market stalls, food trucks, live performances, a youth zone, and kids' activities, as well as some exciting new activities. The day will conclude with an action-packed finale show and a spectacular fireworks display.

What makes the Granny Smith Festival truly special is its strong community spirit, with over 200 stallholders, 500 performing artists, and up to 1,000 local participants proudly taking part in the grand street parade.

So come along and help us celebrate the life of Maria Ann 'Granny' Smith and the history of the world-famous Granny Smith apple.

Another great celebration is occurring on 16 October with City of Ryde's Moon Festival, a joyful evening of cultural performances, community connection, and festive spirit which is being held at the North Ryde School of Arts Community Centre between 5.30-7.30pm.

Also known as the Mid-Autumn Festival, this celebration honours the full moon as a symbol of reunion, gratitude, and hope. It is a treasured tradition across many East and Southeast Asian cultures.

A wonderful program will showcase traditional and contemporary performances from a range of cultures, including Chinese, Korean, Thai, Japanese and more.

And on 25 October, I'm looking forward to seeing as many people as possible at my Ryde Mayor's Tree Planting Day, which is being held at Mallee Reserve, Gladesville, from 10am to 12.00pm.

You'll be able to help improve the local environment and watch over time as the plantings flourish into a haven for native wildlife. All tools, gloves and training will be provided – you just need bring your enthusiasm!

Please wear long pants, a long-sleeved shirt, enclosed shoes and a hat. A free BBQ and refreshments for participants to enjoy will be provided at midday.

For more information on these and other activities and events happening throughout October, go to: ryde.nsw.gov.au



TIM JAMES
MP

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

One of the great strengths of Willoughby is our rich network of local grassroots organisations, the schools, clubs, preschools, churches, community groups and volunteer-run services that bring people together and make daily life better. They are the quiet achievers, often run by locals giving their time and energy to keep things going.

That's why I'm so pleased to have secured support for 15 grassroots projects that benefit these organisations across our community. It's all about giving community organisations the practical support they need to upgrade facilities, create better spaces and continue their good work.

These groups are the heart of our community. They nurture our children, support our seniors, keep us healthy and active, and provide places where people connect. Supporting them is one of the most rewarding parts of my role.

A project of note is at Cammeray Public School, where I've secured funds for the P&C to upgrade the school's playground. The current equipment is over 25 years old and in poor condition. I've been advocating for this upgrade, and I'm thrilled to see it now moving ahead. A safe, modern and inclusive playground will mean so much for local children and families.

Another worthy project to receive support is the installation of modern water stations by the Artarmon Public School P&C to improve access to water to students and all users and visitors to Thomson Oval.

Chatswood Rangers will upgrade lighting at Chatswood High School Oval, while Northbridge Macarthur Bulls FC Foundation will invest in new training equipment. Willoughby Community Preschool will receive energy-efficient air-conditioning keeping kids cool in summer, Willoughby Arts Centre will refurbish washrooms, and St Paul's Chatswood will install solar panels.

From youth outreach at the fabulous youth charity Streetwork to improved bus accessibility at Lower North Shore Community Transport, these are practical improvements that touch lives in real and lasting ways.

I congratulate each of the successful organisations and thank them for their service to our community. They deserve this recognition and support. I'll always back local groups because when they are strong, our whole community is stronger.



ZAC MILES
HUNTERS HILL MAYOR

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

It was fantastic to once again host Moocooboola Festival last month and see the community come together again for our premiere local event. Looking ahead, we are now gearing up for the Hunters Hill Spring Garden Competition and Open Day, along with a number of community favourites in the lead up to Christmas.

I encourage everyone to take part in the Spring Garden Competition and show off their gardening skills. Make sure to register before Tuesday, 14 October to be in the running for some great prizes.

I also look forward to celebrating the public spaces in our schools in the new category, as well as the many private gardens and streetscapes that make Hunter Hill so special.

Tickets for the Open Garden Day, taking place on Sunday, 9 November, are also available for purchase. This year's event has been scheduled to coincide with the blooming of the Jacarandas, a time when Hunters Hill is at its most vibrant, making it a wonderful day to attend. I encourage everyone to register and purchase their tickets. All proceeds will go towards the restoration of the Historic Hilman Orchard.

For more details, visit huntershill.nsw.gov.au/garden.

The event is organised by the Rotary Club of Hunters Hill in partnership with Hunter's Hill Council and is generously sponsored by Tracey Dixon and Matt Ward from McGrath Hunters Hill.

Next on our events calendar is the Young in Art exhibition. This annual youth exhibition features artworks by students from all eight schools across the region. This exhibition celebrates the creativity and hard work of both teachers and their students and is an opportunity for local young artists to showcase their talents.

Young in Art will take place from Thursday 23 October to Sunday, 26 October between 10am and 4pm at the Hunters Hill Town Hall.

Following this exhibition is a brand-new outdoor landscape painting day, L'Arte de la Terre en plein air, which will take place at Clarkes Point Reserve from 10am.

This event offers artists of all levels an opportunity to uniquely capture the local natural scenery in an open-air setting.

The winning artworks for the Best Landscape and People's Choice Prizes will go straight into the final for the Hunter's Hill Art Exhibition in May 2026.

For more information about all our upcoming events, visit www.huntershill.nsw.gov.au/events.

COMMUNITY CONNECTIONS

Room Hire at the Meeting House

Looking for the perfect venue for your next celebration, meeting, or community event? The Meeting House in Lane Cove offers a versatile and welcoming space that takes the stress out of hosting at home.

With both indoor and outdoor areas, you'll have the flexibility to create an event that suits your needs – whether it's a birthday party, family gathering, workshop, or social get-together.

- Spacious hall + enclosed outdoor area
- Full use of commercial kitchen
- Tables and chairs available
- Convenient Lane Cove location

Hire
Rates:
\$55 per
hour

Meeting House, 23a Stokes St, Lane Cove
P: 9427 6425 E: support@sydneycs.org

We welcome viewings – contact us today to see how the Meeting House can work for your next event!

PIZZA + MOVIE NIGHTS

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

TIME:
6.30pm Pizza;
7.15pm Movie

7 October 2025 - 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.

4 November 2025 – The Man Who Shot Liberty Valance
(1962) The Classic western film about a bully terrorising a town and the man who takes responsibility for justice. 'One of the finest westerns ever filmed', starring John Wayne, James Stewart, Lee Marvin.

**Bookings essential on
9428 4287 or 9427 4740.**

**Cost \$15 cash only
– the best value pizza/
movie combo! BYO drinks.**

Aqualuna Singers

Do you like to sing?

Aqualuna Singers, Lane Cove's four part a cappella choir sings popular, folk and world music. New members are always welcome, we don't audition, we have fun, and your first rehearsal is free.

Join us at St Aidan's Hall,
1 Christina Street, Longueville,
7.30pm to 9.30pm on Wednesday
evenings during school terms.
You know you want to!

Enquiries:
aqualunasingers@gmail.com
www.aqualunasingers.com

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**

SAME DAY LOCAL PLUMBER

BLOCKED DRAIN?

BURST PIPES?

LEAKING TOILET?

NO HOT WATER?

**NO FIX
NO FEE***

■ NO CALLOUT FEE ■ LIFETIME WARRANTY
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PROPERTIES OF THE MONTH



25 King William Street, Greenwich 3 bed 1 bath 2 car

SOLD

A classic original brimming with character, this full brick home is freestanding on approx. 575sqm featuring dual street access just a short walk to Greenwich village, foreshore parks and the ferry.

James Bennett 0403 504 724 E: james.bennett@belleproperty.com
Steven O'Neill 0499 693 665 E: steven.oneill@belleproperty.com



42 Hart Street, Lane Cove North 3 bed 2 bath 2 car

SOLD

Beautifully refreshed and updated, this welcoming single level family home with three spacious bedrooms offers a practical and versatile layout of fresh, light filled interiors.

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



64 Hamilton Street, Riverview 5 bed 3 bath 2 car

SOLD

Set back from the street, this home offers impact the moment you walk through the gate, step inside and you will find something extraordinary with privacy rarely found.

Simon Harrison 0433 100 150 E: simon.harrison@belleproperty.com
Kim Walters 0499 014 886 E: kim.walters@belleproperty.com
Nicola Farrell 0488 027 701 E: nicola.farrell@belleproperty.com



3 John Street, Hunters Hill 5 bed 3 bath 3 car

SOLD

On the high side of a premier street and with a north rear aspect, this spacious, light filled home on approx. 1,220sqm is offered for the first time by the original owner and exceptionally maintained.

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

Belle Property Hunters Hill
Belle Property Lane Cove
Belle Property Willoughby
Belle Property Lindfield

3/52-56 Gladesville Road, Hunters Hill
162 Longueville Road, Lane Cove
551 Willoughby Road, Willoughby
Suite 20, 12-18 Tryon Road, Lindfield

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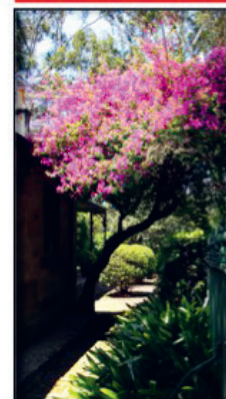
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