

# THE Village

OBSERVER



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COLUMNISTS

ISSUE 357 MAY 2026



**Sydney Community Services**

Proceeds from *The Village Observer* support residents in need from the Lane Cove, Hunters Hill, Gladesville, Ryde, Chatswood, Willoughby, Crows Nest, St Leonards, Artarmon and North Sydney areas, through *Sydney Community Services*.



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and Northern Sydney areas.

**POWERING OUR COMMUNITY**

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

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

**THE VILLAGE OBSERVER**

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*Welcome to the May  
edition of TVO!*

In honour of National Volunteer Week we are celebrating the invaluable contribution made by volunteers in our local communities. This year's theme is 'Your year to volunteer', inviting all Australians to consider how volunteering might fit into their lives.

If you are already a volunteer – thank you. And if you are considering it, I hope the stories in this issue might provide some inspiration. Among them is an example of an outstanding local talent who is generously sharing her gift with the community, as Maggie Lawrence chats with internationally recognised violinist and Hunter's Hill local Lerida Delbridge.

With temperatures dropping we are also looking into winter holidays. Do you head for warmer climes during our winter, or embrace the chill in a cosy cottage with a roaring fire? Of course holiday planning is a bit more complex this year thanks to the situation in the Middle East and resulting rising fuel prices impacting both overseas flights and the great Australian road trip. Valued TVO supporters Trendsetter Travel and Helloworld Travel Lane Cove have been hard at work assisting their clients whose plans have been impacted, so we appreciate them taking the time to share their insights.

Have you ever heard of the Second ANZACs? I have to confess I hadn't until Australian archaeologist and military historian Dr Michael Bendon got in touch recently. Read our story on page 34 to find out more.

Happy reading!

*Melissa*

MELISSA BARKS - EDITOR

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*FRONT COVER IMAGE:*

*Alice Clementson, Community Nursery Supervisor at Lane Cove Council, tends to the Community Nursery.  
Photographer credit: Mary Grace Olfato.*



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## Community makes waves for water safety at Lane Cove Swimathon

The BlueFit Foundation's Waves of Change swimathon has made a splash, with 10 teams taking to the lanes at Lane Cove Aquatic Centre to raise nearly \$6,000 for water safety programs across the community.

The funds raised are enough to deliver 250 swimming lessons to individuals and groups identified as being at risk, kids who might not otherwise have access to this lifesaving skill.

Together, the 10 participating teams swam an extraordinary 927 laps in the 50 metre pool, a combined distance of nearly 47 kilometres. Ling Ling Swim School took out the top fundraising honour for Lane Cove, while Lane Cove Swimming Club claimed the title of most laps swum on the day.

The afternoon drew families, community organisations and workplace teams to the pool deck, creating a festive atmosphere complete with music, a sausage sizzle and enthusiastic poolside support for swimmers of all abilities.



All funds raised through Waves of Change will be directed to BlueFit Foundation programs that remove financial and social barriers to swimming and sporting education.

To support the BlueFit Foundation, visit [www.bluefitfoundation.com.au/waves-of-change](http://www.bluefitfoundation.com.au/waves-of-change)

## Rotary honours garden competition champions

The Rotary Club of Hunters Hill has proudly recognised three outstanding local volunteers whose dedication and commitment have helped shape one of the community's most cherished events - the Hunters Hill Garden Competition.

Over the past three years, Felicity McCaffery, Shery Denian and Daniella Azzi have played an instrumental role in the planning, coordination and successful delivery of the competition. Their tireless efforts have not only elevated the event's profile but have also contributed to a meaningful community legacy - raising more than \$32,000 towards the upgrade of the Hillman Orchard at Alexandra Street Orchard.

In recognition of their exceptional contribution, each volunteer was presented with a prestigious 'Pride of Workmanship Award' by the Rotary Club of Hunters Hill. This honour celebrates individuals who exemplify Rotary's enduring motto: *Do it once, Do it right to build a better Australia.*

The awards were presented by Vocational Directors Charles Amos and Jenny Thompson, who commended the recipients for their outstanding service, professionalism and unwavering commitment to excellence.

Through their leadership and contribution, these three volunteers have not only enhanced a beloved local event but have also played a vital role in preserving and improving a valued community space.

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## No such thing as just one ant

It started, as these things often do, with a single, manageable problem.

Ants.

For years we've fed our dog Sid outside without incident. Then, suddenly, his dinner began sending what can only be described as smoke signals. Within minutes, an area previously declared ant-free was a seething black mass.

Someone suggested putting his bowl in water to make a moat, because ants can't swim.

Want to bet?

Our pooch is elderly and entirely uninterested in engineering solutions. He nudges his bowl around like a person rearranging furniture. The ants, while perhaps not strong swimmers, proved to be excellent problem-solvers, forming what looked suspiciously like a tiny living bridge across a two-millimetre gap.

At this point, we were still in what I now recognise as the blissful early stages. That problem you look back on wishing times were once again that simple.

Then the ants came inside.

They appeared in the pantry, trooping across the kitchen bench, and anywhere a molecule of sugar had once passed through. A faint whiff of cordial beneath a tightly sealed lid? Like seagulls to hot chips. Anything remotely sweet has now been relocated to the fridge, where the honey has set into something resembling construction-grade adhesive.

Hot on their heels came the fruit flies.

At first, just a couple. Harmless. Decorative, even. Then, overnight, a hovering cloud established itself over the sink like a blizzard. Removing fruit, scrubbing surfaces, and deploying a level of hygiene previously unseen in this household achieved precisely nothing.

And then, because clearly we hadn't suffered enough, came the flies.

Not the occasional visitor drifting through an open door. Dozens. The flyscreens became peppered with black specks. It was early autumn. Where were they coming from? A creeping paranoia set in. Had the house itself become a breeding ground? Were we, at any moment, going to be forced into dismantling the plumbing in a desperate search for the source?

The fruit flies, it turns out, were courtesy of a late hot snap, nicely aligning the rapid liquefying bananas with their rapid breeding cycle. Each female lays hundreds of eggs. Which feels excessive, not to mention unnecessary (what is the purpose of the fruit fly anyway?)

While dealing with this airborne situation, I made the fatal error of clearing out the pantry and a moth floated out.

A pantry moth.

We haven't had pantry moths in over a decade. I can only assume they intercepted some sort of internal memo sent by the ants and decided conditions were favourable.

Meanwhile, Sid's food - ground zero for this entire saga - has begun attracting birdlife. Magpies and mynas now drop in daily, help themselves generously, and then redecorate the outdoor furniture accordingly.



Illustration by Grace Kopsiaftis

And, naturally, we have guests arriving. By which I mean human (invited) ones.

The house now resembles a low-budget science experiment. Multiple homemade fruit fly traps (jam jars, cling wrap, apple cider vinegar, detergent) are deployed throughout, monitored with manic zeal by yours truly via continual checks and captive counts.

Pantry moth traps hang with grim efficiency. Fly swatters are stationed within arm's reach. Large silver owl deterrents tinkle ominously and vexatiously in the garden.

It felt, briefly, like we were winning.

Until I spotted a few ants near the fireplace.

Then a couple in a cupboard. Then more in another. Odd, but manageable.

The last cupboard housed some old laptops and an electronic photo frame. Warm. Enclosed. Full of inviting little crevices.

The cupboard walls were no longer cream. They were teeming black with ants. Both laptops were filled with bazillions of them, along with what I can only assume were eggs. It wasn't a passing-through situation. It was the Death Star, sending out its fighter ships.

Our guests are due any minute and the pest situation is in open warfare. We remain vulnerable but vigilant.

Because the lesson remains: there is no such thing as just one ant. There's the one you see, and the several thousand you haven't found yet, putting down roots in your appliances.

So if you happen to spot a lone ant near your television, don't ignore it. Do as we do, and alert any guests to stand ready.

Because a lone ant is not passing through.

It's inspecting the property.



**LIZ FOSTER IS A LOCAL WRITER.**

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



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

# The Life of a Garment: A More Thoughtful Way Forward

Words by  
ATLASWEAR  
atlaswear.au



If you've ever cleaned out a wardrobe, whether it's your toddler's, your teenager's, or even your own, you'll know the feeling: piles of clothes that are still in good condition, but no longer fit or get worn. It happens so quickly. One minute something is a favourite, the next it's outgrown, out of style, or simply no longer needed, and you're left wondering what to do with it all.

## The Challenge of Quality

Part of the challenge is the way clothing itself has changed. In recent years, fashion has become faster and more trend-driven, with many pieces made quickly and at lower quality. While they may look good at first, they're often not designed to last. Fabrics wear out, shapes lose structure, and after a short time, they're no longer suitable to pass on, donate, or even reuse. Too often, they end up in landfill.

That everyday reality is what's driving a more thoughtful shift in the way we

think about clothing. Instead of seeing clothes as something temporary, more people are starting to look at them as pieces that can last longer, through hand-me-downs, returns, repairs, and reuse. It's a simple idea: if something is still good, it should keep going. And if it's made well to begin with, it has a much better chance of doing exactly that.

Design plays a big part in this. When clothes are made to be durable, comfortable, and easy to pass on, they naturally stay in circulation longer. But for us at Atlaswear, it doesn't stop at the point of sale. We don't just focus on making better quality clothes; we take responsibility for what happens to them next.

Through our charity partnerships, we help give every piece the chance at a meaningful second life. Clothes that are no longer needed don't just disappear into a system; they're redirected to people and communities who can truly benefit from them. It's about turning something unused into something valuable again.

## How It Works: Closing the Loop

When there's a clear, simple way to return items once they've been outgrown, it takes the pressure off everyone trying to figure out the "right" thing to do. That's where our circular thinking comes in.

The Atlaswear Plan: Rather than ending up forgotten in drawers or sent to landfill, your pieces can be sent back to us, sorted, and given a second life, or recycled responsibly if they've reached the end of the road.

## A Practical Path Forward

It's not about being perfect; it's about making better choices easier. At its heart, this approach is about being realistic. Kids grow fast, teenagers move through styles quickly, and adults' needs change over time. Life is busy. What people need are simple, practical options that just make sense: buying fewer, better things, and knowing there's a plan for when those things are no longer needed.



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## Reporting live from the Middle East and Egypt...

**What? Are you crazy? Is it safe there? You really are going to Oman and Jordan and Egypt? Why? By Adrienne Witteman.**

We left Australia Easter Sunday, 5 April, bound for Oman, the prelude to our Jordan sojourn with golf, to be followed by almost three weeks golfing and Nile-cruising in Egypt. The lead up to these tours had been smooth sailing and we were all set to depart with thirty and forty-three guests respectively (including non-golfers).

And then the war came along, and with it the surprise that countries we had always assumed were totally safe, were in the line of fire. Suddenly, the travel plans of not only our guests but of 38% of Australians heading to the Middle East, Africa and Europe, were in doubt.

Suddenly, we were faced with what ifs? What if the war gets worse, not better? What if I get stuck somewhere due to an airport closure? Should I be cancelling my tickets and booking others? My children don't want us to take the risk so can I cancel out of the tour?

I won't bore you with all the details, suffice to say that we did not (in fact, could not) cancel either of the tours – albeit we had fourteen choose to cancel regardless from Jordan and four from Egypt. As I write, we have just arrived in Egypt, enjoyed our welcome dinner and are set for several days of history, culture, delicious food and golf.

So, what is it like here on the ground you may ask?

Firstly, we never felt at risk in either Oman or Jordan, and after 24 hours in Egypt, the sentiment is the same. In each of Muscat, Amman and Cairo we arrived at nearly empty airports. There were no queues, arrival formalities were quickly completed, we were met by our extremely hospitable guides, and were soon on our way to our hotels.

Oman does not have the same presence in Australia, as Dubai, Abu Dhabi or Doha. It is smaller, lower rise and without aspirations to be the biggest, or the tallest, or the most famous. In a word, it is lovely. The welcome is truly sincere, and unlike sophisticated cosmopolitan Dubai where Dubai nationals are seldom to be seen, you will often be dealing with native Omanis,

proud to share the story of their country. Geographically, Oman is diversely fascinating, with thousands of kilometres of coastline, dry valleys, sandy deserts and green, jungle like mountains. It deserves to be better explored by Australians yet sadly the war has wreaked havoc with its economy.

Our hotel was running at only 35% occupancy. Staff milled about looking for guests to serve. The breakfast buffet appeared set for many more than the thirty or so guests I noted. At night, the locals came out to socialise but there were very few tourists doing similar. At the Grand Mosque, where the queue for entry can be 100m long, we were among only 20 or so visitors. Our guide was unsure as to how much work he would have going forward.

In Jordan it was much the same, only much more obvious because here we visited famous monuments bereft of visitors. Petra, one of the seven wonders of the world, would normally enjoy around 5000 visitors a day yet on the day we visited, there would have been fewer than 100. It was great for us of course: perfect photos, no fighting for space, and no queuing. Even the bravado of the hawkers was muted, a plea to buy to help support their family and then a thank you for a purchase of a few magnets. Of course, I felt desperately sad for every vendor and similarly so for our fantastic Abercrombie & Kent guide, Zac, whose knowledge and wisdom deserved to be heard by more than the eighteen our group comprised.

Here in Cairo, traffic chaos reigns still but again the paucity of western tourists is more muted. Perhaps because Egypt is really in North Africa, tourists are still inclined to travel yet they are not in the numbers I recall during peak season in 2024. Service staff remain upbeat but a hand on the heart, and words of “thanks for your support” are common refrains.

Clearly, we should all feel comfortable where we travel, otherwise it is not a holiday. I'm certainly not suggesting you all rush off now to the Middle East. However, I would urge you to give travel to this region more considered thought. Don't shy away. Research the risks and decide according to your risk profile. It's such a wonderful part of the world and I can promise you will not be disappointed. You need not be afraid.

# Winter sojourning – nourishment for the soul

Who doesn't love winter? While summer is synonymous with the sea, fresh air, sunshine, sultry lunches under the umbrella or dinners in the warmer night air, winter offers us the chance to hibernate, to cosy up and revel in the dark and the cold with more hearty food and warmth inducing drinks, like mulled wine and whisky.

That said, I've been involved in planning winter holidays for decades and in contrast to my own childhood, when there wasn't the money to have a summer holiday AND a winter holiday, a break between May and August is an essential diary fixture for many.

Say winter, and the sports enthusiasts among you will almost certainly think skiing and snowboarding. And others will think expensive! Australia isn't blessed with a long season and the need to recoup infrastructure investment within only 3-4 months means high daily costs. For this reason, many head across to New Zealand factoring out the cost of not-inexpensive air tickets. For many, the psychological boost of getting on a plane to go somewhere beats a long drive any day.

I'm just hoping that prices on the ground everywhere – local or international - might be a little sharper this year to soften the impact of higher fuel costs. Not only will flights be out of reach for some but just filling the tank to drive to the Blue Mountains, or perennial western NSW favourites such as Orange and Dubbo, will require enticing accommodation deals, fixed price dining options and value-added family passes like we saw post-Covid. Ditto overseas.

For those whose idea of a winter holiday is as far away from "the cold" as possible, but without travelling too far, cruises in our own backyard, i.e. the Pacific Islands or the Kimberley are a great alternative. Albeit they sit at opposite ends of the pricing spectrum. The Kimberley is guaranteed warm and dry, and the Pacific gets better the further north you go but what both destinations promise is respite from winter chill. That they are generally all inclusive, or can be enhanced with add-ons to become so, is another reason for cruising's attractiveness. Be warned however, that winter cruising is popular, and we now have very few ships domiciled in Australia during our winter. The early bird almost always gets the juiciest worms so booking even twelve months ahead is recommended.

Of course there are cruises further afield, specifically Asia and Europe. Though as with skiing holidays to New Zealand, the cost of international air tickets is now of primary concern, even for those who have planned well in advance. In the space of only 30 years, some 38% of air traffic to Europe has been diverted from through Asia to through the Middle East. Those who secured



fares early at favourable pricing are now worried about these flights and we have several clients who are holding two sets of bookings. Few clients can afford this. Those who've not yet booked are looking for ways to fly "cheaply" (not easy) or defer their travel to a more favourable time (not impossible but not easy) or cancel altogether (pretty much impossible). Like Covid, this unsettling period is when travel advisor expertise is most appreciated as a valuable commodity.

Another terrific overseas option, providing you can get attractively priced air lift, is the all-inclusive resort offer. You know the ones - \$1299 pp for 7 nights at a resort in Bali/Malaysia/Thailand including breakfast, transfers, a deluxe seaview or beachfront room, a cocktail on arrival, and dinner on one night. The advertising sustains the weekend papers. And Trendsetter too, as we can also sell certain of these deals. We all love the sense of a deal. Club Med, still a great choice and now of a much higher standard than when first originated, was the forerunner or such holidays. That the concept still exists is testimony to the popularity of all-inclusive, or at least highly inclusive, offerings.

I firmly believe that everyone deserves a holiday, be it as simple as a staycation in your own city with walks out and visits to notable local highlights, to more distant drive-there destinations, or restorative cruises and resort stays close to home, or far from the cold. There are options for every person and every purse – and a change is definitely as good as a holiday. Make your change meaningful for you!



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**ADRIENNE  
WITTEMAN**  
Managing Director

## Winter holidays: smart choices and the joy of getting away

Winter holidays may look a little different in 2026, but Australians are still firmly committed to getting away. Whether it's chasing the European summer, embracing alpine escapes or planning a shorter regional break, travel remains a priority - just with a more considered approach.

Global disruptions and rising costs have added complexity, but they've also encouraged travellers to plan more carefully. For many, that means refining rather than cancelling.

Adrienne Witteman of Trendsetter Travel & Cruise Centre says the appetite for travel remains strong. 'Australians are pretty resilient and if they have their mind set on still travelling then they will defer something else alongside trimming their expectations, e.g. staying 3 star instead of 4, or shortening the duration of a holiday, or including a coach tour or cruise.'

Witteman notes the European summer continues to be a favourite for Australians escaping winter, particularly for tours and cruising, which offer structure and value.

For others, winter is something to lean into. Snow holidays, cosy cabins and slower-paced regional escapes are proving just as attractive as sun-seeking trips,

offering a different kind of seasonal experience.

Behind the scenes, travel agents are navigating an increasingly intricate environment to keep trips on track. In a more complex travel landscape, having an experienced professional manage the details can make all the difference - turning a potentially stressful experience into a seamless holiday.

Courtney Kynoch of Helloworld Travel Lane Cove says her team has been working hard to manage changing flight routes and schedules. 'We have managed to rebook alternate flights and routes to ensure they arrive as planned,' she says.

Her insight into current bookings reflects steady demand across a range of destinations. 'Bookings for Europe remain very strong and cruising is a big travel style for us. Club Med holidays are popular as these are all inclusive and cater to multi-generational groups and travellers of all ages. Fiji is probably one of our top selling destinations - again catering for couples, family groups and special celebrations.'

Closer to home, domestic travel is popular, but fuel cost and availability are definitely a factor. A survey by Reflections Holidays of their customers



with upcoming bookings showed 23% had shifted plans to holiday nearer to home, with more than a third reducing their travel distance by at least 300 kilometres.

Camping and caravanning road trips offer flexible and economical holidays, and with the right strategies, they can still be a highly cost-effective way to travel. Crusader Caravans has released a handy 'Fuel-Saving Tips for Caravanners' guide, including some simple ways to make the most of your trip:

- **Plan ahead for fuel**, using apps to track prices and availability
- **Adopt a 'basecamp' style holiday**, setting up in one location and exploring nearby areas
- **Drive efficiently**, with slightly lower speeds delivering noticeable fuel savings
- **Never let your tank drop below 50%** in remote areas

Whether it is searching for sun or embracing winter's chills, what hasn't changed is the desire to step away from routine. Even in a shifting travel environment, the winter getaway - however it's shaped - remains firmly part of the Australian calendar.

Reflections Bonny Hills - Holiday Park



Crusader Caravans

## 30 years in Lane Cove!

This month celebrates 30 years of business in Lane Cove, the office owned and managed by **Debbi Ashes**. We are a growing team of 6, located opposite Harris Farm, in The Village.

After spending 28 years at the top of the plaza in a 27sqm office, filling it (somehow!) with four staff. Two years ago we found the perfect location after looking for many years, to relocate and grow our team.

The larger space allows for 6 staff, and all 6 staff are uniquely experienced in every area of travel.

We have seen many travel agencies come and go in Lane Cove, whilst we have gone from strength to strength coping with many obstacles along the way – bird flu, GFC, 9/11, COVID, many natural disasters and political unrest – to name a few! And most recently the crisis in the Middle East.

### A LOOK AT OUR STAFF'S LAST 12 MONTHS OF TRAVEL:

#### DEBBI

- Africa & South Africa
- **Canada:** Vancouver & Victoria Island
- **USA:** Hawaii, California
- **Fiji:** Vomo & Castaway Island
- Cruising & travelling through the Caribbean

#### COURTNEY

- Vanuatu
- Canada
- **USA:** Disneyland & Hawaii
- **Fiji:** Vomo & Castaway
- Noosa

#### ANDREA

- Cruising & travelling **Europe:** Germany, France, Spain, UK, Portugal
- Hawaii
- **Fiji:** the Coral Coast
- Kingscliff, NSW

#### SUE

- Vietnam
- Hawaii
- Singapore
- Noosa

#### LEANNE

- Thailand
- Bali
- Cruising & travelling Scandinavia

#### ADRIANA

- **River Cruise:** Regensburg to Amsterdam
- New Zealand
- Fiji



*From the above you can see we travel a lot! To us, first-hand knowledge and experience is invaluable for us to deliver to our clients. As an agency we book anywhere and everything.*

### OUR TRAVEL TIP – CRUISING

- Unpack once
- Great value for money
- Removes the headache from getting from A to B
- All-inclusive with premium dining options & entertainment
- From 6+ luxury to family friendly sailings

We have two highly experienced cruise consultants who know everything, about every cruise line around the world – river cruising, yacht sailings, expedition cruising, large ship cruising, small ship cruising and charters.

We also have a very experienced consultant who specialises in group travel – from sporting groups, multi-generational groups, corporate and conference groups to name a few. No group is too big or too small, or too complicated! Our client groups range from 10 to 200+ travellers, internationally and domestically.

**We're a multi-award-winning agency and won the North Shore Local Business Awards in 2025.**

We're open from 9am till 6pm Monday-Friday, and Saturdays by appointment request and offer a 24 hour service to our clients which is invaluable.

**lanecove@helloworld.com.au**  
**02 9418 6866**

Artist's Impression



# The Osborne Lane Cove

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ALLISON AVE

GATACRE AVE

**WINIM**

 **PGIM**

**Scion**

 **RayWhite**  
PROJECTS

# Talking Dentistry

THIS MONTH WE'RE TALKING **RESTORATIVE DENTISTRY** WITH **DR ANDREW SEE** WHO COMBINES PASSION, ARTISTIC FLARE AND EXTENSIVE KNOWLEDGE OF DENTISTRY TO ANSWER ANY QUESTIONS YOU MAY HAVE. HE HAS ADVANCED TRAINING IN AESTHETIC AND IMPLANT DENTISTRY.

## READER'S QUESTION:

*"I've been told I need to have a front tooth taken out and I need to wear a denture for up to a year before I can have an implant, are there any alternatives?"*

**Dr See says:** Losing a front tooth can be a traumatic experience for anyone, especially if it happens suddenly due to an accident or injury. Fortunately, with advances in dental technology, it is now possible to replace a missing tooth immediately with a dental implant.

An immediate implant is a procedure where a dental implant is placed directly into the socket of the extracted tooth at the time of extraction. This can save time and reduce the number of dental appointments needed. One of the main benefits is that it helps to preserve the bone in the jaw. When a tooth is lost, the surrounding bone begins to deteriorate, which can cause the remaining teeth to shift and become misaligned. By placing an implant directly into the socket, the bone is stimulated and encouraged to grow, which helps to prevent bone loss. Another benefit of an immediate implant is that in some instances, a provisional tooth can be placed on the implant at the same time.

The immediate implant procedure itself requires advanced surgical training. After the tooth is extracted, the implant is placed into the socket, and a temporary or provisional crown can be attached to the implant. The provisional crown is usually made of acrylic or resin and is designed to look and feel like a natural tooth. In some instances, the provisional crown can be the original tooth. The provisional crown is then replaced with a permanent crown once the implant has fully integrated with the surrounding bone.



Let's look at a case we completed recently: Barbara saw us because she noticed that one of her front teeth were moving. She never used to have a gap between her two front teeth and now she did. The tooth was a bit loose and sometimes she would have pus coming out of it. We found that the tooth had localised gum disease that was destroying the bone supporting it. If this situation was ignored and monitored, the bone loss would spread to her adjacent teeth. After careful planning, the treatment to stop the bone loss was to extract the tooth and place an immediate implant with provisional crown. She walked out without ever needing to wear a denture.

An immediate implant can be a great option for patients who have lost a front tooth. It can help to preserve the bone in the jaw, maintain the appearance of the smile, and reduce the number of dental appointments needed. With the right care and attention, an immediate implant can provide a long-lasting solution to missing teeth.



## DR ANDREW SEE

BDS Hons (Syd), FRACDS, MSc(Lond), PGDipDentImplantology, FCGDENT(UK), FICOI, MFDS RCSEng

## HOW ARE WE DIFFERENT?

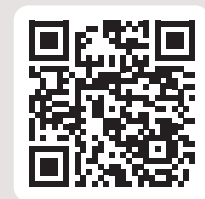
Dr Andrew See has dedicated the last 20 years to Aesthetic Dentistry and has unique qualifications in cosmetic dentistry and rehabilitation.

This includes a three year Masters in Aesthetic Dentistry from the prestigious King's College London and a Postgraduate Diploma in Dental Implantology.

Dr See completed his Fellowship by primary and secondary examinations for The Royal Australasian College of Dental Surgeons (FRACDS). FRACDS is the mark of professional achievement in dentistry and demonstrates attainment of an advanced level and skill in Dentistry.

*If you have any questions you have always wanted to know about aesthetic or implant dentistry contact us at:*

**info@advanceddentistry  
sydney.com.au**



*\*\* Any surgical or invasive procedure carries risk. Before proceeding, you should seek a second opinion from an appropriately qualified health practitioner \*\**



9816 4885  dr.andrewsee  
advanceddentistrysydney.com.au

# NATIONAL VOLUNTEER WEEK 2026

## 'Your Year to Volunteer'

WORDS MELISSA BARKS

Each year, millions of Australians quietly give their time, skills and compassion to support others. From community transport drivers and bushcare groups to corporate teams and local neighbours lending a hand, volunteering strengthens communities across the country.

National Volunteer Week is Australia's largest annual celebration of volunteering. In 2026, the theme 'Your Year to Volunteer' honours the contributions

of volunteers and invites people across Australia to make 2026 a year of meaningful involvement, in ways that work for them. It aligns with the United Nations' International Year of Volunteers for Sustainable Development, reinforcing the global importance of volunteering in building inclusive, resilient communities.

### A year to step forward

The 2026 theme is both a celebration and a call to action.

'Your Year to Volunteer' encourages Australians to consider how volunteering might fit into their lives - whether that's a few hours a month or a more regular commitment.

For many, the first step is simply finding the right opportunity. This diversity of opportunities is what makes volunteering accessible. Whether your interests lie in the arts, environment, social services or emergency response, there is a place to contribute.

### CASE STUDY: CORPORATE VOLUNTEERING IN ACTION

#### Ciena Australia and Sydney Community Services

Corporate volunteering is increasingly shaping how businesses engage with their communities - and when done well, it creates meaningful, long-term impact.

Few examples illustrate this better than the collaboration between Ciena Australia and Sydney Community Services.

What began in 2010 as a small, locally driven initiative has grown into a 15-year relationship grounded in consistency, community need and employee engagement.

*I wanted to do something for people who are often forgotten at that time of year*

**Anna Pleadin, Ciena Australia**

For Ciena Australia's Anna Pleadin, the decision was both practical and personal. Living and working in the area she became familiar with the work of Sydney Community Services, and the organisation's focus on elderly and disadvantaged residents resonated strongly.

In those early days, the initiative was entirely grassroots. Employees collected donations, purchased food to help replenish community food banks after Christmas, and personally delivered gifts to local residents.

The hands-on nature of the work helped establish a strong connection between employees and the community.



*A team from Ciena Australia prepares to deliver hampers to Sydney Community Services clients*

Over time, what began as a seasonal effort evolved into part of Ciena's broader corporate social responsibility program, known as Ciena Cares. While the company operates globally, its approach to volunteering remains grounded in local engagement.

*Focus on your local community... try and give back in your local community.*

Today, volunteering activities extend well beyond the festive season. Employees mark Earth Hour by participating in initiatives such as community gardening, provide administrative support, and contribute individually through programs like Meals on Wheels.

A defining feature of Ciena's approach is its commitment to accessibility and flexibility.

'We have unlimited paid volunteering hours during work hours,' Pleadin says, describing what she considers a 'world-class' program.

In addition, employees' volunteer hours are recognised financially. For every hour volunteered, funds are allocated to a

giving account, which employees can then donate to charities of their choice.

The impact of this model is significant.

Globally in 2025, Ciena Cares generated \$4.6 million AUD in donations and more than 37,000 volunteering hours. In Australia alone, employees contributed over \$69,000 AUD in donations and more than 1,200 volunteering hours.

More than 50 per cent of employees in Australia participate in volunteering or giving initiatives, reflecting a strong culture of engagement across the organisation.

*They're not a high-profile organisation, but they do so much... you can see it makes a difference*

For Pleadin, the enduring partnership with Sydney Community Services highlights the importance of supporting grassroots organisations - those that may not have high visibility but deliver tangible, local impact.

It also reflects Ciena's broader philosophy, built around core values of humanity, relationships and innovation.

By enabling employees to volunteer in ways that suit their interests and lives - and by supporting those efforts with time and resources - the company has created a program that benefits both the community and its people.

Asked if she had advice for other organisations considering corporate giving, Pleadin believes the key is simple: start locally, support your employees, and build relationships that last.

## CASE STUDY: SMALL ACTS, BIG IMPACT

### Sydney Community Services Linen Service

While corporate programs can mobilise large groups, volunteering also thrives in quieter, personal acts of care.

Designed to support residents in the Lane Cove area who are recovering from illness or unable to manage household tasks, Sydney Community Services' Linen Service provides fresh, professionally laundered linen, delivered and changed by volunteers twice a month.

On the surface, the task is simple - strip a bed, replace sheets, swap towels. But for clients, the impact is significant.

*It's the simple pleasure of climbing into a freshly made bed that means the most.*

For volunteer Pauline, the motivation to join was personal. Living far from her elderly mother, she understood the importance of in-home support and wanted to give back locally.



*Pauline and Tom bring extra joy to Sydney Community Services clients by dressing up for their December linen changes*

Now volunteering alongside her partner Tom, she visits clients regularly - collecting clean linen, remaking beds, and returning used items for laundering.

Beyond the physical assistance, the service provides something equally valuable: human connection.

Volunteers take time to chat, check in, and build relationships. These interactions can be just as important as the practical help, particularly for older residents who may experience isolation.

*It wouldn't be the same if we rushed in and out.*

The commitment is modest - just two mornings a month - but the impact is lasting. For many volunteers, it is a reminder that meaningful contribution doesn't require a huge time investment - just consistency and care.

## Recognising the unsung heroes

While volunteers rarely seek recognition, celebrating their contributions remains an important part of sustaining a strong volunteering culture.

*Volunteers are a powerful force for change in our communities.*

**NSW Minister with Responsibility for Volunteering, the Hon. Jodie Harrison MP**

Nominations for the 2026 North Shore Volunteer of the Year are now open. It's time to nominate family, friends or work mates, to help celebrate the enormous positive impact of volunteers across the state.

Nominations for the awards can be made across seven separate categories, and the North Shore Regional award recipients are invited to the State Gala Ceremony at the end of the year to represent the Region and to be present for the announcement of the 2026 NSW Volunteer of the Year.

**Nominations are open until Friday 29 May at [www.volunteering.com.au](http://www.volunteering.com.au)**

## Why volunteering matters more than ever

In a time marked by social, environmental and economic challenges, volunteering plays a critical role in strengthening community resilience.

It supports vulnerable populations, enhances wellbeing, and fosters social cohesion. It also creates pathways for skill

development, employment opportunities, and personal growth.

Importantly, volunteering is evolving. Flexible roles, virtual opportunities, and corporate programs are making it easier than ever for people to participate. At the same time, there is growing recognition that volunteering must be inclusive and accessible - welcoming people from all backgrounds and life stages.

## Finding your place

One of the most powerful messages of National Volunteer Week is that everyone has something to offer.

You don't need specialised skills or extensive experience to get started. What matters is a willingness to contribute.

Opportunities exist across every sector:

- Community services and aged care
- Arts and cultural organisations
- Environmental and conservation groups
- Emergency and disaster response
- Sports and recreation clubs

Whether it's joining a local committee, helping at an event, or offering professional skills, volunteering can be tailored to fit individual interests and availability.

Whether you are a long-time volunteer or considering your first step, there has never been a better time to contribute.





LCPS celebrates the school's cultural diversity with an annual World Food Fair.

## Why volunteering makes communities stronger - from the LCPS P&C

One of the things that makes Lane Cove such a special place to live is the strength of our community. You see it at weekend sport, events at the Plaza and Canopy, in local cafés, at school events, and behind the scenes through the many volunteers who quietly give their time to make things happen.

At Lane Cove Public School, one of the biggest hubs of that community spirit is the Parents & Citizens Association (P&C).

The P&C is a group of volunteer parents and carers who work alongside the school to support students, families and teachers.

Much of the P&C's work happens through services that support the school every day. The P&C runs the school canteen, the uniform shop, and an instrument hire program that allows students to access musical instruments at an affordable cost. Like so much that happens in our community, these services exist because volunteers step forward to help make them happen.

We also organise a number of community events during the year. Some are simple opportunities for families to connect – like the Welcome BBQ at the start of the school year or our Mother's Day breakfast. Others bring the whole community together, like the much-loved World Food Fair or the Lane Cove Fun Run. These events celebrate the diversity, creativity and energy of the school community.

The P&C also raises funds for projects that benefit students. Over the years this has included playground improvements, shade sails, learning resources, technology, and enrichment programs. These projects are driven by collaboration between parents and the school, with the aim of creating an environment where students can thrive.

Volunteering itself, however, has benefits that go far beyond the practical outcomes.

When I was at university, once I became involved in clubs and societies my grades shot up and I was happier than ever. For the first time I saw the value of getting involved — of what Sydney University alumnus Justice Michael Kirby calls being a 'joiner'.

Kirby once wrote that volunteering is not just something you do occasionally, it can become a way of life. He observed that people who approach their tasks with openness and inclusiveness earn the respect and affection of those around them. Interestingly, he also said that the periods in his life when he was most involved in volunteering didn't detract from his studies or career, they actually increased his motivation.

There is strong research backing for this idea. Studies consistently show that people who volunteer report higher levels of happiness,

self-esteem and life satisfaction, along with lower symptoms of depression and anxiety. One reason is that volunteering builds both social connection and a sense of purpose: two things that are fundamental to good mental health.

In a way, volunteering short-circuits a common modern equation: we work to earn money, money buys things, and those things hopefully bring us pleasure. But if your basic needs are already covered, volunteering can skip the money part and go straight to the pleasure: the satisfaction of contributing, connecting and doing something meaningful.

There's also a wider benefit to our democracy. Strong communities depend on trust. As one recent Grattan analysis put it: 'Social trust matters. Countries with higher interpersonal trust – like Australia – tend to have higher economic growth and lower income inequality, which in turn support democratic resilience.' In the current political climate this is more important than ever.

So consider this your invitation to get involved - it's likely to improve your mental health, strengthen our community, and preserve our democracy. There are many wonderful volunteer organisations in Lane Cove. You might join for a short time and find that you gain far more than you expected.

**Don Moloney** - Lane Cove Public School Parents and Citizens Association President

[president@lanecovepublicpandc.org.au](mailto:president@lanecovepublicpandc.org.au)





PATHWAYS

LONGUEVILLE



SIGN ME UP!

# Volunteer Program Launch at Pathways Longueville

**Do you have 30 minutes or more to share in our passion for improving the quality of life of older Australians?**

Are you interested in providing companionship and social interaction for an older person living within Pathways Longueville? Your reliability, caring nature and listening skills are all that's needed to join our program.

## What's Involved?

Enjoy sharing a cup of tea, sitting and chatting, going for a walk, playing scrabble, doing a puzzle or watching TV together. It's all about that generous happy feeling that comes from knowing you have brightened someone's day!

Training/induction is provided as well as access to online training and resources. You'll receive ongoing support and supervision from the Volunteer Coordinator. A National Criminal Check, up-to-date flu vaccination, NDIS Clearance are required and paid for by Pathways.



## Join Our Information Session

Pathways Longueville

3:00 pm - 4:00 pm, Thursday 28 May 2026

4 Northwood Rd, Lane Cove, 2066

Registrations are essential, please scan the QR Code or call the number below.

***If you are interested in a tour of Pathways Longueville call (02) 9052 5000 or email [ahickey@pathways.com.au](mailto:ahickey@pathways.com.au) today.***

# Inside the Macquarie University Hearing Research Centre: why volunteers matter

By Katrina Fernandez, Research Audiologist and Kelly Miles, Senior Research Fellow

Volunteers are at the heart of the Macquarie University Hearing Research Centre's work. Every new discovery begins with people who are willing to give their time, share their experiences, and take part in research.

Based at the Australian Hearing Hub in Sydney, the Macquarie University Hearing Research Centre brings together experts from health, science, engineering, language, and social research. The shared goal is to support hearing and communication across the lifespan.

During National Volunteer Week, the centre is highlighting just how important volunteers are to research. Volunteers help move research forward, ensure it remains responsive to community needs, and help shape work that is meaningful, relevant, and grounded in lived experience. This knowledge can lead to better technology, better services, and better support for people of all ages.

The centre's work spans a wide range of areas, including children with hearing loss, adult hearing health, balance disorders, communication changes after stroke, and hearing health in Aboriginal and Torres Strait Islander communities. Current projects are exploring topics such as cochlear implants, hearing screening, balance problems, and how the brain responds to changes in hearing.

Many people are surprised by how simple it can be to get involved. Some studies involve completing a survey. Others may include listening tasks or helping researchers understand how hearing devices work in daily life. Participation is designed to be flexible and accessible.

Volunteers are not just participants in research. They are partners in helping create better care, better technology, and better communication for the community.

## HOW TO GET INVOLVED

Research is strengthened by community involvement. There are several ways to help shape the future of hearing health:

- **Take part in research**

There are a range of studies you can contribute to. This may involve completing surveys or taking part in studies on campus at Macquarie University. To learn more, contact [HearToHelp@mq.edu.au](mailto:HearToHelp@mq.edu.au) or sign up directly by scanning the code:



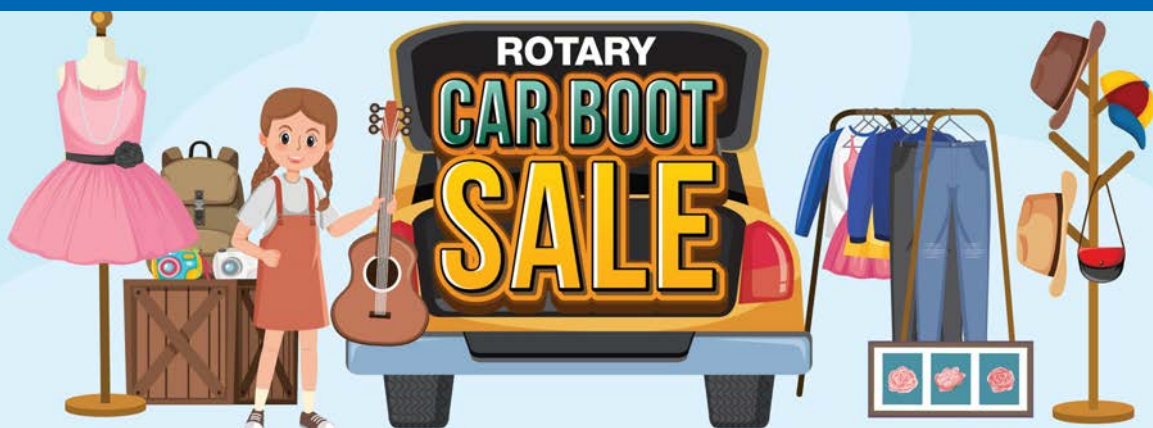
- **Join a national register**

Macquarie University Hearing Research Centre is also a proud collaborator of Join Us, the national non-profit research register connecting everyday Australians with health research opportunities. Over 170+ studies and 10,600+ participants have already contributed to advancements in hearing health, mental health, cardiovascular health, bone and joint health, allergies, and gut health research.



By registering, you can support vital hearing health research that's relevant to you and improve health outcomes for all <https://bit.ly/MQH-Academic>

## CAR BOOT SALE SUNDAY 14 JUNE 2026



**Sunday 14 June 2026**  
**9:00am – 1:00pm**  
**Council Civic Centre car park**  
**between Phoenix Street**  
**and Little Street, Lane Cove**

**Find a RECYCLED bargain!**

- clothes
- toys
- household items
- sporting equipment and more

Site Fees support Lane Cove Rotary

**Apply now for a carspace**  
[www.lanecoverotary.org](http://www.lanecoverotary.org)





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EXPLORE RETIREMENT LIVING



# Thinking of Downsizing

You're invited to a free High Tea with Noel Whittaker & Rachel Lane to help you consider your options and learn about RSL LifeCare's planned Retirement Living Community in Wollstonecraft. We want to hear your valuable thoughts and what community feels like for you.

Let's create the next retirement community together!

## Free High Tea & Book Signing:

**Date:** Thursday 21st May 2026  
10am – 12noon

**Location:** View Sydney Hotel  
17 Blue Street, North Sydney

**Spaces limited, booking essential!**

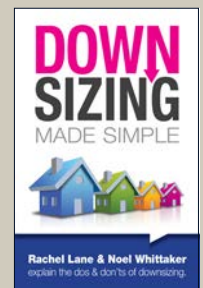
## Guest speakers:



Noel Whittaker



Rachel Lane



Free Book Signing



**Scan QR code to RSVP**  
or visit [rsllifecare.org.au](https://rsllifecare.org.au)

Proudly brought to you by



# Mayor's Message May 2026

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



**In May, we celebrate National Volunteer Month and National Volunteer Week (18–24 May), recognising the generous and selfless contribution of volunteers.**

From Bushcare volunteers caring for and restoring our natural environment to the SES supporting us in times of emergency, there are so many people who give their time to make our community a better place. There are also many ways to get involved so if you've been thinking about giving back, the Introduction to Bushcare Workshop

on Sunday 31 May is a great place to start.

In the spirit of recognising local achievements, we're also proud to celebrate the projects and people shaping our community. Local schoolgirl Bella's living seawall is now installed and thriving at Greenwich Point Wharf, bringing new marine life to the Parramatta River. At the same time, our young residents will take centre stage at The Canopy on Thursday 28 May for Children's Voices for Reconciliation, sharing stories, art and performance that reflect creativity, connection and unity.

With Mother's Day on Sunday 10 May, it's also a perfect opportunity to support local businesses and treat someone special with a Lane Cove Gift Card.

I hope that your May is filled with many more opportunities to connect, contribute and celebrate in our wonderful Lane Cove.



## Using Our Food Waste for Good

Did you know that the food waste collected from the maroon lid bins used by Lane Cove households is processed into a nutrient rich soil improver that is sold back to the agricultural industry to grow more food? As an added benefit, this recycling process also creates enough renewable energy to power the processing plant, and around 4,000 households! While the technology that makes all of this happen is great, none of this can happen without the great work of our community.

Since the service started in March 2026, Lane Cove Council's Waste Team has been out each morning carrying out bin checks and talking to residents about the service. The great news is that most of the food waste bins are being correctly used and contain only food waste and the approved caddy liners. The team has found only a handful of bins that have the odd bit of 'general waste' in them (such as a paper coffee cup or paper towel put in by mistake), and even less that have been heavily contaminated with household waste.

Like all recycling, it's important to 'recycle right'. Keeping our food waste bins free from general waste is an important part of the process, so it's great to know that so many are getting it right. Keep it up Lane Cove!

**For more information, please visit [lanecove.nsw.gov.au/foodwaste](http://lanecove.nsw.gov.au/foodwaste)**



## St Leonards South Welcomes First Public Artwork

St Leonards South has welcomed its first piece of public art, marking a key milestone in the precinct's development.

Titled *The Cicadas*, the artwork was created by Site Image in collaboration with First Nations artist Dennis Golding. Inspired by community and Public Art Committee feedback, the design reflects the stages of a cicada's flight, with colours reflecting the surrounding local landscape.

The installation is the first in a series of artworks to be delivered by developers under the St Leonards South Public Art Strategy. The initiative aims to enrich new urban areas through investment in art that highlights local history, landscape, and the connection between natural and built environments, evoking a stronger sense of place and deeper community connection.



## Celebrating National Volunteer Month

May is National Volunteer Month, highlighted by National Volunteer Week (18–24 May), celebrating the millions of volunteers who contribute their time, skills, and commitment across a variety of sectors, often without expecting anything in return.

If you've been thinking about volunteering, it's the perfect time to get involved with a great local cause like Bushcare, where community volunteers work alongside Council to protect and restore bushland. Come along to the Introduction to Bushcare Workshop on Sunday 31 May and join the growing community of over 200 local volunteers that make a real impact.

For more information, visit [lanecove.nsw.gov.au/bushcarevents](http://lanecove.nsw.gov.au/bushcarevents)



## Surprise Mum with a Lane Cove Gift Card

With Mother's Day on Sunday 10 May, it's the perfect time to support local businesses and treat the Mum in your life to a Lane Cove Gift Card! You can purchase a Gift Card of any amount at The Canopy on Friday 8 and Saturday 9 May, with purchases of \$100 and more receiving a free Lane Cove shopping trolley, umbrella or reusable shopping bag.

## Wear Orange on WOW Day to Show Your Support for the SES

Wednesday 20 May is Wear Orange Wednesday, aka WOW Day, where flashes of orange appear across the community in thanks for the volunteers of the NSW State Emergency Service (SES). It's a simple but meaningful way to recognise those who step up during storms, floods and emergencies, often without expectation of recognition. Held during National Volunteer Week, it's a chance to show our appreciation to these everyday heroes, so remember to wear something orange!



## Local Girl's Vision Brings Back Sealife in Greenwich

Greenwich local Bella approached Council last year with a bold idea: to bring seahorses back to Greenwich Point Wharf.

After a strong community campaign that gathered 725 local signatures, and a presentation to Lane Cove Council, Bella's living seawall proposal was selected by the Sustainability Advisory Committee for delivery through this year's Sustainability Levy Grant program.

The project is now installed and beginning to thrive. The 85 seawall panels are designed to mimic the natural shoreline, creating habitat for a wide range of marine life in the Parramatta River.

Learn more at [lanecove.nsw.gov.au/seawalls](http://lanecove.nsw.gov.au/seawalls)



## Lane Cove's 29th Children's Voices for Reconciliation

Lane Cove's Children's Voices for Reconciliation returns to The Canopy on Thursday 28 May, 10:00am–12:30pm, marking the 29th year of this meaningful community event. Local primary students and preschoolers will come together to share stories, songs, poetry, art and dance inspired by the National Reconciliation Week theme, "All In For Reconciliation." Join the community in celebrating young voices, creativity and unity.



## Don't Miss a Night of Girl Power at The Canopy

Get ready for a feel-good night of nostalgia and pop anthems at Girl Power 90s & 00s Tribute at The Canopy on Saturday 30 May. Celebrating iconic women in music, this high-energy show brings together the power ballad hits of stars like Beyoncé, Kylie Minogue, P!nk, Katy Perry, Spice Girls, Rihanna and Taylor Swift in a dance- and sing-along spectacular. Pack a picnic rug, gather your friends, and enjoy a fun, outdoor evening filled with unforgettable tunes and girl power spirit!

Accessible tickets available. Book at [lanecove.nsw.gov.au/events](http://lanecove.nsw.gov.au/events).



## Gai-Mariagal Festival

The Gai-Mariagal Festival is an annual regional initiative on the North Shore running from Sorry Day into Reconciliation Week and through to NAIDOC Week (5 July to 12 July 2026).

The festival recognises and celebrates the original custodians of the land, the Gai-Mariagal clans of the Northern Sydney Region.

The Gai-Mariagal Festival kicks off this year with Lane Cove's Children's Voices for Reconciliation showcase. Further events, including an art exhibition, a film screening, music performance and more, will be announced – keep an eye out on the Lane Cove Council website!

## COMING UP @ THE CANOPY

visit [thecanopy.com.au](http://thecanopy.com.au)

### Chess Weekly

Every Thursday from 1:30pm

### Mother's Day Gift Card Sales

Friday 8 and Saturday 9 May,  
10:00am-2:00pm

### Makers Market

Sunday 17 May,  
9:00am-4:00pm

### Open Mic Night

Thursday 21 May,  
6:00pm-8:00pm

### Paws Day Festival

Saturday 23 May,  
10:00am-2:00pm

### Play Garden

Friday 29 May,  
9:00am-11:00am

### Girl Power 90s & 00s Tribute

Saturday 30 May,  
6:00pm-9:00pm

## BUSHCARE EVENTS



### Growing Ferns and Groundcovers

Thursday 7 May,  
9:00am-11:30am

Become familiar with a range of native ferns and groundcovers and gain expert tips on how to propagate them.

Lane Cove Community Nursery,  
4 Lloyd Rees Drive,  
Lane Cove West.

**Bookings essential:** [lanecove.nsw.gov.au/bushcareevents](http://lanecove.nsw.gov.au/bushcareevents)

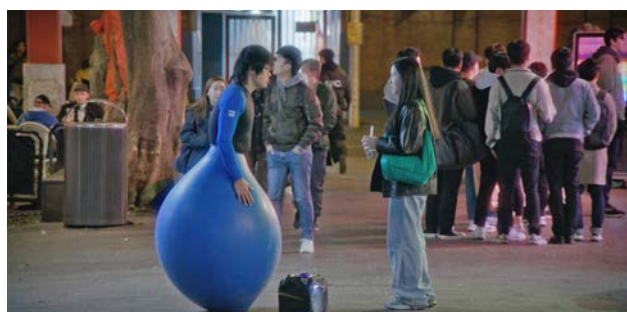
### Introduction to Bushcare Workshop

Sunday 31 May,  
9:00am-12:00pm

Gain a better understanding of the guiding principles in bush regeneration, including how to best manage bushland, weed threats and more. Includes a plant identification session and walk to a field site to discuss Bushcare concepts and ideas. Perfect for new Bushcare volunteers or those wanting to know more about the program.

Lane Cove Council Depot,  
1 Lloyd Rees Drive,  
Lane Cove West.

**Bookings essential:** [lanecove.nsw.gov.au/bushcareevents](http://lanecove.nsw.gov.au/bushcareevents)



## Lane Cove Cinema Club: Year of the Movie Horse Short Films

Thursday 7 May, 7:00pm-9:30pm

Join us for a FREE special curation featuring four short films made by Chinese-Australians and a live directors Q+A. These short films, curated by filmmaker and actor William Suen and Storymill, will be Mango Seed, Bong Xi Fa Cai, Sweet Juices, and The Dancing Girl and the Balloon Man.

Spanning the left-field, gross-out,

juiced-up, DIY and absurd, this series of shorts showcases new and exciting local filmmaking talent. Featuring insights into how these films were made in the Q+A portions of the screening, this promises to be a veritable feast for anyone interested in film and the processes behind it.

Pottery Lane Performance Space,  
1 Pottery Lane, Lane Cove.

**Free to attend, bookings essential:**  
[lanecove.nsw.gov.au/Cinema-Club-The-Year-of-the-Horse](http://lanecove.nsw.gov.au/Cinema-Club-The-Year-of-the-Horse)



< *The Dancing Girl and the Balloon Man*

# What's on in Lane Cove May 2026

Find all our events on our website at [www.lanecove.nsw.gov.au/events](http://www.lanecove.nsw.gov.au/events)



## LIBRARY EVENTS

### How Do I Feed My Baby? @ Lane Cove

Saturday 16 May 2:00pm–3:00pm.

A relaxed, judgement-free 1-hour information session on baby feeding support with Dr Bianca Blanch.

**Bookings essential:** [lanecove.nsw.gov.au/library](http://lanecove.nsw.gov.au/library)

### Crafters Corner @ Greenwich

Monday 4 May,  
9:30am–10:30am.

Enjoy morning tea while working on your latest craft project or knitting squares for Wrap with Love. This is a drop-in session for ages 16+.

**No bookings required.**



### Mindful Mandala @ Lane Cove

Tuesday 12 May, 2:00pm–3:00pm.

Fit art back into your life and enjoy a relaxing afternoon of mindful music and colouring in a beautiful mandala.

Ages 16+. **Bookings essential:** [lanecove.nsw.gov.au/library](http://lanecove.nsw.gov.au/library)



### Lane Cove House History: NSW Heritage Festival

Thursday 14 May, 2:30pm–4:30pm.

This hands-on seminar will show you how to use rate books, council records and photographs to find out about the families that lived in your home before you. **Limited places, bookings essential:** [lanecove.nsw.gov.au/library](http://lanecove.nsw.gov.au/library)



### Learn to Love your Laptop @ Lane Cove

Thursdays 14 and 21 May,  
10:00am–11:30am.

Using Windows 10 and 11, learn screen navigation, keyboard and mouse skills, and basic shortcuts.

**BYO laptop, bookings essential:** [lanecove.nsw.gov.au/library](http://lanecove.nsw.gov.au/library)



### Demystifying Family Law @ Lane Cove

Wednesday 20 May,  
6:30pm–8:00pm.

Join Family Lawyer Joshua Maloof from Tiyce & Lawyers this 2026 NSW Law Week. After the presentation, attendees are welcome to remain for a drop-in session for one-on-one discussions.

**Bookings essential:** [lanecove.nsw.gov.au/library](http://lanecove.nsw.gov.au/library)

### Writer in Residence Group

Thursday 28 May,  
6:00pm–7:30pm.

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

**No bookings required.**

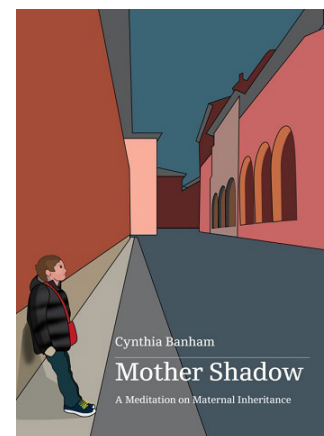


### Makerspace Night @ St Leonards

Thursday 14 May, 5:30pm–7:30pm.

Makers of all experience levels are invited to bring their own projects to life, or try out a self-paced beginner project, using the library's creative technologies. All first-time users must complete an induction before using the equipment. For Ages 16+. Cost \$5.00 + booking fee.

**Bookings essential:** [lanecove.nsw.gov.au/library](http://lanecove.nsw.gov.au/library)



### In conversation Cynthia Banham and Jane Messer: Mother Shadow and Raven Mother @ Lane Cove

Thursday 28 May, 6:15pm–7:30pm.

These two memoirs interweave memory and history, exploring the nature of the authors' maternal relationships and child abandonment. Books are available for purchase on the night. **Bookings essential:** [lanecove.nsw.gov.au/library](http://lanecove.nsw.gov.au/library)



# A lifestyle defined by connection, comfort, and natural beauty.

**YOU'RE INVITED: Thursdays, the Watermark Way**

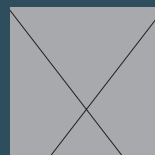
Join us each Thursday for tea and a personalised tour of our thoughtfully designed community. Experience our beautiful oversized and light-filled apartments with generous living spaces. Explore exceptional amenities and a warm, welcoming environment where neighbours quickly become friends.



Nestled in peaceful bushland with sweeping views over Chatswood Golf Course and Lane Cove Valley, Watermark offers a rare sense of calm—just moments from everything.

Come and see why our residents love calling Watermark home.

[watermarkresidences.com.au](http://watermarkresidences.com.au) 130 Beaconsfield Rd, Chatswood 2067



Thursdays, 2pm



Tea & Tour



Contact our team on  
1800 520 168 to register



**Maggie Lawrence** chats with Hunter's Hill local Lerida Delbridge about her journey as a violinist that has led to her being both principal second for the Sydney Symphony Orchestra and artistic director for Hunters Hill Music.



**MAGGIE LAWRENCE** IS A LOCAL AUTHOR AND SCREENWRITER. YOU CAN VISIT HER AT [WWW.MAGGIELAWRENCE.COM](http://WWW.MAGGIELAWRENCE.COM)

## Orchestrating an impressive career in music

Lerida Delbridge comes from a musical family. Her grandmother's great grandfather was a violinist who had lessons from Louis Spohr, a great friend of Beethoven. Her mother's grandfather was a famous singing teacher who emigrated to Australia and was one of Dame Joan Sutherland's first teachers.

'There was always singing and piano playing in our house,' Lerida told me.

'My cousin was a ballet dancer and my sister who is nine years older than me played the violin and is a viola player with Orchestra Victoria, the Opera and Ballet Orchestra in Melbourne.

'Growing up I knew in my heart I would become a violinist, but I felt like I was 'falling' into the profession. My Dad always said "bite off more than you can chew, then chew like blazes!" so I was always applying for competitions and scholarships and this opened many doors,' she said.

Lerida was originally from Melbourne but she grew up on a farming property in a rural town on the fringe of Victoria's Yarra Valley.

'There were goats, cattle, dogs and birds. It was a beautiful upbringing filled with time helping dad fix fences, deliver calves, shear sheep and herd cattle.

'I loved animals and dreamt of traveling to exotic locations and being a nature reporter. My parents subscribed to the *National Geographic* and we've hundreds of yellow magazines dating back to the 80s. I particularly loved reading about the animal expeditions,' she added.

Lerida was introduced to the violin at a very young age.

'My sister was learning the violin and I wanted to be just like her! My Dad made me a cardboard violin when I was 2 and I was given my first tiny violin when I turned 3. I learnt the Suzuki method until I was 7 and then I went to a very strict, scary violin teacher who was excellent but who I now realise taught through fear. One time he made me suck on a lemon and told me this was what I sounded like!

'He had a large property with a long driveway. If I had a bad lesson, he would give me a head start and then let his two German Shepherds out and they would chase me down the drive. I was terrified of dogs back then, but I was also a great sprinter!'

### Touring Europe at nine years old

Lerida's first teacher was teaching so many talented young players he started an uncondacted string orchestra with his students aged between nine and twelve.

'We would play works by Corelli, Mozart, Vivaldi and Bach and the ensemble was so successful we toured Europe when I was only nine. It was a wonderful experience.

'When I was 10, I started learning from a wonderful Dutch teacher who was warm and gentle with me. He taught me to love orchestral playing and chamber music and he had a huge impact on my musical career,' she said.

Lerida wasn't keen on moving abroad permanently, so she attended several Summer Schools in Europe whilst completing her postgraduate study at Melbourne University.

'The summer programs in Europe were incredibly eye opening and intense, with daily lessons from amazing teachers and mentors. It was a great opportunity to meet aspiring violinists from all over the world.'

When Lerida was 17, she toured as co-concertmaster with Geminiani Orchestra created for young tertiary musicians, akin to the Sydney Youth Orchestra.

'It was a great tour, performing with pianist Stephen Kovacevich. Just after the Bosnian war in 1997 we travelled from the Dubrovnik Summer Festival to the town of Mostar and performed an open-air concert at the Pavarotti Music Centre for NATO forces with fighter jets flying overhead. We travelled past the front line and it was unforgettable,' she said.

## Forming the Tinalley String Quartet

Lerida started her Bachelor of Music at the University of Melbourne when she was in Year 11 and began learning with William Hennessy the former first violinist of the Australian String Quartet.

‘William Hennessy’s love of string quartet playing was infectious and in 2003 I quickly formed a string quartet with three of my friends also studying at the University of Melbourne. We named our quartet Tinalley.

‘We were very serious from the outset, and with William Hennessy as our mentor we devoted hours and hours to rehearsing and to contacting every visiting quartet that came through town and playing for them. Then we entered and won the National Chamber Music Competition,’ she told me.

With the competition earnings the Tinalley String Quartet travelled to Yale Summer School and Stanford University and spent an American Summer learning from the Tokyo, Keller, Brentano and St Lawrence String Quartets.

‘We then had a change of membership and I decided to move from first violin to second violin. I felt I knew exactly what a first violin needed, having sat in the chair for three years. It was an exciting change for both myself and the quartet,’ she said.

Lerida’s quartet were the first Australian quartet to be accepted to compete and win in the ninth Banff International String Quartet Competition.

‘We were thrilled just to be invited to compete, so it was overwhelming when we won. The Banff Centre for the Arts is such a unique facility in the middle of the Canadian wilderness. The audience is there just for the competition and the atmosphere is electric,’ she told me.

Winning the competition opened many doors for the quartet and they spent the



*Tinalley String Quartet performs at Banff International String Quartet Competition. Photo credit: Donald Lee*

next few years touring Europe and North America, playing in the world’s greatest halls and series including the Amsterdam Concertgebouw, Vienna Musikverein, Berlin Konzerthaus, Paris, New York, San Francisco and Vancouver.

### Thinking with one musical brain

Lerida told me that a string quartet is a unique ensemble. Each player needs to have incredible skill and proficiency and an individual personality, but at the same time, needs to think with one musical brain.

‘It can be incredibly intense and emotions can run high but when you are on stage, in the moment, it is electric. I think it’s the repertoire that drives you and when you play with the right combination of people it’s such fun.’

In 2024 after 21 years of playing together they made the sad decision to disband their string quartet.

‘We remain great friends and we talk every now and then about a reunion when we are in our sixties,’ she said.

### Assistant concert master for Sydney Symphony Orchestra

Lerida and her husband Justin, who plays viola moved to Sydney in 2013 to take up two positions within the Sydney Symphony Orchestra (SSO).

‘I’d always loved visiting Sydney and discovering the fabulous beaches and new neighbourhoods. Securing two positions in the same city is always difficult, so when we were both appointed to two principal positions within a year of each other, we felt incredibly lucky. And it’s difficult to beat working at the Sydney Opera House every day,’ she said.

In 2025 Lerida moved to the position of principal second violin for SSO.

‘After being with the orchestra for 10 years, it’s wonderful to have this new challenge. It’s the perfect position for me. I feel like I’m starting all over again and I’m loving that sense of discovery,’ she added.

### Giving back to the arts community

Lerida moved to Hunters Hill with her husband at the end of 2019 and it led to her joining Hunters Hill Music as their artistic director.

‘During Covid I had time to make some enquiries and discovered that Hunters Hill Music had been in operation for over 80 years. It was under the direction of the great opera singer, Geoffrey Chard, but the committee was thinking of retiring.

‘I didn’t know this when I approached Geoffrey, but after offering to help, the committee asked if I would take it over. I presented the first season as artistic director in 2024. I’ve a fabulous team of volunteers, and we’ve partnered with several local businesses. We’ve also been thrilled to have the support of Hunters Hill Council which makes it possible to present concerts at the Hunters Hill Town Hall.

‘I love being able to give back in this way to the community, I feel so fortunate to play music for a living and to have been mentored by such wonderful musicians over the years,’ she concluded.

*The next concert of Hunters Hill Music is on Sunday, June 29th at 2.30pm at Hunters Hill Town Hall, with pianist and star of the ABC TV’s The Piano, Andrea Lam.*



# Volunteering

DR CARL WONG  
IS A LANE COVE-BASED  
GP AND SITS ON THE  
BOARD OF SYDNEY  
COMMUNITY SERVICES



## ‘My compensation is seeing their smile’.

This is the reply I received from Salvador, a local Lane Cove resident, when I ask him why he has been volunteering since 2010 for Sydney Community Services. ‘I love the conversations with people, and it allows me to check on them as well to make sure they are okay’. Salvador is not alone. Just over an estimated five million Australians participate in voluntary work, usually through an organisation.

Volunteering is often described as an act of generosity, compassion, and civic responsibility, but modern medical research increasingly shows that it is also a powerful contributor to our health and wellbeing. From improving cardiovascular health to reducing depression and increasing longevity, volunteering offers measurable medical benefits that extend beyond social good. In current times where chronic disease, mental health challenges, and social isolation are rising concerns, volunteering is emerging as a low-cost, accessible intervention that supports both individual and community health.

One of the most compelling medical findings about volunteering is its positive impact on physical health. Studies show that individuals who volunteer regularly tend to have lower blood pressure, reduced risk of heart disease, and improved overall physical functioning. The act of volunteering often involves movement, social engagement, and a sense of purpose, all of which contribute to better physical outcomes. For older adults in particular, volunteering has been linked to increased mobility and reduced disability. Engaging in community activities such as assisting in hospitals, delivering meals, or participating in environmental clean-up programs encourages regular physical activity. Even moderate levels of activity - such as walking, standing, or lifting light objects - helps maintain muscle strength, improve circulation, and support cardiovascular health. Furthermore, volunteering has been associated with lower levels of inflammation, a key factor in many chronic diseases including diabetes, arthritis, and heart disease, making volunteering a protective factor against long-term physical illness.

Thankfully volunteering benefits do not simply stop at the physical. The mental health benefits of volunteering are equally significant. Depression and anxiety are widespread in Australia, and social isolation is a major risk factor. Volunteering provides social interaction, emotional connection, and a sense of belonging, which are crucial elements for psychological wellbeing. Local resident Hong agrees: ‘I introduced my father to Sydney Community Services (SCS) over twelve years ago to help him find more friends, and I joined at the same time,’ Hong



recalls. ‘I enjoyed my time, and I started to volunteer there as well, wanting to give back to my local area. I like to volunteer and I find it satisfying to help people’.

Studies have also found that individuals who volunteer report lower rates of depression and higher levels of life satisfaction. This effect is particularly strong among older adults, retirees, and individuals experiencing life transitions. Volunteering creates structured social engagement and offers meaningful roles, helping individuals feel valued and connected to their communities. In addition, volunteering can reduce stress by shifting focus away from personal problems and toward the needs of others. This perspective change fosters gratitude, empathy, and emotional balance, which are essential components of mental health.

Also want to live longer? One of the most striking medical findings is the relationship between volunteering and longevity. Several studies have shown that people who volunteer regularly have a lower risk of premature death compared to those who do not. Research has shown that this may be due to a combination of physical activity, social support, and psychological well-being. Volunteering promotes a sense of purpose, which has been identified as a major predictor of longevity. Individuals who feel that their lives have meaning tend to adopt healthier behaviours, maintain stronger social connections, and experience lower levels of stress. These factors collectively reduce the risk of chronic disease and improve overall survival rates. These benefits seem to be most pronounced when volunteering is done consistently but not excessively. Moderate involvement - such as a few hours per week - appears to provide the greatest health benefits without causing fatigue or burnout.

So, how should you find the right volunteer opportunity? Find something that you would enjoy, are capable of doing and can see yourself getting fulfilment from. Consider your interests and skills (or skills you might like to develop) and how much time you have to volunteer. Hong says ‘I volunteer at SCS in many ways for variety: meals on wheels, gardening, linen services, community services and Boomers outings’.

Volunteering is far more than an act of kindness - it is a medically-supported pathway to better health and wellbeing. By improving physical health, enhancing mental stability, increasing longevity, and strengthening social connections, volunteering offers benefits that extend across the lifespan. As modern medicine continues to recognise the importance of lifestyle and social factors, volunteering stands out as a simple yet powerful tool for improving health. In helping others, individuals often discover that they are also helping themselves, creating a cycle of healing that benefits both the volunteer and the community.

## How a gift in your Will can change the future for kids like Gaia

Vince and Caroline never imagined they would be standing beside a hospital bed, watching their three-week-old daughter fight for her life.

After eight long years of infertility, baby Gaia felt like a miracle. But within weeks, her breathing became strained and unsettled. When her paediatrician detected a heart murmur, everything changed. Gaia's heart was struggling. Her left chamber was enlarged, her oxygen levels dangerously low, and her condition was critical.

The days that followed were a blur of ambulances, hushed conversations and overwhelming fear. Vince and Caroline will never forget the moment Gaia was carried into theatre, her tiny body fragile in the arms of the surgical team. Hours later, she lay in ICU, surrounded by tubes and monitors. Every beep felt like a lifeline.

After several days, Gaia was moved to the ward. Amid the noise and constant



activity, the emotional toll was immense. But during their stay, Vince and Caroline were given access to a private room. Behind a closed door, in a quiet, dimly lit space, they could finally exhale. That room became a sanctuary, a place to recharge, to gather themselves, and to be fully present for Gaia when she needed them the most.

Philanthropy is one of the driving forces behind transforming children's healthcare, helping ensure that every child, like Gaia, receives the best possible care when they need it most.

Today, Gaia is thriving – a joyful little girl whose future once felt uncertain.

Stories like Gaia's are only possible because of extraordinary medical teams at the Sydney Children's Hospitals Network. Gifts in Wills play a powerful role in making this type of care possible. They help fund life-saving equipment, pioneering treatments, world-class facilities and family-centred spaces that bring comfort during the hardest days.

By leaving a gift in your Will to Sydney Children's Hospitals Foundation, you can help change the future for sick kids and their families – creating a legacy of hope that lasts for generations.

To learn more, visit [www.schf.org.au/gift-in-will](http://www.schf.org.au/gift-in-will) or call **1800 770 122**.



Sydney Children's Hospitals Foundation

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

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



Scan here

[www.schf.org.au](http://www.schf.org.au) | **1800 770 122**



Sydney Children's Hospitals Foundation.  
ABN 72 003073 185



# COMMUNITY CONNECTIONS



**VOLUNTEER NOW**

**CARISBROOK HISTORIC HOUSE**

AN INTERESTING WAY TO MAKE A DIFFERENCE

[www.carisbrookhouse.com](http://www.carisbrookhouse.com)  
**0418 276 365**






**Volunteers needed for Ryde Eisteddfod**

Thousands of entrants - from the age of four to some close to ninety - are looking forward to sharing their skills in dance, music and speech events.

*Volunteers are needed for marshalling, registration, stage management, scribing, catering and more.*

To support young performers' confidence and skills, visit [rydeeisteddfod.org](http://rydeeisteddfod.org) or contact Suzanne Maslen on **9874 2809**.



**RYDE HUNTERS HILL FLORA AND FAUNA PRESERVATION SOCIETY**

Over sixty years, our Society has inspired local residents to care for our natural environments. Volunteer members assist and inform people enjoying our local bushland by keeping the **Field of Mars Reserve Visitor Centre** open on weekends and public holidays. New members are welcome to join our team. No special knowledge needed. Special events include guided walks and talks. All members receive "Wallumetta", our bi-monthly newsletter.

See <https://rydehffps.org.au/>  
**COME AND JOIN US!**  
Email: [rhhffps@gmail.com](mailto:rhhffps@gmail.com)  
or phone: **0417 439 456**



**Artisans in the Park TRAMSHEDS**

**FREE ENTRY**

**Saturday 30 May 10am-3pm**

Tramsheds  
1 Dalgal Way  
Forest Lodge

Upper & lower levels

Artisans in the Park | Tramsheds is a not-for-profit volunteer run curated artisan market showcasing unique handmade products



**Lifeline SHOP**

**Join Our Lifeline Retail Team**

Volunteer in our Retail Shops and make a real difference in your community. As part of Lifeline Harbour to Hawkesbury Sydney's Retail team, you'll help create welcoming spaces, support customers and turn donated goods into vital funding for our crisis support and suicide prevention services. It's a rewarding way to meet new people, give back, and be part of something meaningful.



**9498 8805**  
[lifelineh2hsydney.org.au](http://lifelineh2hsydney.org.au)

AKKA PROJECT PRESENTS

**Masala Nights**

Colour, Music and Meaning  
Come Together

**30<sup>th</sup> May 2026**  
6pm till late

**CrossFit Geo**  
24b/33-37 College St,  
Gladesville

[info@akkaproject.org](mailto:info@akkaproject.org)  
[www.akkaproject.org](http://www.akkaproject.org)

Purchase Tickets:



## Sixty years for nature

In February, the Ryde Hunters Hill Flora and Fauna Preservation Society (RHHFFPS) celebrated its 60th anniversary with a party at the Society's headquarters in the Visitor Centre at East Ryde's Field of Mars Reserve.

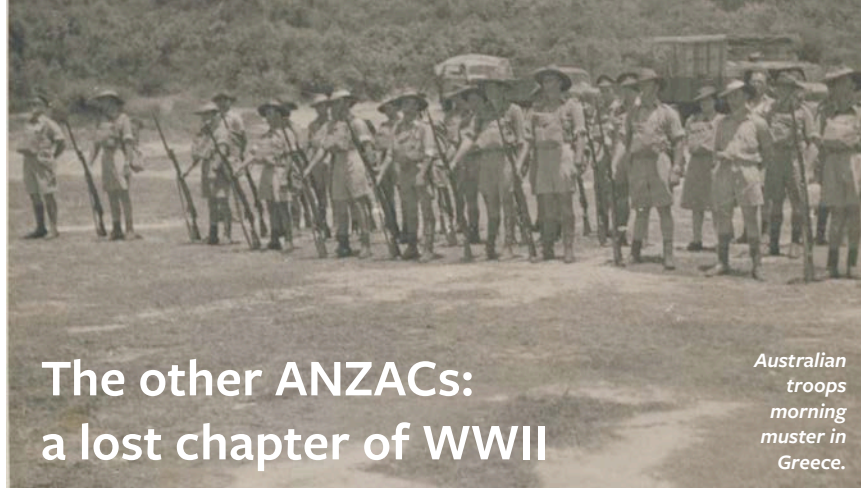
The Field of Mars Common was originally a larger area designated by Governor Phillip for farming by retired British marines and others. Despite later suburban development, the present Reserve's area remained wild, with locals swimming and fishing in Buffalo Creek. However, in the 1950s Ryde Council started using the estuaries as a tip and by 1965 residents were concerned about further loss of bushland here and elsewhere. A proposal to replace the bushland in the Buffalo and Strangers Creek valleys with a major garbage tip was successfully opposed by residents.

On 16 February 1966 RHHFFPS was formed with the aim of developing the Reserve as a wildlife sanctuary. In September of that year Ryde Council accepted this proposal, and so this bushland gem surrounded by suburbia was saved for posterity. Society members cleared weeds and constructed paths and bridges. In 1972 Council built the Visitor Centre, and in 1987 the Department of Education established the Field Studies Centre, the present Environmental Education Centre, which nurtures knowledge and values in thousands of students annually.

The Society advocates on environmental issues, both local and national. It keeps the Visitor Centre open at weekends and public holidays – as far as volunteer numbers allow – and organises events such as talks on environmental topics and themed, guided walks.

For information and/or to become a member (and a volunteer if you wish),

- contact [rhhffps@gmail.com](mailto:rhhffps@gmail.com)
- or 0417 439 456
- or visit <https://rydehffps.org.au>.



## The other ANZACs: a lost chapter of WWII

Australian troops morning muster in Greece.

Eighty-five years ago, thousands of Australian troops were fighting far from home in campaigns many of us rarely speak about today.

Mention Gallipoli, Tobruk or Kokoda and most Australians will nod in recognition. But raise Greece or Crete and you're likely to be met with a puzzled look. Yet in early 1940 many thousands of Australian Army, Naval and Air Force personnel sailed from Australia for the Mediterranean and into the middle of the turmoil rapidly developing there. Ultimately they would form what became known as our 'Second ANZACs'.

*This leaving home was not coming easy to anyone and these men, tough, carefree citizens were realising what it meant to them. For the first time, perhaps some were realising the sacrifice they had undertaken, and many pairs of eyes became unfamiliarly dim.*

(ROLAND HOFFMAN, DIARIST OF THE 16TH BRIGADE ON BOARD CONVOY US1)

By March 1941, Australian troops were deployed from the Western Desert to mainland Greece, joining Allied efforts to halt the advance of Hitler's forces. On 12 April, under General Thomas Blamey, the 2nd ANZAC Corps was formally established.

For decades, official records placed the number of Australian Army personnel who embarked for Greece at 17,125. But new research by Australian archaeologist and military historian Dr Michael Bendon suggests the true figure is significantly higher – well over 18,000.

Dr Bendon's work has led to the first comprehensive nominal roll of those who served in the Greek and Cretan campaigns. It's a significant achievement, given the chaos of the time. Fierce German attacks forced rapid evacuations from both Greece and Crete. Thousands

of Australians were captured, and vital records were lost, destroyed or never properly kept.

'The very nature of these campaigns meant record-keeping became secondary,' Dr Bendon explains. 'Evacuations were hurried, and documentation was often incomplete or abandoned altogether.'

To piece together the full picture, Dr Bendon drew on a wide range of overlooked and fragmented historical sources. Each name included on the roll is supported by at least one verified record – offering long-overdue recognition to those who served.

A wartime note captures the urgency of those moments:

*If anyone sees an officer burning papers get ready to move.*

(AWM: MSS1915)

Now, there is a renewed effort to ensure these soldiers are remembered. The story of Australia's wartime service extends well beyond the campaigns we know best. Greece and Crete deserve their place in our national memory – and so too do the thousands who served there.

### Did you have a relative who served?

Dr Bendon is inviting families to get in touch to confirm connections to the Second ANZACs via his website, [thehistorian.com.au](http://thehistorian.com.au), or by email at [michael@thehistorian.com.au](mailto:michael@thehistorian.com.au).

### Commemorating 85 years:

Readers are also invited to attend upcoming anniversary services in Sydney:

- Wreath Laying Service, Cenotaph Saturday 16 May 2026, 2pm
- Greek Orthodox Archdiocese Church, Redfern Sunday 17 May 2026, 9.30am
- Holy Trinity Garrison Church, Millers Point Sunday 24 May 2026, 11.15am

# Saving money. Saving the planet. Saving lives.

## Find your next treasure at Lifeline's Retail Shops

There is something for everyone at Lifeline Harbour to Hawkesbury Sydney's (H2HS) Retail Shops, and every purchase supports a great cause.

Each well curated Lifeline Shop offers high-quality donated goods and furniture to raise funds for essential support services available across Sydney's northside.

You won't have to travel far to your nearest local Lifeline Shop – with 9 locations in Asquith, Gladesville, Lane Cove, Lindfield, Naremburn, Northbridge, Pennant Hills, Waitara and Westleigh; and a brand-new online store.

Whether you're searching for the retro and vintage or need something new, the carefully curated, ever-changing selection makes shopping with purpose easy.

At the heart of each shop is an army of caring volunteers who are passionate about the important work Lifeline does, with funds raised going towards the 24/7 Crisis Support Phone, Text, and Chat services, counselling programs, and local initiatives like Lifeline Connect - ensuring Lifeline is there for people in their moment of need. Kelly, a volunteer at Lifeline Naremburn, is grateful that her volunteering is not only personally rewarding, but also gives back.

'Volunteering with Lifeline is so enjoyable and rewarding! I love that I volunteer with terrific people, helping our wonderful customers in a store packed with amazing fashion, homewares, furniture, collectables and everything else you could wish for. It's such a privilege to support the life-changing work that Lifeline does.'

Well-loved by the community, it isn't uncommon for a volunteer's journey to start out as a shopper, then as a donor, and finally as a volunteer.

The shops' well-curated, well-priced donated goods and opportunities to sustainably donate pre-loved goods are just part of the pros of Lifeline's Shops. Volunteering in pleasant social atmospheres builds lasting friendships, and every day brings something different with a diverse range of volunteer duties on every shift to suit your interests.

- *To learn more about Lifeline Harbour to Hawkesbury Sydney's Retail Shops, or to donate or volunteer, please visit the website: <https://www.lifelineh2hsydney.org.au/shop-with-us/our-shops/>*

**If you, or someone you know are feeling overwhelmed, we encourage you to connect with Lifeline in the way you feel most comfortable.**

**You can phone Lifeline to speak to a Crisis Supporter on 13 11 14, text 0477 131 114, or chat to Lifeline online (all services are available 24/7).**

## 100 WORDS



From thirty feet away, the red giant stared at me without blinking. Taller than me, she was the most magnificent creature I had ever seen. We watched each other before she advanced. Balancing on her powerful tail, she raised herself, ready to strike—the great Australian red kangaroo matriarch. Fear shook me, yet I stood my ground. A professional shooter, I had hunted kangaroos for farmers. With my old rifle, I aimed at her chest and fired. She leapt closer until she collapsed at my feet. Relieved, I checked her pouch—empty. Later, I skinned her, while a mob followed me home.

### Thevakie Karunakaran -Wollstonecraft

The art world buzzed with excitement over the discovery of a collection of personal items belonging to Napoleon Bonaparte, during his exile on St Helena. After over a century, the exhibition at Château De Chantilly, would open to the public the following day.

Maurice and Bernard, the curators, worked all night in preparation. While Bernard went to get some coffee, Maurice couldn't resist donning the black, felt, tricorne hat, but eventually dozed off. A light tap on his shoulder roused him to attention. Awestruck by the diminutive yet commanding figure before him, all he could utter was, "Vive L'Empereur!"

### Perihan Bozkurt - Lane Cove

#### BIRDY FUN

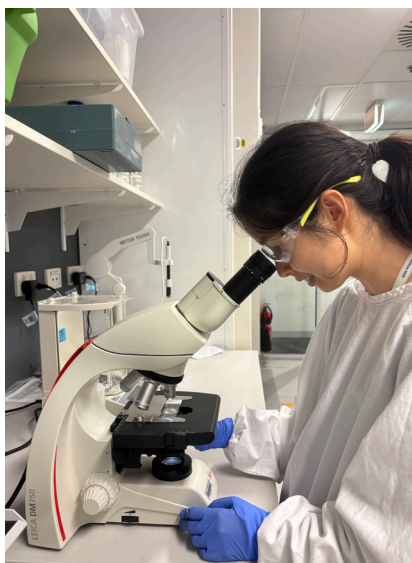
My best friend from childhood days came by train from the Southern Highlands to bring me a correa orange glow. What better gift after all these years? It had been a while. Too early for golden bunnies, she said, and anyway they would have melted in the Easter heatwave.

We toasted the little orange bells with bubbly, and she wished me a hippo birdy. It's not every day you get to be 77! She herself is going on 78, so I'll have to think of the perfect gift for her birdy in September. How about herbs to spice her meals?

### Sylvia Petter - Lane Cove

**Do you have a 100 word story?  
Email:  
[editor@thevillageobserver.com.au](mailto:editor@thevillageobserver.com.au)**

# Balancing the Scales: Women Leading Healthcare and Research



Dr Benita Tse at work

International Women's Day last month provided an opportunity for the NORTH Foundation to celebrate the remarkable women shaping care, research and innovation across the Northern Sydney Local Health District (NSLHD).

The 2026 theme, Balance the Scales, highlights a global commitment to ensuring women - regardless of background or identity - are safe, heard and free to shape their own lives. In healthcare and medical research, this also means ensuring women are equally represented, supported and recognised as leaders, innovators and decision-makers.

Across NSLHD, women are not only contributing to healthcare - they are leading it. Several hospitals in the district are headed by female General Managers, including Alison Zecchin (Royal North Shore Hospital), Amanda Green (Hornsby Ku-ring-gai Hospital), Jennifer McConnell (Ryde Hospital) and Renae McCarthy (Mona Vale Hospital), reflecting a growing shift toward greater representation in senior healthcare leadership.

To mark International Women's Day, the NORTH Foundation highlighted four exceptional women whose work is helping transform healthcare and research across the district.

## Advancing genetic medicine

Associate Professor Yemima (Mimi) Berman, Head of Clinical Genetics at NSLHD, is a leader in rare disease and genomic medicine. Rare diseases affect around one in 12 Australians, with about 80 per cent having a genetic basis.

Her work focuses on improving care for patients with complex inherited conditions while advancing research into precision medicine - tailoring treatments to an individual's genetic profile. She is also involved in research exploring whether annual blood tests analysing cell-free DNA could enable earlier detection of cancer.

Despite progress, she says gender inequity in medicine and research remains a challenge.

'Women are still disadvantaged in medicine and research due to career breaks, carer responsibilities, and institutional barriers to maternity leave and part time work. There is still a lot more to do if we are to achieve equality for women in medicine and science.'

## Supporting victim-survivors

Rachel Wolfe leads NSLHD's Prevention and Response to Violence, Abuse and Neglect (PARVAN) Services, overseeing responses to sexual assault, child abuse and domestic and family violence.

She is currently working with the PARVAN team to design a new Domestic and Family Violence Model of Care that will deliver integrated psychosocial, medical and forensic trauma-informed responses for victim-survivors.

With 39.6 per cent of Australian children exposed to domestic violence, the work addresses one of the most pressing social and public health challenges facing women and families today.

Driven by a lifelong commitment to justice, Rachel sees her role as both strategic and systemic.

'Everyone deserves a life free from violence, abuse and neglect and its adverse effects. My role holds a

responsibility for leading and calling for the mobilisation of the whole health workforce to recognise the important role each of us play in improving the support and quality of service we provide to victim survivors across the district.'

## Research with real-world impact

At the Kolling Institute, Dr Benita Tse is leading research into colorectal cancer prevention and treatment response.

Her work investigates immune cell changes in colorectal polyps and explores how the immune environment influences therapeutic outcomes. By analysing the tumour's immune environment, her research aims to improve predictions of treatment success and support more personalised treatment approaches.

Balancing a full-time research career with raising a young child, she understands the pressures faced by many women in science.

'The major challenge I've faced is juggling personal life goals with career goals, especially contemplating when to start a family and how that delays research projects, publications, grant opportunities.'

## Leading with compassion

With 25 years of experience as a registered nurse, Shiraz Abdulla now serves as Director of Nursing and Midwifery at Hornsby Ku-ring-gai Hospital.

Her career has taken her from bedside care to executive leadership, where she advocates for the vital role nurses play in delivering safe, high-quality patient care and supporting staff wellbeing.

'As a woman in healthcare leadership, I have encountered challenges such as advocating for nursing and ensuring that nursing perspectives are recognised and valued.'

## Continuing the momentum

While International Women's Day has passed, the work of balancing the scales continues year-round. The NORTH Foundation remains committed to supporting women across medical research, healthcare innovation and leadership - helping build a more diverse and inclusive health system.

## Lane Cove Community Bands set to expand

With over 200 members across six ensembles Lane Cove Community Bands is one of the largest and most active organisations of its kind, and it is entirely run by a group of very dedicated volunteers who organise events, concerts and experiences for our members and audience alike.

This year, the organisation is looking to expand by adding a choir and a beginner jazz ensemble to the program from Term 3 (late-July) onwards. Expressions of interest are invited from all new, current, and returning musicians.

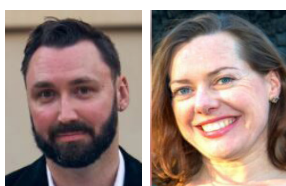
The Beginner Jazz Ensemble will suit current musicians of any ability on woodwind, brass, keys, or percussion. The ensemble will explore classic jazz repertoire while learning about jazz styles and swing feel, developing listening and ensemble skills, and introducing the concepts of improvisation

The LCCB Choir aims to provide a relaxed and friendly environment where people can enjoy singing together. No auditions are required, and you do not need to be able to read music. We will explore simple harmonies, learn great songs together, and build confidence in a supportive group. Adult singers of all voice types are welcome.

To find out more about our program, or to register your interest for one of our new ensembles go to [www.lccb.org.au](http://www.lccb.org.au).

Come along, meet new people, and experience the joy of making music together.

Lane/Cove  
MUSIC



### Concert No. 2

7:30pm TUESDAY 12 May 2026

Venue: ST. ANDREW'S UNITING CHURCH  
47A KENNETH ST, LONGUEVILLE

### A Journey Through the Present

Andrew Rumsey (piano) and Myee Clohessy (violin) present a journey through the rich tapestry of works by Australia's finest composers—among them Elena Kats-Chernin, Sally Greenaway, Ken Lampl and others.

Concert prices 2026 Season

\$90 annual subscription (for 6 concerts)

or \$30 (cash) visitor | \$10 student per concert

Bookings via our website [www.lanecovemusic.org.au](http://www.lanecovemusic.org.au)

Online bookings preferred. Limited admission at the door on the night.

Enquiries welcome: 9428 4287

NEW  
VENUE

## Is Lane Cove really so special?

Lane Cove was recently named Australia's most liveable neighbourhood in a national survey. To see if this assessment holds true, we are looking to share the stories that make our community so special.

Last year, Riverview resident Barbara Palmer received a 'highly-commended' award in the Lane Cove History Prize for her heart-warming piece of social history detailing life on her street. Her research highlighted local traditions, such as the annual street breakfast on Australia Day. Many of our streets host similar low-key, 'bring-a-plate' gatherings, reflecting a unique community spirit that even prompted the Lane Cove Council to develop a dedicated guide to hosting street parties safely.

Whether it is a decades-long Christmas party or an ANZAC Day sunrise gathering, we want to hear about your street's rituals. Please share your stories with us by emailing [LCHS@carisbrookhouse.com](mailto:LCHS@carisbrookhouse.com) and help us prove why Lane Cove is so highly regarded.

We also encourage you to consider entering the \$1,500 Lane Cove History Prize. Like Barbara, you can research a topic you are passionate about - whether it is your street's history, a notable person, or a local event - and submit your essay by August 31st. This is a wonderful opportunity to share personal stories of historical significance to Lane Cove and potentially win a valuable prize.

- Full details regarding entry conditions, guidelines, and criteria can be found on our website. We look forward to hearing your amazing stories.

## History talk @ the library: Australia's Art Deco Picture Palaces

Against the difficulties of life during World War I, then the Spanish Flu, followed by the Great Depression, Australians sought refuge in the excitement of the cinema. Prevailing glamour fashions and the Art Deco movement found their way into filmmaking and cinemas became Art Deco palaces where Saturday night was the place to be - the women dressed in evening gowns and the men in tuxedos. Most of these picture palaces have disappeared. Those few remaining deserve preservation intact before we lose that part of our cultural and architectural heritage.

- **Who:** Dr Peter Sheridan AM is a world-renowned authority on Art Deco design and is dedicated to the conservation of our Art Deco cinemas.
- **When:** Tuesday 26 May 2026 7pm at Lane Cove Library
- **Cost:** \$5 includes wine and cheese (free for LCHS members)

### PAM PALMER

President

Lane Cove Historical Society Inc  
[www.carisbrookhouse.com](http://www.carisbrookhouse.com)



# Catwalk for a Cause: Lane Cove comes together for Delvena Women’s Refuge

Moved by the alarming rise in domestic violence, long term Lane Cove residents Emma Rogers and Rowena Gupta decided to turn concern into action.

On April 23 at The Alcott, Lane Cove’s boutiques, students, and residents came together for a night of fashion, fun, and fundraising — all in support of Delvena Women and Children’s Refuge, part of the Women and Children First network, a specialist domestic and family violence refuge that has been a vital lifeline on Sydney’s Lower North Shore for over 50 years.

Every dollar raised goes directly to the refuge and the families who call it home. Funds will support mums and their children escaping violence and homelessness through safe shelter, practical assistance, and programs that foster healing and recovery — from child psychology, play and art therapy, and yoga and wellbeing sessions for mums, to essential supplies, comfort items for children, grocery and fuel vouchers, and improvements to the refuge space itself. Together, these investments help create a safe, nurturing environment where families can begin to heal and rebuild their lives.

‘It’s really moving to see our community come together through Catwalk for a Cause. The care and generosity shown toward Delvena means so much to our team and the families we support,’ said Allison Parsons, Partnerships Officer, Women & Children First



Tania Mace, Rotary and Catwalk founders Emma Rogers (middle) and Rowena Gupta

The response to the inaugural Catwalk for a Cause was overwhelming — tickets sold out quickly, and the village’s most loved boutiques came on board to showcase their latest looks. The runway featured stunning fashion from Zjoosh, The Hunted, Found, Bella Cove Lingerie, Iris & Lin, Taking Shape, Miss V, Blue Illusion, Denim Life and Rain.

Beyond the boutiques, the show celebrated local creativity and sustainability, with guests enjoying:

- Curated Op-Shop fashion demonstrating how style and sustainability go hand in hand
- HSC Fashion Design major works from local students, showcasing the talented next generation
- Community models of all ages and backgrounds who stepped onto the runway, embodying Lane Cove’s inclusive spirit

Indeed, Catwalk for a Cause was a true community collaboration. Tania Mace, from Rotary Lane Cove, the event’s Foundation Partner, was instrumental from the outset, providing guidance and support to make the concept a reality.

Major thanks also go to Hazel McNamara from McGrath Lane Cove, the Major Auction Sponsor, whose support has put together charity auction with special items going under the hammer to raise further funds.

The event attracted a flood of generosity from local and nearby businesses, eager to contribute prizes, services, and expertise.

With so much enthusiasm and heart behind it, Catwalk for a Cause was an unmissable night — a celebration of local style, local business, and local kindness. The founders hope this is just the beginning: ‘With such incredible support from our community, and Rotary, we’re confident Catwalk for a Cause will become a regular fixture on the Lane Cove charity calendar,’ said Emma.



Lane Cove local and volunteer model Mags Hawley is fitted for her runway turn at Zjoosh Lane Cove



## Give a Little. Gain a Lot. Volunteer Locally.

Looking for a feel good way to give back? Volunteering with Sydney Community Services lets you connect with your community while gaining plenty in return.

We're a local not for profit supporting seniors, young families, people facing financial hardship, and those living with disability across Lane Cove, Hunters Hill and Ryde. Our volunteers are central to everything we do—without them, many of our services simply wouldn't be possible.

Volunteering is a great way to meet new people, stay active, learn new skills and feel more connected locally. Many of our volunteers stay for years because they genuinely enjoy the experience and the friendships they build.

Consider joining our friendly team and choose from a range of flexible roles, including meal delivery, gardening, shopping support, social activities, seniors hubs, day trips and more.

Whether you have a little time or a lot, there's a role for you. Make a difference in your community—and in your own life. We'd love to have you on board!

Contact us or visit our website to learn more or get involved.

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



**Sydney Community Services**

**9427 6425**

LOCAL SUPPORT. TRUSTED CARE. COMMUNITY WELLBEING.



### STAYING CONNECTED @ THE HUBS



#### Strength & Balance NEW CLASS

**Date:** Tuesdays  
**Time:** 10.45–11.35am  
**Location:**  
44 Gladesville Road,  
Hunters Hill



#### Movement Plus NEW CLASS

**Date:** Tuesdays  
**Time:** 11.45am–  
12.35pm  
**Location:**  
44 Gladesville Road  
Gladesville Community  
Hall, Hunters Hill



#### Line Dancing

**Date:** Wednesdays  
**Time:** 1.30pm– 2.30pm  
**Location:** Sydney  
Community Services,  
44 Gladesville Rd,  
Hunters Hill



#### Memory Cafe

**Date:** Wednesday  
20 May  
**Time:** 10am - 12noon  
**Location:** The Meeting  
House Hub,  
23a Stokes St,  
Lane Cove North  
**Cost:** FREE

**BOOKINGS ESSENTIAL:** P: 9427 6425 E: [SUPPORT@SYDNEYCS.ORG](mailto:SUPPORT@SYDNEYCS.ORG)



**Sydney Community Services**

## A MESSAGE FROM **BRANKA IVKOVIC, CEO**



Volunteering is often described as giving your time, but in truth, it is about contributing something far more meaningful: connection, dignity, and belonging. Across our community, volunteers show up every day in ways both big and small, quietly strengthening the social fabric that holds us together.

For some, volunteering means helping a neighbour put their bins out, or offering child-minding to time-poor parents. For others, it might be lending professional skills, mentoring young people, supporting community events, or rolling up your sleeves in a garden, kitchen, or activity group. Whatever the form, the impact is the same – volunteers help people feel seen, supported, and part of something bigger than themselves.

What makes volunteering so powerful is that it is never one sided. While volunteers generously give their time and energy, they often speak of how much they receive in return – a sense of purpose, opportunities to learn, and a deeper connection to the community they live in. This spirit is reflected in the theme for National Volunteer Week 2026, “Your Year to Volunteer”, taking place from 18–24 May 2026.

National Volunteer Week is also the time when we formally recognise and celebrate the contribution of volunteers at Sydney Community Services, because recognising volunteering truly matters. Our volunteers are at the heart of everything we do – our services, activities and events are only possible because of their dedication, commitment and generosity. Many of our volunteers have been part of our organisation for many years, reflecting the strong connections they have built with our community.

Recognition is not about formality or applause; it is about saying *we see you, and we thank you*. In 2025, we were honoured to act as referees for two long standing volunteers nominated for the Order of Australia, each having served our community for more than two decades. Their stories remind us that while some volunteers commit for the long term, volunteering does not need to fit a single mould. It can be flexible, occasional, skills based, or hands on, whether helping at a local event, supporting a program once a week, or sharing professional expertise. Every contribution, no matter its size, adds to the collective wellbeing and strength of our community.

In today’s fast paced world, where many people feel increasingly disconnected, volunteering creates space for genuine human connection. It invites us to slow down, to listen, and to act with compassion. It reminds us that

kindness doesn’t need to be grand to be meaningful, sometimes it is simply being there, consistently and reliably, for someone else.

We are also seeing a growing interest in corporate and group volunteering, where workplaces come together to give back. These partnerships bring new energy, skills, and perspectives into the community and show that social responsibility can be collaborative and deeply human. When organisations invest in volunteering, they are investing in the wellbeing of the communities their people live and work in.

Importantly, volunteering needs to fit around our life’s commitments. Whether it is an hour a week, a seasonal activity, or a one off event, there is a place for everyone who wants to contribute.

At its heart, volunteering is an act of hope. It says, “I care about this place and the people in it.” It is how communities respond to need with warmth rather than distance, and how individuals turn empathy into action.

As we celebrate volunteering, we also extend an open invitation: if you have ever wondered whether you could make a difference, the answer is yes. Your time, skills, and presence matter.

### **VOLUNTEER TODAY!**

*Volunteering doesn’t just make a difference—it changes lives, including your own.*

If you’re wanting to give back, connect with others, and make a real impact in your community, we’d love to welcome you!

**We are looking for volunteers for the following positions:**

- Gardeners
- Meals Delivery Drivers
- Mahjong Event Assistant

**Contact our Volunteer Coordinator to learn more and get involved today!**

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

**T 02 9427 6425 E [support@sydneycs.org](mailto: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

# NEW WEBSITE



## Sydney Community Services Launches New Website

**Sydney Community Services is proud to announce the launch of our new website — making it easier than ever for the local community to find support, get involved and stay connected.**

As a trusted not for profit, we support older people, families, carers, people living with disability and those experiencing financial hardship across Lane Cove, Hunters Hill and Ryde. Designed with accessibility and simplicity in mind, the new website helps visitors quickly find clear, practical information about our services.

Users can explore support options, learn how to refer themselves or someone they care for, and discover local programs and activities. The site also highlights volunteering opportunities, ways to donate, and the latest news and events, making it easier to stay connected with our work.

Our new website reflects our commitment to inclusion, community and practical support. We invite everyone to visit, explore and share it with anyone who may benefit.

**ACCESSIBILITY,  
SIMPLICITY,  
COMMUNITY  
CONNECTION & EASY  
TO FIND  
INFORMATION.**

VISIT **[WWW.SYDNEYCS.ORG](http://WWW.SYDNEYCS.ORG)**  
TO LEARN MORE.



**Sydney Community Services**



### LANE COVE HUB

1 Pottery Lane, Lane Cove

#### 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

#### Book Club

- Monday 18 May, 1.30 - 2.30pm
- Cost: \$5 includes book and afternoon tea.

#### Mah Jong

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

#### Scrabble

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

#### Social Bridge

Cards and conversation! Enjoy a relaxed afternoon of social bridge every Thursday, 12.30-3.30pm. \$5 includes afternoon tea.  
*Contact us to register.*

#### Social Tennis Group

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

#### Yoga

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

- Wednesday
- 9.30am - 10.30am



### 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, 1.30pm - 3.00pm
- Cost: \$5pp, includes afternoon tea.

#### Memory Cafe

A place to meet and enjoy lunch and casual conversation for people living with dementia, their family and friends.

- Wednesday 20 May
- 10.30am - 1pm
- Cost: FREE

#### reACTIVATE Fitness Solutions for Seniors

Join us for a series of functional fitness classes.

- Monday, 10.45am - 11.45am
- Friday, 11am - 12pm
- FEE: \$13 per class. Pay by the term. \$18 per casual visit.

#### Meeting House Playgroups

*Meet local parents and children.*

- FREE to attend. Arts, Craft, Music & Stories
- Playgroups for 0-5 years
- Tuesdays and Thursdays, 9.30am - 11.30am.



All enquiries and bookings for activities please contact:

📞 9427 6425    ✉️ support@sydneycs.org



## HUNTERS HILL-RYDE HUB

46 Gladesville Road, Hunters Hill

### Seniors Hub

Fun, welcoming weekday programs for seniors and dementia-friendly groups. Enjoy outings, activities, great company, door-to-door transport and nutritious meals.

*Get in touch for this month's program.*

### Seniors Hub - Monday Chinese Group

Friendly company, scenic independent outings, and delicious lunches. Everyone is welcome but Cantonese & Mandarin is mainly spoken. This group is dementia, cognitive & mobility friendly. *Contact us for this month's program.*

### Seniors Social Support

Supporting Afghan, Chinese, Iranian, Italian and Spanish seniors through culture, connection and care. Enjoy social outings, cultural events, English classes and wellness sessions.

*Contact us for this month's program.*

### Social Bus Outings

Hop on board every Tuesday and explore new places with friendly local seniors! Enjoy half or full-day adventures from 9.00am–4.00pm.

*Contact us for this month's destinations and cost.*

### The Velveteens

Morning tea, great company and a new outing every month. For independent over-65s with a My Aged Care referral.

- 2nd Monday monthly, 10am–4pm.

### reACTIVATE - Move Well & Live Well for Men & Women

Move better, feel stronger and enjoy great company! Our welcoming seniors fitness class builds strength and balance in a supportive setting.

- Wednesdays, 11am–12noon
- FEE: \$13 per class. Pay by the term..

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.

Supported by



## YOU'RE INVITED...

### Disability Services

#### - Individual and Group

*Our dedicated disability support team is here to help you (or a loved one) stay connected, independent, and involved in the community.*

Programs run monthly. Whether you'd like to try something new or build on what you love, we're here to support your journey.

*Contact us for more information.*



### BOOMers Mens Group

A relaxed social group for independent senior men who enjoy good company and great outings every Friday.

- Departs 10.00am from Lane Cove Hub, returns 2.00pm.

*Contact us for this month's program and cost.*



### Friday Group at the Seniors Hub

Join us each Friday for fun outings and day trips for seniors! Enjoy social connection, dementia-friendly support, and tasty meals—carers can relax knowing everyone's safe and happy.

*Contact us for details.*





## 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

As we recognise Volunteers Week and this year's theme, "Your Year to Volunteer", it is important to acknowledge the significant contribution that volunteers make across our local community. Throughout Lane Cove, Longueville and Hunters Hill, volunteers play a vital role in supporting others, strengthening local connections and helping to create the strong sense of community we all value.

This year's theme is a timely reminder that volunteering is something everyone can be part of. Whether it is giving time regularly or supporting a one-off event, every contribution makes a difference. Across our electorate, many individuals give their time freely to support a wide range of organisations and initiatives, and their efforts continue to shape the strength of our community.

From the dedicated members of our emergency services, including local SES units and rural fire brigades, to parents and carers supporting schools through P&C associations, volunteers are at the heart of many of the services and activities we rely on each day.

Our local sporting clubs and community organisations also rely heavily on volunteers. Coaches, organisers and committee members dedicate their time to providing opportunities for young people and families to stay active, build friendships and develop important life skills. These contributions often take place behind the scenes, yet they have a lasting and meaningful impact.

As we move into the winter holiday period, these contributions become even more important. School holidays provide an opportunity for families to spend time together and remain connected with their community. Many local events and activities during this time are supported by volunteers, ensuring there are inclusive opportunities for residents of all ages.

Events such as the Lane Cove Festival, local markets and school activities are made possible through the efforts of volunteers. These events bring people together and are a reminder of the strong community spirit across our area.

Local publications, including *The Village Observer* and *In the Cove*, regularly highlight the work of volunteers across the electorate. I would also like to acknowledge and thank Jacky Barker for her ongoing contribution to our local community. Individuals like Jacky represent the very best of community spirit.

My electorate office continues to work closely with local groups and assist residents with a range of state matters, and we are always pleased to support community initiatives.

I would like to sincerely thank all volunteers for their ongoing dedication. Your contributions make a meaningful difference and are deeply valued by our entire community.

The weather may be starting to cool, but the month ahead still offers wonderful opportunities to connect, get involved and enjoy all that the City of Ryde has to offer.

### Food and wine festival

I am delighted to announce the return of one of our most popular lifestyle events on Sunday 17 May - Cork & Fork with the Riverside at the picturesque Kissing Point Park, Putney.

This free community event, taking place from 10.00am to 4.00pm, is a fantastic way to spend a fun day with family and friends on the beautiful banks of the Parramatta River.

Visitors can enjoy complimentary tastings from boutique NSW wineries, locally produced spirits and craft beer, along with delicious food from a range of food trucks and market stalls. For those wishing to partake in tastings, a \$10 festival glass provides access to free samples. Full glasses can also be purchased individually from stallholders.

Some terrific live music will set the soundtrack for the day, while children can enjoy ponies and amusement rides.

### Crime solving at the library

If you're a fan of classic murder mystery stories, then it's time to don your finest 1920s attire and come ready to investigate as Ryde Library mark 50 years since Agatha Christie's death.

This immersive event, which takes place on 15 May from 6.30-8.15pm, will see the library transformed into a 1920s mansion and includes an Agatha-inspired murder mystery that will keep you guessing until the very end. There will also be cocktails, mocktails and light refreshments, a photo booth complete with props and backdrops, and a shot at our lucky door prize.

The evening will be run by Host a Murder, Australia's longest-running murder mystery presenters. They have run mysteries at Parliament House and the Powerhouse Museum and set the world record for the largest murder mystery with over 300 people.

### Volunteer Expo

Council is also proud to host a Volunteer Expo on Thursday 28 May at North Ryde School of Arts Community Centre, inviting residents to explore rewarding ways to give back to our community.

Whether your passion lies in environmental care, social support or community development, volunteering is a powerful way to meet likeminded people, build skills and make a meaningful difference.

I encourage everyone to take part, get involved and continue building the vibrant City we are so proud of.

Find out about these events and more at: [www.ryde.nsw.gov.au/EventsListing](http://www.ryde.nsw.gov.au/EventsListing)



**TIM JAMES**

MP

P: 9439 4199

E: willoughby@parliament.nsw.gov.au



**ZAC MILES**

HUNTERS HILL MAYOR

P: 9879 9400

E: mayor@huntershill.nsw.gov.au

Three years after cancelling Beaches Link, the Minns Government has released its Northern Beaches Road Network Review. While it identifies many of the congestion hotspots locals already know too well, it falls short of a plan for real improvement or action to bust congestion. What has been delivered is largely an unfunded list of ideas rather than a committed program of works.

The roads of Willoughby and the Lower North Shore continue to carry a significant share of Northern Beaches through-traffic, funnelled onto key corridors such as the Pacific Highway, Military Road, Boundary Street, Eastern Valley Way, and the Penshurst Street and Willoughby Road corridor. These are roads locals rely on every day and already know are under pressure.

The review acknowledges these challenges and identifies several opportunities for improvement, many within the Willoughby electorate. However, it is short on the detail that counts, what will be delivered, when, and how it will be funded. Without that, there is a real risk this becomes another report that describes the problem without fixing it. I will particularly advocate for accelerated action on the Pacific Highway corridor at Chatswood, including the intersections at Fullers Rd and Mowbray Rd both of which fail at peak hour. With numerous future developments surrounding this corridor it's only set to get worse without urgent intervention.

I encourage residents to read the review, have their say, and speak up about what is missing. Community input is critical to getting better outcomes and ensuring our local priorities are heard. The review can be read at [haveyoursay.nsw.gov.au/northern-beaches-network-review](http://haveyoursay.nsw.gov.au/northern-beaches-network-review)

At the same time, we need to be honest about the scale of the challenge and what is required to bust congestion long term. Incremental upgrades will help, but they will not solve the underlying issues. That requires long-term thinking, ambition and real investment in major infrastructure, including serious consideration of a Metro line to the Northern Beaches.

Alongside this, I remain focused on delivering practical improvements to our local roads. Recent wins include a widened pedestrian crossing and signal timing upgrades at Victoria Avenue and the Pacific Highway to improve access to Chatswood's schools and western Chatswood, continued resurfacing of Willoughby Road and Penshurst Street, and funding secured to address the long-standing blackspot on Mowbray Road West. These are just some of many improvements. If there is a road issue in your area that needs attention, please get in touch.

### Hunters Hill Art Exhibition Returns!

I'm delighted to share that the much-loved Hunters Hill Art Exhibition is back this month! Renowned for its high-quality works, the 2026 exhibition promises to be just as inspiring. We received 526 entries and will select up to 280 artworks for display, showcasing a vibrant mix of local talent alongside creatives from beyond our area.

Held at Hunters Hill Town Hall from 23 – 31 May, the exhibition is always a highlight for our community. Each year I am amazed by the creativity on display, and I can't wait to see what this year brings.

Visit Council's website and follow our social media to stay updated on ticket sales and event details: [www.huntershill.nsw.gov.au/hunters-hill-art-exhibition](http://www.huntershill.nsw.gov.au/hunters-hill-art-exhibition).

### New Accessible Facilities open at Figtree Park

I'm also excited to announce that we have opened the Figtree Park accessible playground extension and new toilet block amenities. The amenities include a dedicated Changing Places toilet facility for people with disability - the first one in our LGA. This is a wonderful step forward in our commitment to creating an accessible and inclusive community. Please join us for our May Day celebration on Saturday 2 May. For more details, visit the Council's website.

### Free community workshops

Council is offering two free practical workshops on Saturday 9 May.

A Car Maintenance Workshop, delivered by Galmatic, will run from 11am–1pm at Lane Cove Council Chambers Car Park (48 Longueville Road). Participants will learn essential skills including changing a tyre, responding to an accident, and basic vehicle checks.

A Bike Maintenance Workshop will be held from 10am–1pm at the Cove Room, 48 Longueville Road. Residents are encouraged to bring their bikes and learn practical maintenance skills.

Bookings are essential and open to Hunters Hill and Lane Cove residents only.

### Get involved in local conservation and Bushcare

I encourage residents to participate in our upcoming bushcare initiatives.

On Saturday 23 May, join a special Bat Night at Riverglade Reserve from 4.30pm to 6pm, helping monitor the Grey-headed Flying-fox as part of the National Flying-fox Monitoring Program. Facilitated by Sydney Wildlife, this is an opportunity to learn more about our local wildlife.

You can also take part in an Introduction to Bushcare training session on Sunday 31 May from 9am to 12pm, led by Michael Shilman and experienced coordinators from Hunters Hill and Lane Cove Councils. No experience is necessary, with all tools provided—just bring your enthusiasm to learn about caring for our natural bushland.

To register for these events and find out more, visit [huntershill.nsw.gov.au/events](http://huntershill.nsw.gov.au/events).

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**5 May – Blue Hawaii (1961)** – Classic musical romantic comedy/drama starring Elvis Presley as a GI who returns home to beautiful scenic Hawaii from Army Service in Europe – also starring Joan Blackman, Angela Lansbury and Nancy Walters.

**2 June – Rabbit Proof Fence (2002)** – Australian epic drama; the story of three aboriginal girls, stolen from their mothers, resettled, their escape and their 1000 mile journey home. Starring Evelyn Sansbury, Laura Monaghan, David Gulpilil and Kenneth Branagh.

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## PROPERTIES OF THE MONTH



**24 Crowther Avenue, Greenwich 4 bed 3 bath 2 car**

Capturing all the magic of the mid-century era against a stunning bush backdrop, this premium residence is at once a masterpiece of c.1960s architecture and a magnificent family home.

**James Bennett 0403 504 724 E: james.bennett@belleproperty.com**

**Steven O'Neill 0499 693 665 E: steven.oneill@belleproperty.com**



**43 Bayview Street, Tennyson Point 5 bed 4 bath 5 car**

Commanding an absolute waterfront setting overlooking Morrisons Bay, this architectural masterpiece stands as a statement in time, vision and craftsmanship, defined by uncompromising luxury and an unwavering commitment to excellence.

**Michael Gallina 0402 320 265 E: michael.gallina@belleproperty.com**

**Cameron Brown 0438 594 708 E: cameron.brown@belleproperty.com**



**1 Pengilly Street, Riverview 3 bed 2 bath 2 car**

Rising high with district views in a peaceful, tree-lined corner setting, this beautiful new architecturally designed home achieves the perfect fusion of contemporary luxury and captivating lifestyle.

**Simon Harrison 0433 100 150 E: simon.harrison@belleproperty.com**

**Nicola Farrell 0488 027 701 E: nicola.farrell@belleproperty.com**



**26 Valerie Avenue, Chatswood 3 bed 2 bath 2 car**

To be sold for only the second time and freshly renovated with nothing to be done, this spacious full brick home offers low maintenance living predominantly on the one level featuring all-new interiors, quality finishes and scenic tree-filled views.es.

**Patrick Lang 0423 891 807 E: patrick.lang@belleproperty.com**

**Iris Shi 0448 077 859 E: iris.shi@belleproperty.com**

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Belle Property Willoughby	551 Willoughby Road, Willoughby	9958 5211
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## ASPECTS

**WHAT:** JAPANESE TRADITIONAL MUSIC

**WHERE:** AUTUMN HARMONY FEST,  
LANE COVE PLAZA

**WHEN:** MARCH 2026

*Miki Oka*

