

# THE Village

OBSERVER



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AND TAKE  
ME HOME

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*July*  
*school holiday*

ACTIVITIES ISSUE

*plus our regular*  
*columnists*

ISSUE 359 JULY 2026



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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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Lane Cove, Hunters Hill, Gladesville, Ryde, Chatswood, Willoughby, Crows Nest, St Leonards, Artarmon 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.

### LOCAL SUPPORT FOR LOCAL PEOPLE

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

### THE VILLAGE OBSERVER

1 Pottery Lane, Lane Cove NSW 2066.

### PUBLISHER: BRANKA IVKOVIC

P: 02 9427 6425 E: [Blvkovic@sydneycs.org](mailto:Blvkovic@sydneycs.org)

### EDITOR: MELISSA BARKS

P: 0418 265 167

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

### DESIGN: SHARON CURBY

E: [design@thevillageobserver.com.au](mailto:design@thevillageobserver.com.au)

### ADVERTISING:

E: [advertising@thevillageobserver.com.au](mailto:advertising@thevillageobserver.com.au)

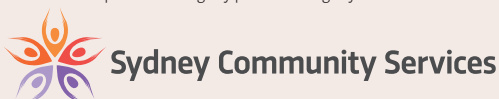
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## Welcome to the July edition of TVO!



School holidays are once again upon us. If you are looking for something to keep your kids busy and off their devices, this issue we are sharing just some of the school holiday activities available in the local area. Whether your children are into sport, dance, art, Lego or comics, we have something for them.

July is also Disability Pride Month, a celebration of disability as a natural and valuable part of human diversity, recognising the achievements, identities and contributions of people with disability across Australia. Disability Pride Month is a reminder that every young person deserves to feel they belong, which is why we've included North Shore Speech Therapy's 'High School Hangout' for neurodivergent teenagers, a holiday program that celebrates connection, confidence and neurodiversity.

Recently I spent a delightful morning over coffee with Lorena Otes, a former Lane Cove resident and newly published author. Her memoir Solo Mum by Choice, is an honest and empowering account of choosing motherhood outside the traditional path. Read about Lorena's journey on page 20. You can also hear Lorena speak about her book at Lane Cove Library on 23 July.

Maggie Lawrence brings us another fascinating interview, this month with Mick Liubinskas, CEO of Climate Salad, an industry group and network of founders, investors and supporters of sustainability solutions. Their discussion highlighted how many climate tech companies are operating in our own backyard. Read all about it on page 30.

I hope you enjoy the issue!

## Melissa

MELISSA BARKS - EDITOR

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



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## King’s Birthday Honours recognise Sydney Community Services leaders



John D. Devine



Rod Cooke

Two Sydney Community Services (SCS) leaders have been recognised in the 2026 King’s Birthday Honours, receiving Medals of the Order of Australia (OAM) for their outstanding contributions to the community.

Former SCS Board Chair John Devine and current Board Director Rod Cooke were both awarded OAMs in recognition of their decades of service and leadership across a range of community organisations.

Mr Devine, who retired from the SCS Board in April 2024 after more than two decades of service, was recognised for his

significant contribution to the Lane Cove community. During his time with SCS, he served as a director, president, consultant and board chair, helping guide the organisation through a period of growth and development.

A retired company director and chief executive, Mr Devine brought extensive governance and leadership experience to the organisation. He has been a resident of Lane Cove for more than 30 years and has played a key role in strengthening community services in the region.

SCS Chief Executive Officer Branka Ivkovic said the honour was a fitting

recognition of Mr Devine’s long-standing commitment to the community.

‘John served as one of our volunteers for more than two decades. Under his leadership SCS prospered and is the organisation we have today,’ she said.

Current SCS Director Rod Cooke was also recognised with an OAM for service to the community through a range of organisations. A member of the SCS Board since 2016, Mr Cooke currently serves as Chair of the Strategy, Policy, Quality and Risk Committee.

Mr Cooke has more than 30 years of board and governance experience, with an extensive management career spanning the military, public sector, private organisations and several not-for-profit organisations.

Beyond his work with SCS, he has served as Vice-President of the Lane Cove Sub-Branch of the Returned and Services League of Australia since 2003, reflecting a long-standing commitment to community service.

Ms Ivkovic said both honours reflected the dedication and generosity of volunteers who help strengthen local communities.

‘We are incredibly proud to be associated with people such as John and Rod, who embody our values,’ she said.



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## North Sydney Olympic Pool moves into final readiness phase

North Sydney Council has announced that North Sydney Olympic Pool has officially reached Practical Completion, marking the formal handover of the facility from the construction contractor to Council.

This significant milestone means the keys to the harbour-side pool have now been handed to Council, representing the transition from construction to operational readiness ahead of reopening to the community.

The iconic harbour-side facility, first opened in 1936, is confirmed to reopen to the public on Friday 7th August 2026 during its 90th anniversary year.

The redeveloped facility will feature Sydney's only 50-metre heated outdoor pool with direct views of the Harbour Bridge and Luna Park, alongside a 25-metre indoor pool, program pool, children's splash pad and water play area, state-of-the-art gymnasium, reformer Pilates studio, swim school, crèche, spa, sauna, steam room, sundeck, café and gelato bar. The redevelopment also includes extensive heritage restoration works celebrating the Pool's iconic Art Deco character.

'I want to sincerely thank the community for



its patience throughout this project. We recognise the frustration many people have felt over the course of the redevelopment and, honestly, there were times I never thought we would see this day,' Mayor Zoë Baker said.

'But what now stands on this extraordinary harbour foreshore is a truly beautiful public facility that honours the history of the original pool while creating something future generations will enjoy for decades to come.

'This is a facility built not just for today, but for future generations of swimmers, families, visitors and the wider community.'

## Tax advice from social media 'finfluencers' or AI no substitute for expert advice

Australia's largest accounting body CPA Australia is urging taxpayers to seek professional advice this end of financial year, warning that relying on social media 'finfluencers' or AI tools for tax guidance could lead to costly mistakes – particularly in light of significant Federal Budget tax reforms.

CPA Australia Tax Lead Jenny Wong said the 2026–27 Federal Budget has introduced some of the most substantial proposed changes to the tax system in decades, including reforms to capital gains tax (CGT), negative gearing and discretionary trusts.

'We're already seeing social media content and AI-generated responses attempting to interpret these tax reforms in overly simplistic or, in some cases, inaccurate ways,' Ms Wong said.

'Whether it's claims about maximising deductions, restructuring investments or timing asset sales, the reality is these

decisions now require a much deeper understanding of the rules,' she said.

Ms Wong said taxpayers should be particularly cautious about guidance relating to property investment and capital gains, given the proposed changes.

'The risk is particularly acute when it comes to encouraging people into self-managed super funds (SMSFs) following the proposed CGT changes. It's one thing to promote potential tax savings, but a minute and a half of online commentary rarely captures critical considerations like preservation rules, trustee obligations and long-term compliance.'

While digital platforms can play a useful role in improving general financial awareness, Ms Wong said they are not a substitute for qualified advice.

'Importantly, if you rely on incorrect information and your tax return is wrong, you are the one accountable – not the influencer or the platform.'

CPA Australia is encouraging taxpayers to seek advice from a registered tax agent such as a CPA, and especially so where their circumstances involve investments, property or trusts.

## Exhibition marks 100 years of Balls Head and Berry Island Reserves

A new exhibition at Stanton Library is marking the centenary of two of North Sydney's most valued harbour headlands, highlighting a story of community action and environmental restoration.

The exhibition, *For the People: the centenary of Balls Head and Berry Island Reserves*, explores the history and ongoing significance of these much-loved public spaces. It is on display at the Heritage Centre, Stanton Library, until September.

Dedicated as public reserves in 1926 following strong community advocacy, Balls Head and Berry Island are places of ongoing cultural significance. Located on Cammeraygal Country, both headlands feature Aboriginal rock carvings that reflect thousands of years of connection to Country. Today, they continue to be valued as recreation areas and carefully restored bushland habitats within a dense urban setting.

The free exhibition features original artworks, rare books and interpretive displays, highlighting the cultural, social and environmental importance of both sites.

North Sydney Mayor Zoë Baker said the exhibition shows what local advocacy can achieve.

'Balls Head and Berry Island were saved for the public by community action and have since been carefully restored into rich bushland habitats, demonstrating how these landscapes can be protected and regenerated for future generations.'

The exhibition is free to visit and requires no booking.



# Mind the Gap

Generational conversation typical in many households, entirely imagined...

**Gen Z:** You've finally got cordless earphones!

**Boomer:** They're my new hearing aids. But you'll be happy to hear I've ordered some Ear Pods with my FlyBuys points.

**GZ:** Air Pods.

**B:** That's what I said. My old faithfuls have finally stopped working, the dog chewed the cord.

**GZ:** Hate to tell you but cords are back in. We wear them to look vintage.

**B:** I was happy with my cords, I only ordered the wireless because you've been on at me.

**GZ:** [*shrugging*] I'm not the keeper of the times Mum. And back to the hearing aids, aren't you a bit young?

**B:** Words I've never heard from your mouth.

**Gen Z:** At least we can drop the subtitles from Netflix.

**B:** I like the subtitles, they're useful for those Scottish detective shows your father likes.

**GZ:** [*rolls eyes*]

**B:** Which reminds me, can you stop using my profile? My feed's full of strange teenagers with superpowers.

**GZ:** I can't help it if Dad's too stingy to pay for the Premium package. It's bad enough we have to watch ads.

**B:** It was the only way to get him over the line, it's half the price with ads and no different from watching normal telly.

**GZ:** And can you please tell me next time you change the password, I can never get hold of you or Dad.

**B:** You don't actually live here anymore.

**GZ:** Exactly!

**B:** There's no point in asking your father, he just asks me. [*checks phone*] I responded to you exactly seven minutes after you sent the message.

**GZ:** Exactly!!! The verification code expires after five minutes. We were halfway through a new series and had to watch YouTube.

**B:** You could have just called me.

**GZ:** You could have just replied to my message. [*phone pings, she checks it and starts frantically thumb typing for the next few minutes. The phone pings back and forth.*] Trying to make a plan with my friends for this Bad Bunny concert is a nightmare. Sophie's bought the tickets and now she's ghosting us.

**B:** I don't understand your generational obsession with texting and so on. In my day we just called someone.

**GZ:** On your ancient museum piece.

**B:** If you mean the landline, yes.

**GZ:** And if someone's not home you had to keep trying and who's got time for that?

**B:** How is that different from waiting around forever for Sophie to reply to you?

**GZ:** It just is. Also you had to ring them one by one!

**B:** But they couldn't avoid you because their Dad would answer and pass the phone on.

**GZ:** Seriously you'll be saying next that carrier pigeons were efficient.

KEEPING UP WITH  
THE TIMES



Illustration by Grace Kopsiaftis

**B:** It was more efficient than your device where people can just ignore you forever.

**GZ:** Ghost.

**B:** Sorry?

**GZ:** It's called ghosting, when someone ignores you, like Sophie's doing.

**B:** Maybe she hasn't seen the message.

**GZ:** [*patiently, as though to a small child*]: No Mum, I know she's seen the message because of the two blue ticks.

**B:** Fine. While I think of it, can you send that video you took at dinner the other night to Auntie Sue.

**GZ:** I've already added it to the shared family album.

**B:** How will that work? She's not on the internet.

**GZ:** She is 'on the internet', she has an iPhone like you do.

**B:** As long as you don't send it to anyone else, it's quite embarrassing.

**GZ:** I've already put it on TikTok.

**B:** Well, take it off.

**GZ:** Can't, sorry. It's already up to four thousand views.

**B:** Oh super. At least all my friends are on Facebook so they won't see it. Though I have to say I'm a bit over them posting about their Alaskan cruises.

**GZ:** You're definitely too young for that.

**B:** Thanks darling. [*checks phone*] Auntie Sue says she likes the video. Four thousand and one.



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.



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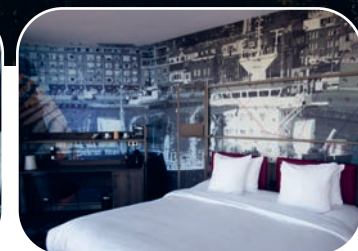
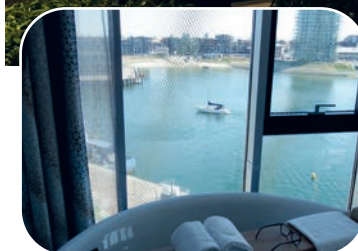
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## A place to call home



*I spend a substantial amount of time in hotels these days, and despite being well prepared, there's always an element of apprehension at check-in. Even more so, if I'm responsible for the 30 people checking in with me. Is the room reservation still correct? What will the room be like? And so on.*

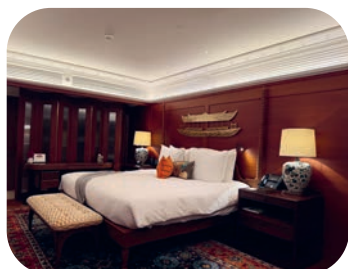
When choosing a hotel, my objective is to find the happy place where value, room size and inclusions, hotel facilities and location create a best-in-class experience. And a great view will seal the contract.

I've escorted two tours to Egypt in the last eighteen months. In 2024, we stayed at the Four Seasons Cairo, a hotel that everyone enjoyed. The rooms were big, all had a walk-in shower and best of all, each came with a balcony that overlooked the Nile – it was here that I would sit and work in the late afternoon, content to enjoy the calls to prayer, the hooting of horns and the constant movement on the water.

For contract reasons, this year we stayed at the Ritz Carlton. It too is a five-star hotel, also with a balcony (albeit French), provided similarly sized rooms and on paper at least promised a similar experience. The actuality was somewhat different. We never knew about the disco ship, zoom across the river that revved up the volume around 1 AM and continued until 5.00 AM! And it was not a factor the hotel could influence.

The stay was not unsuccessful but it's the first time I've had clients ask to downgrade, in this case to a non-view room. And our group did appreciate being on the doorstep of the old museum. However, the ambience fell short of what we experienced and in 2027, I'm looking forward to returning to the Four Seasons.

Meanwhile, on our recent trip to The Netherlands, our final 5-night stay was not in Amsterdam but in Utrecht. Why? Firstly, coach transfers for groups are almost impossible for practical and environmental reasons. Secondly, bang for your buck-wise, Amsterdam is now seriously expensive, even more so since the recent imposition (for immediate effect) of a EUR15 per person per night tax. Having stayed previously in Utrecht, 25 minutes by train from Amsterdam and not unlike the capital with canals, historic cobblestone streets around the centre, and the most bicycle friendly city in Holland, we thought it would be a good solution.



We contracted a great hotel, with funky styling offering perfect rooms, each including a spa pool and sauna. However, the view left a lot to be desired! There were no discos here. Rather, a new building was under construction over the road and I could work in the morning while supervising the industriousness of

the workers. Everyone loved the location, the facilities, the inclusions and the whole feel of Utrecht and this more than compensated for the lesser view.

I book a lot of hotels for clients and I've never been content to just pick anywhere. Unless there's a really poor choice – Anchorage, with overpriced hotels that seriously underdeliver comes to mind – I'm always looking for somewhere that I personally would be happy to stay. Admittedly, this is easier at the 5-star end than the 3-star end but as I've illustrated above, not all hotels are equal even in the same category.

I also like to know my clients' preferences. If it is a simple one-night stay before flying home, I'll usually suggest an airport stay, in something better than a cheap motel to ensure the journey finishes in style. When celebrating a proposal, a marriage or an anniversary, it's even more important to source an appropriate hotel, with a lovely room, great views, and smart service for a memorable evening or weekend.

From experience, expensive lodge stays seldom deliver when staying only one night; checking in at 3 and leaving by noon allows little time to really enjoy but stay for two or three, and you really will appreciate why that lodge is so special.

One thing I frequently muse upon is why clients will spend \$3000 to sit up 24 hours to Europe in a tin can but may deem \$400 or \$500 a night too expensive for holiday accommodation close to home. Or \$15k on a business class airfare but won't consider a holiday in Australia, at a luxury lodge for 5 nights instead. I guess because there is no choice but to fly, you just need to suck up the cost. However the economics and practicalities around holidays and where you lay your head are of paramount importance and I can assure you that at Trendsetter "good enough" is never good enough.

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## #Ashes Family Return from Their Biggest and Best Vanuatu Trip Yet!



Fresh home from their annual trip to Vanuatu, the Ashes family all agreed on one thing – this year’s journey was the most rewarding yet.

Travelling with eight adults and six children, the family flew direct from Sydney to Port Vila with 30 full suitcases, totalling more than 600kg of luggage. The bags were full of donations, dedicated for the local villages, local schools, the Children’s Hospital and the Women’s Refuge.

In addition to all the physical donations, a **GoFundMe** campaign raised more than \$5,000, allowing the family to purchase Bon Mache supermarket vouchers - each valued at approximately AUD \$100. These vouchers were distributed throughout Port Vila to support local families directly.

The 14 pre-packed **village bags** included items such as clothing & shoes for adults and children, underwear, toys, educational games and soccer balls. A new addition this year’s village bags was the introduction of hygiene packs. Each pack contained toothbrushes, toothpaste, antiseptic cream, band-aids, eye drops, bandages and paracetamol for both adults and children.

**Electronics** – carrying over 20 laptop computers, 12 iPads and almost 20 iPhones in their hand luggage. Jetstar was adamant they needed to weigh each hand luggage, the Ashes were

adamant they did not! The laptop devices were donated to two schools in the Port Vila region – Central School and, for the first time, Pango School. Having not had access to a computer before, the students especially were so excited to see these devices become a permanent fixture of their day to day at school. The laptops were preloaded with educational programs.

One of the most important moments of the trip was visiting the **Children’s Hospital**. Having visited for many years, this was the first time the family were able to personally deliver soft toys to children receiving treatment. Seeing the smiles on their faces was deeply moving and a reminder to the Ashes grandchildren the difference a small act of kindness can make.

The **Women’s Refuge Centre** is a sacred place for mothers to visit with their family, with a mission to eliminate violence against women and children throughout Vanuatu. Two full bags were dropped here to support the women and their children, these bags consisted of toys and games for the children, women and children’s clothing as well as shoes.

This year the group also focused on the collecting of used, good condition soccer boots. With the support of a local

charity that collects pre-loved **soccer boots**, dozens of pairs were also distributed to a local soccer club. Soccer (football) is the national sport of Vanuatu, all the boots were eagerly tried on by both children and adults, with most of the recipients never having owned a pair before.

Vanuatu has held a special place in the hearts of the Ashes family for more than 40 years. Lauren, Natalie and Courtney started visiting Vanuatu with their parents, Debbi and Rob since they were 6 months old – now bringing with them their own children and instilling these special traditions and acts of kindness in their own kids’ lives.

While they have always taken donations with them on their holidays, the past two years have seen their efforts grow significantly. Witnessing the gratitude, happiness and excitement of those who receive these gifts continues to inspire the family to make each trip bigger than the last.

Months and months of preparation went into sorting and packing the charity bags before departure. It could not have been possible without the incredible support from the local community of Lane Cove and the loyal clients of Helloworld Lane Cove – thank you to the generosity of those who made the trip what it was – nothing short of INCREDIBLE!

*This year marked the largest amount of aid the Ashes family has ever taken to Vanuatu. They are already dreaming about what can be achieved next year. Bring on 2027!*



  
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# 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 have some receding gums and my teeth are sensitive. I've had fillings done to cover them but the gum receded more. I'm under 40yo, is this normal and is there anything else I can do?"*

**DR SEE SAYS:** A big myth is that our gums will always recede as we get older and that we can't avoid it. Primarily the main cause is repetitive aggressive toothbrushing. Also, bacterial deposits around the teeth from poor oral hygiene and lack of professional cleans can cause bone loss and receding gums. However, I see a lot of younger patients who have fantastic oral hygiene and always come in for routine professional cleans that have significant gum recession nonetheless.

The literature tells us that there are other things at play. Higher levels of recession are associated when there's thin gum tissues to begin with as well as if the tooth is slightly pushed outside the bone either from malposition of the tooth or from post orthodontic movements combined with aggressive toothbrushing.

Is there anything we can do about it? It has been largely ignored because we simply did not have a reliable way to treat it. Left untreated often leads to tooth sensitivity. Restorations can be placed over the tooth surface to insulate it. However, because extra bulky material is placed over the tooth and it can cause extra plaque retention.

Alternatively to overcome this, clinicians drill out space for the material but this requires us to remove sound tooth structure instead. Either way, the join of the restorative is never perfect and bacteria will reside in the join, irritate the gums and potentially make the recession worse.

Fortunately, advanced minimally invasive approaches using specialised instruments and techniques can correct gum recession, results in predictable outcomes.



Let's look at a case that we completed to treat gum recession because of sensitivity. Michael saw us for gum recession, he had exceptional oral hygiene, but his gum recession was getting worse and more sensitive. We were able to intervene early enough to successfully rejuvenate the gum tissues. We used specialised instruments to analyse precisely his clinical situation to make a proper diagnosis to help us decide which treatment was appropriate for him.

### THE PROBLEMS

- Patient under 40yo
- Tooth sensitivity
- Thin tissue
- Teeth pushed slightly outside the bone

### THE SOLUTION:

- Soft tissue grafting using the patient's own tissue to cover the exposed root surface and thicken the tissues



## DR ANDREW SEE

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

## HOW ARE WE DIFFERENT?

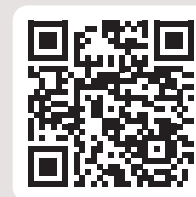
Dr Andrew See has dedicated the last 20 years to Aesthetic Dentistry and has unique qualifications in cosmetic dentistry and rehabilitation.

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



# Keeping kids busy these school holidays

*The winter school holidays are upon us, and local families are spoiled for choice when it comes to keeping children entertained, active and inspired. From music and art to sport, dance, books and comic culture, there are plenty of opportunities for young people to learn something new, develop their talents and make lasting memories.*

WORDS MELISSA BARKS

## Get active at Galuwa

For parents looking to burn off some school holiday energy, Galuwa Recreation Centre in Lane Cove is running its popular Multi-Sport Holiday Camps across the entire winter break. Children can try their hand at tennis, pickleball, soccer and basketball, with half-day, full-day and full-week options available. The camps are designed to give children exposure to multiple sports in a fun and supportive environment.

With structured coaching and plenty of opportunities to make new friends, the camps are an ideal option for families seeking a combination of physical activity and holiday fun.

*29 June to 20 July*

### FIND OUT MORE:

- Galuwa Recreation Centre  
180 River Road, Lane Cove
- Phone: (02) 8360 5555
- Email: [info@ssmggaluwa.com.au](mailto:info@ssmggaluwa.com.au)
- Website: [www.ssmggaluwa.com.au](http://www.ssmggaluwa.com.au)



## Dance, move and create

Children who love to perform can take advantage of the holiday programs offered by Oasis Movement and Dance. The popular studio offers a range of workshops and themed activities during the school holidays, allowing young dancers to develop new skills, build confidence and express their creativity.

Programs cater to a range of ages and abilities, making them a great option for both experienced dancers and children wanting to try something new. Through movement, music and imaginative play, participants can stay active while exploring their artistic side.

### FIND OUT MORE:

- Oasis Movement and Dance
- Phone: (02) 9418 8817
- Website: [www.oasismovementanddance.com.au](http://www.oasismovementanddance.com.au)



## A symphony of musical adventures

The Willoughby Symphony Orchestra has two family-friendly performances planned for the holidays, introducing children to the magic of classical music through storytelling and imagery.

*Pictures at an Exhibition* brings Modest Mussorgsky's famous suite to life, taking audiences on a musical journey through an imaginary art gallery. The work has captivated listeners for generations with its vivid musical depictions of paintings and scenes.

Families can also enjoy *Musical Pictures*, another engaging concert experience designed to spark young imaginations through orchestral music. These performances provide an accessible introduction to classical music and are a wonderful way for children to experience the power of a live orchestra.

For parents seeking an outing that combines culture, entertainment and education, these concerts offer something truly special.

*Saturday, 4 July 2026*

### FIND OUT MORE:

- Willoughby Symphony Orchestra
- Phone: (02) 8075 8111
- Email: [info@willoughbysymphony.com.au](mailto:info@willoughbysymphony.com.au)
- Website: [www.willoughbysymphony.com.au](http://www.willoughbysymphony.com.au)





## Comic-Con comes to Ryde

Young comic book fans, gamers and pop-culture enthusiasts will want to mark Ryde Library's Comic-Con Festival on their calendars.

The event promises a celebration of creativity, storytelling and fandom, bringing together activities inspired by comics, superheroes, fantasy worlds and popular culture. Families can expect costumes, interactive experiences and opportunities for young people to immerse themselves in the worlds they love.

Comic-Con events have become increasingly popular with children and teenagers, providing a welcoming space where imagination and creativity take centre stage.

*Thursday, 16 July 2026, 10:00am to 01:00pm*

### FIND OUT MORE:

- Ryde Library  
1 Pope Street, Ryde
- Phone: (02) 9952 8352
- Website: [www.ryde.nsw.gov.au](http://www.ryde.nsw.gov.au)



## Discover something new at Ryde Library

Libraries have evolved far beyond borrowing books, and Ryde Library's extensive School Holiday Program demonstrates just how much they have to offer.

The program includes workshops, creative activities, learning opportunities and hands-on experiences designed to engage children across a variety of interests. Whether a child enjoys science, technology, arts, crafts, reading or storytelling, there is likely to be something on the schedule to capture their imagination.

Library holiday programs are also a fantastic way for children to develop new skills, meet peers and maintain a love of learning during the break.

### FIND OUT MORE:

- Ryde Library School Holiday Program
- Phone: (02) 9952 8352
- Website: [www.ryde.nsw.gov.au/library](http://www.ryde.nsw.gov.au/library)

## Unleash creativity at Gallery Lane Cove

Young artists can explore their creative talents through Gallery Lane Cove's Children's Holiday Workshops.

The workshops provide opportunities for children to experiment with different artistic techniques, materials and forms of expression under the guidance of experienced artists and educators. Participants might work with painting, drawing, sculpture, mixed media or other creative disciplines depending on the session selected.

For many children, the holidays provide the perfect opportunity to slow down and immerse themselves in creative projects without the usual pressures of school schedules. The workshops encourage imagination, problem-solving and self-expression while introducing children to the broader world of visual arts.

### FIND OUT MORE:

- Gallery Lane Cove + Creative Studios  
164 Longueville Road, Lane Cove
- Phone: (02) 9428 4898
- Email: [gallery@lanecove.nsw.gov.au](mailto:gallery@lanecove.nsw.gov.au)
- Website: [www.gallerylanecove.com.au](http://www.gallerylanecove.com.au)

## Read, design and win

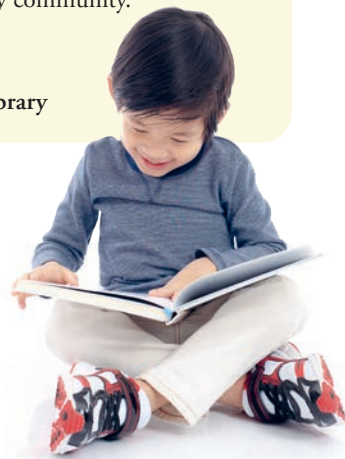
Lane Cove Library is encouraging young creatives to put pen to paper for its annual Bookmark Design Competition.

Open to library members aged four years and above, the competition invites participants to design bookmarks for Junior, Young Adult and Adult books. Entries can be submitted until 31 July, with forms available from Lane Cove Library, Greenwich Library, St Leonards Library and The Yarn at Hunters Hill. A maximum of ten entries per person is permitted.

The competition offers children a chance to see their creativity showcased while contributing something meaningful to their local library community.

### FIND OUT MORE:

- Website: [www.lanecove.nsw.gov.au/library](http://www.lanecove.nsw.gov.au/library)



## Making the most of the holidays

Whether your child prefers scoring goals on the sports field, creating artwork, dancing, designing bookmarks, attending a symphony concert or diving into the world of comics, there are countless ways to stay engaged throughout the winter break.

The best part? Families don't need to travel far to find quality activities. Across Lane Cove, Willoughby and Ryde, local organisations have created a diverse program of events that caters to every interest and age group.

With so many options available, this winter's school holidays may be the perfect time for children to try something they have never done before - and perhaps discover a new passion along the way.

# Building communication, confidence and connection these holidays

School holidays can bring a welcome break from routine. A chance to slow down, with no early mornings, tight schedules or rushing between school and appointments.

But for some children and teenagers, the holidays can feel quite different. Without the structure of school, the days can become long and lonely. There is often a lot of free time, but not always meaningful connection. Young people can find themselves scrolling on their phones for hours just to fill the time, watching others spending time together and quietly feeling left out.

North Shore Speech Therapy offers a range of small group programs each school holiday period, designed to support children and teenagers to build communication, confidence and connection in a supportive, engaging environment.

## Running across multiple days in July, this term's program includes:

- **LEGO-based groups** for children in Kindergarten to Year 2
- **Craft & Communicate** groups for Kindergarten to Year 2 and Years 3 to 6
- **STEM Squad** for Years 3 to 6
- **High School Hangout** for neurodivergent teenagers aged 13 to 16

All groups are led by speech pathologists, with small group sizes ensuring every child is supported to participate and grow.

## Supporting teens to find their tribe

High School Hangout provides a space where young people can connect with others who share similar experiences, without the pressure to change who they are or fit into traditional social expectations.

Sessions blend structure with flexibility, with activities shaped by participants' interests. This allows for natural, meaningful interaction and supports confidence to build in ways that feel authentic.

Participants are supported to better understand themselves, recognise and appreciate their unique qualities, and develop core communication and language skills for everyday life.

Rather than focusing on rigid social 'rules', the program helps young people understand how communication shifts across different contexts. They practise problem solving and build skills in self-advocacy, supporting more confident interactions.

A defining feature of these groups is their neurodiversity-affirming approach.

Differences are recognised and respected, and facilitators adapt to the needs of the group rather than expecting participants to fit a fixed structure.

'We're creating spaces where young people feel understood, where connection happens naturally, and where communication skills can grow from there,' explains Lauren Reinhardt, founder of North Shore Speech Therapy.

Families often notice meaningful changes, including increased confidence and a greater willingness to connect socially. For many, simply feeling accepted has a lasting impact. One parent shared, 'It was the first time my child came home talking about other kids they felt comfortable around.'

With small groups and multiple sessions, genuine friendships often begin to form. The programs offer a practical, supportive option for the holidays, where participants gain confidence with communication and form genuine connections.

To learn more or register, visit:

[www.speechtherapy.com.au/july-2026-school-holiday-groups/](http://www.speechtherapy.com.au/july-2026-school-holiday-groups/)

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# Newington students champion inclusion through Mini Olympics

It was a day of celebration at Newington Lindfield Prep, as the campus hosted its biggest annual Service-Learning Program fundraising event: the Mini Olympics.

For more than a decade, the K-6 co-ed campus has supported Special Olympics Australia through its Mini Olympics event, raising funds to assist athletes with an intellectual disability or autism in their sporting pursuits.

This year, Lindfield's Year 6 students led a rotation of sports challenges, with Special Olympics athletes joining students at each station.

Associate Principal of Lindfield Preparatory School K-6, Mr Pascal Czerwenka, said the event remains a highlight on the school calendar.

'The Mini Olympics models the importance of inclusion and fosters a deeper understanding of giving,' he said.

'Our girls and boys have been actively raising funds through service-based initiatives, from helping neighbours to creating and selling their own items, with all proceeds supporting Special Olympics Australia.'

Sports Master of Lindfield Preparatory School K-6, Mr Hugh Brown, said a standout moment was watching Year 6 students step into leadership roles, sharing the importance of community outreach and service with younger students.



'Watching our Year 6 leaders take initiative and set such a positive example for younger students was a real highlight,' he said.

Since its inception in 2015, Lindfield Prep's Mini Olympics has raised more than \$137,000 to support opportunities for athletes with intellectual disabilities and autism to participate in sport and competition.

This year, the community aims to raise a further \$10,000.

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# Love, loss and choosing motherhood alone

For six years, former Lane Cove resident Lorena endured the emotional, physical and financial rollercoaster of IVF - 13 rounds in total - all while navigating the journey to motherhood alone.

Now, that deeply personal experience has become the foundation of her memoir, *Solo Mum by Choice*, an honest and empowering account of choosing motherhood outside the traditional path.

Lorena was 38 when she found herself questioning what she wanted most from life. After a string of unsuccessful relationships, she realised she was exhausted by the pressure of dating with a biological clock ticking loudly in the background.

'I thought, what do I want more in life? Do I want to be a wife and a partner? Or do I want to be a mum?' she said.

Twelve years ago, the idea of becoming a solo mother through IVF was far less visible than it is today. After discovering that it was possible to pursue IVF independently, Lorena made the decision to move forward.

What followed was far from simple.

'There's a lot you go through in terms of counselling, procedures and appointments before you even begin,' she said. 'By the time I did my first injection, I was almost 40.'

Over the next six years, Lorena underwent 13 IVF rounds, balancing hope with heartbreak. She explored everything from acupuncture and naturopathy to kinesiology, searching for ways to support both her body and mind during the process.

'There's a lot of grief in this story,' she said. 'But I also wanted it to be empowering.'

That determination eventually led not only to motherhood, but also to the creation of *Solo Mum by Choice*, a memoir she began writing while still in the middle of her fertility journey.

'I didn't know the ending when I started,' she explained. 'I wanted to capture the heartbreak in the moment - not write it looking backwards knowing everything would work out.'

The book took 13 years to complete.

Initially drafted in first-person present tense, the manuscript evolved through writing courses



at the Australian Writers' Centre and Writing NSW, where Lorena learned to shape memoir through scene-building and dialogue.

'I realised memoir could read like fiction while still being truthful,' she said.

Lorena felt there was a gap in existing IVF literature. Many books focused on couples navigating fertility struggles, while others portrayed solo motherhood through a negative lens.

'I wanted to show what choosing this life and being happy with it could look like,' she said.

Today, Lorena is raising a daughter who shares her love of books, science and curiosity about the world. Their Saturday mornings are often spent reading together.

'As long as you've got books, you're going to be okay,' she tells her daughter. 'You'll never have a lonely day in your life.'

With the release of *Solo Mum by Choice*, Lorena hopes her story resonates with women considering alternative paths to parenthood and those already walking them.

'It doesn't mean everyone would choose this road,' she said. 'But for me, it was absolutely the right one.'

## MEET LORENA AT LANE COVE LIBRARY Thursday 23 July, 6:15pm. @ Lane Cove Library

Hear Lorena speak about her book *Solo Mum by Choice* - an intimate, funny and fiercely honest memoir of one woman's journey to motherhood, without a partner, but with unwavering determination. This deeply personal story through IVF heartbreaks, bizarre alternative therapies, and medical mayhem is told with warmth, grit and self-awareness.

- Books are available for purchase on the night.
- Bookings essential: 9911 3634 or [library@lanecove.nsw.gov.au](mailto:library@lanecove.nsw.gov.au)



# Lane Cove Council criticised over fire safety failures

Lane Cove Council has been found to have failed its fire safety obligations at a mixed-use residential and commercial property, with a NSW Ombudsman investigation concluding the council acted unreasonably and contrary to law.

The findings were detailed in a report tabled in NSW Parliament on 29 May, following an investigation into the council's handling of fire safety compliance at a Lane Cove property where it held multiple roles as co-developer, owner and regulator.

The Ombudsman found that poor governance, inadequate record-keeping and unclear internal responsibilities contributed to non-compliance with fire safety requirements and delays in addressing defects over a period spanning more than seven years.

The investigation was launched after a complaint raised concerns about whether the council had fulfilled its obligations and acted appropriately in enforcing fire safety requirements.

In 2025, the council commissioned an external review of its building compliance and fire safety practices. That review found existing processes and record-keeping were inadequate and had left the council unable to effectively manage its responsibilities as owner, co-developer and regulator.

Acting NSW Ombudsman Chantal Snell said the council's explanation that confusion arose from its multiple roles was not sufficient.

'The council, like any other public authority, has a duty to understand and follow the law,' Ms Snell said.

The Ombudsman determined that the council failed to address non-compliant fire safety measures and fire-related defects and did not take enforcement action against the owners of the premises, including itself. These failures were found to amount to maladministration.

The report also found the council acted contrary to law by failing to provide annual fire safety statements for seven years, as required under state regulations.

Lane Cove Council has since advised the Ombudsman that all identified fire safety defects at the property have been rectified.

While acknowledging improvements already made, the Ombudsman issued five recommendations aimed at clarifying the council's responsibilities as owner, co-developer and regulator. The report also recommends the council formally apologise to the owners of the residential lot affected by the failures.



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# COMMUNITY CONNECTIONS

Willoughby Symphony Orchestra

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**P: 9816 5293 or 9879 4588**  
(during club sessions)  
**E: moocoo@netspace.net.au**

## Mayor's Message

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



### As we settle into winter, there is plenty to look forward to across Lane Cove this July.

One of the things I value most about Lane Cove is the way our community comes together to support local initiatives, celebrate achievements and create positive change. That spirit was on full display at this year's Citizenship and Neighbour Day Awards, where we recognised the volunteers, community champions and local organisations whose contributions help make our community stronger, kinder and more connected. I extend my sincere gratitude and congratulations to each one of them.

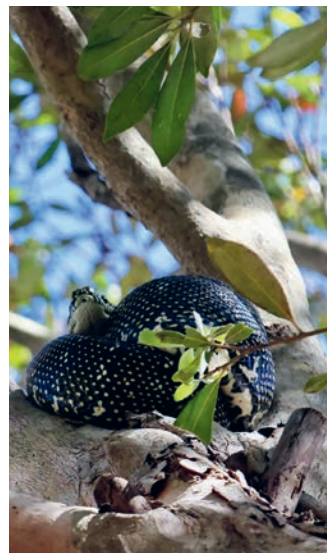
The vibrance of our community is also reflected in the many events we have throughout the year and the generosity of the local businesses and organisations that make them possible. From festivals and markets to family fun days and cultural celebrations, these much-loved events bring us all together to connect and celebrate what makes Lane Cove special. Local businesses can play an important role in supporting these initiatives through Council's sponsorship program, helping to enrich community life while building meaningful connections with local residents.

I hope you find plenty of opportunities to get involved and enjoy our wonderful community this month!



## Pickleball Pops Up at The Canopy!

Grab a paddle and give pickleball a go at The Canopy's new pop-up pickleball court! Open to all ages and abilities, the court will host casual social games on a first-come, first-served basis, with bats and balls provided. After your game, warm up with a winter drink special from Sunset Diner. Don't miss out - the event runs from 4-14 July.



## Wild About Lane Cove photo comp winners

Lane Cove's unique wildlife has been celebrated in this year's Wild about Lane Cove photo challenge, with stunning images of a Diamond Python by T. Britton and a Tawny Frogmouth family by P. McMillan taking out the top prizes. The annual competition attracted a diverse range of entries showcasing the rich biodiversity found across Lane Cove's bushland, waterways and parks. Each winner received a \$100 gift card for their exceptional photographs and accompanying 25-word reflections on local wildlife. The competition continues to encourage the community to connect with and appreciate the natural environment, with finalist images capturing everything from colourful beetles to native fish in their natural habitats.



## New Return & Earn Bin Baskets Installed Across Lane Cove

Lane Cove Council has installed 20 new Return and Earn bin baskets on public bins across high-traffic areas including Bob Campbell Oval, Blackman Park and Tambourine Bay Reserve, helping keep eligible bottles and cans out of landfill and the litter stream. The baskets allow residents and community groups to collect containers left inside and redeem the 10c refund at local Return and Earn points. The initiative follows a successful trial showing the baskets can reduce drink containers in public bins by up to 80 per cent. Since the scheme launched in 2017, Lane Cove residents have returned more than 72 million eligible containers for recycling.



Soil improver pellets

## Using Our Food Waste for Good

Ever wondered what happens to the food waste collected through our new food waste service? Once collected, the food waste is delivered to Veolia's EarthPower facility in Camellia where it is tipped onto a receiving floor and checked to make sure it is free from things like plastics and glass before being processed. The food is then processed using anaerobic digestion, where microbes break down the food and create a biogas and sludge. The biogas is converted into electricity which is used to power the facility and up to 4,000 homes via the local grid. The sludge is dried and formed into pellets of soil improver, which is bagged and sold to the agricultural industry to add nutrients to the soil and help grow the food that we eat. It's a great example of a circular economy in action! *An animation of this process can be found at [lanecove.nsw.gov.au/foodwaste](http://lanecove.nsw.gov.au/foodwaste).*



## Lusso Kitchen to Operate New Dining Venue at Galuwa

Lusso Kitchen has been appointed as the dining operator for the new food and beverage venue at Galuwa Recreation Centre, set to open in spring 2026. Galuwa Dining will offer all-day dining, quality coffee, a bar and bistro, and tapas and cocktails, as well as flexible function spaces for community, private and corporate events for up to 500 guests. *More details on the opening date, menu and bookings will be announced in the coming months @galuwadining.*

## Weed of the Season:

African Olive -  
*Olea europaea subsp. cuspidata*



Native Look-a-like

Mock Olive -  
*Notelaea longifolia*

## Learn More:



African Olive (*Olea europaea cuspidata*) is a widespread invasive tree that threatens local bushland by forming dense thickets and outcompeting native plants. It can be identified by its narrow green leaves with silvery-grey undersides and its abundant dark purple to black olive-like fruits. A native look-alike, Mock Olive (*Notelaea longifolia*), has dull green leaves on both sides and produces fewer fruits. Remove seedlings promptly and control larger plants by cutting them low to the ground and treating the stump with an appropriate herbicide. Join Council's free Backyard Habitat program to receive personalised advice and native plants for your garden. [www.lanecove.nsw.gov.au/bushcare](http://www.lanecove.nsw.gov.au/bushcare)



Mayor of Lane Cove, Merri Southwood with Citizen of the Year, Tom Lawson

## Lane Cove Celebrates Its Community Champions

Lane Cove Council's 2026 Citizenship and Neighbour Day Awards recognised 22 outstanding residents across 14 categories, celebrating the volunteers, leaders, and everyday heroes who make this community thrive. This year's Citizen of the Year, Tom Lawson of Greenwich, founded the Greenwich Village Games in 1988, which has fostered unmatched community spirit by uniting nearly 2,000 residents of all ages across generations of neighbours in a massive, multi-sport celebration over the past three decades. A remarkable community leader. Congratulations to all 2026 recipients!

COMING UP @

THE CANOPY

VISIT [THECANOPY.COM.AU](http://THECANOPY.COM.AU)

**Soccer Match Live Screenings on The Canopy Big Screen**  
*Please refer to website for screening times.*

**Play Pickleball - free**

Saturday 4–Monday 6 July,

10:00am–4:00pm

Tuesday 7–Friday 10 July,

9:00am–5:00pm

Saturday 11–Tuesday 14 July,

10:00am–4:00pm

**Tai Chi by Judy**

Wednesday 8, 15 & 29 July,

9:30am–10:30am

**Bastille Day Celebrations**

Featuring the Can-can and French Music

Thursday, 16 July 6:30pm–7:30pm

**Brazilian Jiu-Jitsu**

Saturday 25 July,

11:30am–12:30pm

**The Rusted Band**

Sunday 19 July, 2:00pm–4:00pm

# What's on in Lane Cove July 2026

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



## EVENTS



### Plastic Free July Is Here!

Say no to plastic and join our local events and activities designed to help reduce everyday plastic use. Throughout the month, workshops, webinars and community initiatives will offer practical ways to cut back on single-use plastics at home and on the go. *For more details and to register for our free events, visit [lanecove.nsw.gov.au/events](http://lanecove.nsw.gov.au/events)*



### Learn Lifesaving Skills With Free CPR Sessions

The Heart Foundation has partnered with Lane Cove Council to offer free sessions teaching CPR and AED use at the Civic Centre:

- Wednesday 22 July, 10:30am–12:00pm
- Wednesday 26 August, 6:00pm–7:30pm

*No experience needed. Registrations are essential at [collections.humanitix.com/heart-of-the-nation-program](http://collections.humanitix.com/heart-of-the-nation-program)*

### Consultation Corner

Have your say and help inform decisions that will shape the future of Lane Cove. Council currently has a number of important consultations open for feedback, including the Draft Planning Agreements Policy, Draft Fire Safety Policy and Draft Affordable Housing Policy. *Register to receive updates on Council projects, plans and community consultations, and share your input on the issues that matter most to you at [haveyoursay.lanecove.nsw.gov.au](http://haveyoursay.lanecove.nsw.gov.au)*

## FESTIVAL SEASON IS AROUND THE CORNER...



### Put Your Event Centre Stage at Lane Cove Festival 2026!

Applications are now open for the 34th annual Lane Cove Festival, which will run from 1–30 September 2026 under the theme Made in Lane Cove. Community groups, artists, performers, businesses and organisations are invited to submit their events to be included in the month-long program, which celebrates the creativity, diversity and community spirit of the local area. Participating events will benefit from festival-wide promotion, including through Council's partnership with Sydney Fringe Festival. Submissions close on Tuesday 7 July 2026. *For more information or to submit an event, visit Council's website.*



### Want To Grow Your Business in Lane Cove?

Partner with us! We have a range of sponsorship opportunities across the LGA's annual calendar of festivals, celebrations and community events. With access to an engaged audience of more than 42,000 residents, sponsorship packages can include on-site activations, promotional campaigns and other tailored opportunities designed to increase brand visibility while supporting local community initiatives. *For more info, visit [www.lanecove.nsw.gov.au/sponsorship](http://www.lanecove.nsw.gov.au/sponsorship)*



### Applications Now Open for Sustainability Lane Stallholders

Applications are now open for Sustainability Lane, returning to The Canopy on Sunday 11 October as part of Rotary Fair. With more than 18,000 attendees at the 2025 event, Sustainability Lane offers businesses, community groups and organisations a great opportunity to showcase sustainable products, services and initiatives to a large local audience. Applications close on Friday 24 July. *For more information and to apply, visit [www.lanecove.nsw.gov.au/Sustainability-Lane](http://www.lanecove.nsw.gov.au/Sustainability-Lane)*



### 2026 Lane Cove Art Award – Call for Entries

Lane Cove Art Society invites all Australian artists to enter the prestigious 2026 Lane Cove Art Award. The acquisitive 1st prize is \$15,000 (sponsored by Lane Cove Council). Lane Cove Art Society members and local artists are also eligible for the local prize of \$2,000 (sponsored by Hyecorp).

The finalists' exhibition will be held at Gallery Lane Cove from Wednesday 16 September – Sunday 4 October 2026, with opening night on Friday 18 September. *Entries are now open at [lanecoveartsociety.com.au/the-lanecove-art-award](http://lanecoveartsociety.com.au/the-lanecove-art-award)*

# What's on in Lane Cove July 2026

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## NAIDOC WEEK EVENTS – 5–12 JULY 2026

Join us in recognising NAIDOC Week with a series of community events celebrating Aboriginal and Torres Strait Islander history, culture and achievements. More events to be announced, for updates visit: [www.lanecove.nsw.gov.au/events](http://www.lanecove.nsw.gov.au/events)



Yannima Pikarli Tommy Watson  
(c. 1935–2017) Anamarapiti,  
West of Irrunytju, WA  
Pitjantjatjara  
Walunja, 2015  
Cat:#TW201577  
Acrylic on Belgian Linen 112 x 102cm

### Evolution: Founders of the Indigenous Art Movement Exhibition

Wednesday 1 July to Saturday 25 July, Gallery Lane Cove + Creative Studios.

Curated by Brenda Colahan, this remarkable exhibition features the works of several First Nations artists, including the late Tommy Watson.

### NAIDOC First Fridays

Friday 3 July, 3:00pm–5:00pm.

Join us in The Plaza for arts, crafts and activities that celebrate the start of NAIDOC Week.

### NAIDOC Week Craft

Lane Cove, Hunters Hill, Greenwich and St Leonards Libraries are inviting kids aged 6–13 to celebrate NAIDOC Week with craft activities exploring the history and culture of Aboriginal and Torres Strait Islander peoples. These free sessions will offer a fun and engaging way for children to learn, create and connect with Indigenous culture.

For session times and bookings, visit [www.lanecove.nsw.gov.au/Library-Events](http://www.lanecove.nsw.gov.au/Library-Events)



### NAIDOC Saturday Sounds

Saturday 11 July, 3:00pm–5:00pm.

Enjoy live music in The Plaza from The Bush Billies and Naya Maye.



### Cinema Club Screening: In My Blood It Runs (M)

Thursday 16 July, doors open 6:45pm, screening starts 7pm.

A powerful documentary navigating the challenges of culture, identity, and the Australian education system. Pottery Lane Performance Space.

Free. Bookings essential: [www.lanecove.nsw.gov.au/In-My-Blood-It-Runs](http://www.lanecove.nsw.gov.au/In-My-Blood-It-Runs)

## LIBRARY EVENTS



Bookings are not required unless otherwise stated. For more information, visit [www.lanecove.nsw.gov.au/Library-Events](http://www.lanecove.nsw.gov.au/Library-Events)

### Join up in July!

Wednesday 1 July–Friday 31 July.

To celebrate the NSW statewide Open Doors, Open Books, Open Minds initiative everyone who signs up for a new membership during July at any Lane Cove Library branch will go into the draw to win a special prize pack. Prize winners will be announced in the August library newsletter.

### Makerspace Night

• Lane Cove Library:

Thursday 2 July, 5:30pm–7:30pm.

• St Leonards Library:

Thursday 9 July, 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 our creative technologies, including Cricut, 3D printing, sewing machines, and laser cutting. All first-time users must complete an induction before using the equipment.

For Ages 16+. Cost \$5.00 + booking fee. Bookings essential.

### War Stories with US Marine Edward H. Carpenter @ Lane Cove Library

Saturday 4 July, 2:00pm–3:30pm.

Join former US Marine Edward H. Carpenter as he discusses his book *Blue Helmet* and draws on his experiences as a warfighter turned UN peacekeeper, and why he now calls Australia 'home'. Books will be available for purchase at the event. Bookings essential.

# What's on in Lane Cove July 2026

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



## Lane Cove Literary Awards 2025:

- **An Anthology Book Launch @ Pottery Lane Performance Space**  
Tuesday 14 July, 6:15pm–7:30pm.

Join us to launch the publication and to celebrate the winning and shortlisted writers featured in the anthology. **Bookings essential.**

- **The Stolen Bairn Australian Book Launch**  
Saturday 18 July, 2:00pm–3:00pm.



Children's author Katrina Macdonald Roe will share her magical new faerie fantasy book for Primary School aged children, followed by afternoon tea and creating a fairy door. Books will be available for purchase. **Bookings essential.**

- **Let it Glow! Soldering @ St Leonards Library**  
Thursday 23 July 2:30pm–4:00pm.

Learn some of the basics of electronic circuit soldering in our beginner friendly, hands-on soldering workshop while building a simple LED light circuit to take home. No experience required.

**For Ages 16+. Cost \$5.00 + booking fee. Bookings essential.**

- **Meet Lorena Otes – Solo Mum by Choice @ Lane Cove Library**  
Thursday 23 July, 6:15pm–7:30pm.



An intimate, funny and fiercely honest memoir of one woman's journey to solo motherhood, this deeply personal story chronicles Otes' IVF heartbreaks, bizarre alternative therapies, and unwavering determination. Books will be available for purchase.

**Bookings essential.**

- **Using Artificial Intelligence @ Lane Cove Library.**  
Thursday 30 July, 6:30pm–7:30pm.

Tech expert Toni Muella discusses Artificial Intelligence, common risks and misconceptions, helping people understand how they can use AI safely and effectively in real life. **Bookings essential.**



## Open Day @ Lane Cove Library

Thursday 30 July.

Explore all Lane Cove Library has to offer for the NSW statewide Open Doors, Open Books, Open Minds initiative. Drop into Local Studies to explore Lane Cove's historical documents, experience library storytime, and record an avatar review of your favourite book.

## BUSHCARE EVENTS

All events are free to attend, but bookings are essential via [www.lanecove.nsw.gov.au/bushcareevents](http://www.lanecove.nsw.gov.au/bushcareevents)



### Fascinating Fungi!

Lane Cove Bushland Park, Osborne Road, Lane Cove. Wednesday 1 July, 10:00am–12:00pm.

Join ecologist Sofia Zvolanek for a guided walk exploring the fascinating world of fungi. Discover local species, learn about their vital role in forest ecosystems, and find out how to use iNaturalist to identify fungi and contribute to citizen science.



### Growing Native Wildflowers

Lane Cove Community Nursery, 4 Lloyd Rees Drive, Lane Cove West. Saturday 4 July, 9:00am–11:30am.

Discover how to grow beautiful local native shrubs such as Grevillea and Correa from cuttings, a handy propagation technique useful for all home gardeners.

### Let's Go Bug Hunting

Stringybark Creek, Batten Reserve. Saturday 4 July, 9:00am–11:00am.

Join in the fun on this bug hunt and dip your net for aquatic creatures living in our creeks and sift through leaf litter to uncover a whole world of bugs which lie beneath.

### National Tree Day

Sunday 26 July, 10:00am–12:00pm.

Plant native seedlings in July as part of National Tree Day 2026, marking the 30th anniversary of this Australia-wide planting event! Help restore this local foreshore woodland, learn about local biodiversity and enjoy a family-friendly day with picnic in a beautiful bushland setting. Tools and refreshments provided, please wear enclosed shoes and BYO gloves, hat and water.

For more details, contact Jim on 9911 3579.



# Ageing well

DR CARL WONG

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



*How times change. Take life expectancy, for example. Life expectancy at birth has increased from 58.8 to 85.4 years for females and 55.2 to 81.3 years for males, between the start of the 20th century and 2021. Clearly Australians are living longer and are more likely to live to very old ages. That is why it is essential for us all to learn to age well, which is also known as positive ageing.*

As we get older, our focuses are likely to change. It may shift from work and raising a family to planning for retirement and long-term financial security. Equally as important is to maintain your health, plan for the future and stay engaged with your local community, as these things can help you to stay independent for longer, and give you more choice and control as to how you can live your best life in your older years.

Even though we all grow *older* years-wise, we all do not age equally. How we age and what we expect from ageing can be affected by many things. The needs and goals of people over 50, 65, over 75, and over 85 can also be very different. Just as you would save money for the future, investing in your body and mind can prevent many diseases and slow the impacts of ageing. This involves:

- **Physical activity and exercise.** Aim for moderate-to vigorous-intensity physical activities for 30 minutes or more on most days, Limit the amount of time spent being sedentary and have 7-8 hours of good quality sleep with consistent bed and wake up times.

*Tip: going on moderate-intensity walks and hikes, walking up and down stairs contributes to both your moderate intensity activity and functional activity recommendations. Participate in group exercise classes, take vacations, visit museums, or attend festivals or market events and even try gardening.*

- **Food and nutrition.** Only 1 in 13 adults eat enough fruit and vegetables. Eating well is important as it helps you have more energy and stay focussed, lower your risk of or manage chronic diseases such as heart disease and diabetes, helps your digestion and prevents constipation, and helps you achieve and maintain a healthy weight.

*Tip: Eat a variety of foods from the five major food groups, limit 'sometimes' foods that are high in sugars, salt or saturated fat, drink enough fluids (mostly water) (aim for 1.5 litres daily though check with your doctor as this may vary depending on certain health conditions you have) and limit alcohol. Calcium and vitamin D-rich foods (or supplementation) is essential for healthy muscles and bones.*

- **Mental health.** 1 in 2 Australian adults will face mental ill-health at some point in their lives. As people age, mental health becomes increasingly important, with many older adults facing challenges such as depression, anxiety, and social isolation. Ageing can lead to cognitive impairments, which may exacerbate feelings of anxiety and depression.

*Tip: Staying connected, spending time with friends and family and participating in social activities can have a significant*

*impact on all areas of your health and happiness as you age. Benefits include boosting your memory, physical and mental health, preventing common health conditions, and reducing isolation and loneliness. Relieve stress by using relaxation techniques, such as meditation, breathing exercises, and yoga. Volunteering is a great way to stay connected with the community and reduce social isolation as we get older (contact Sydney Community Services via their new website if you would like to find out more!)*

- **Preventative health.** Almost half of all Australians have health conditions that could be prevented.

*Tip: Regular appointments with your GP may help prevent health issues or detect problems early. This includes cancer screening (bowel cancer, breast cancer, prostate cancer, cervical cancer and lung cancer).*

- **Skin health.** As we age, our skin undergoes changes making it more vulnerable to UV radiation and skin damage which does not self-repair as well compared to when we are younger. Older adults often have decades of accumulated sun damage. Australia (and New Zealand) have the world's highest incidence of melanomas with the average age at diagnosis of 65 years old, and it is estimated that one in 17 people will be diagnosed with melanoma by the time they are 85. Tip: wear sunscreen and protective clothing when outside especially between 11am-3pm when the sun is at its harshest, Slip-Slop-Slap (remember that great ad campaign!), have yearly skin checks and stay hydrated.

Ageing gracefully isn't about trying to look like someone decades younger. It's about living your best life and having the physical and mental health to enjoy it. Everyone deserves to live well and maintain their health and independence into the future. After all, whilst we can't help getting older, we can help ourselves to not get old.

## HEALTHY AGEING RESOURCES

**Sydney Community Services** <https://www.sydneycs.org/>

**Live-Up** <https://www.liveup.org.au/>

**Health Direct** <https://www.healthdirect.gov.au/seniors-health>

**Healthy Ageing Resources** <https://www.activeandhealthy.nsw.gov.au/active-living/fact-sheets-and-physical-activity-manual/healthy-ageing-resources#e333>

# Local councils and Lifeline unite to strengthen community connection

*Lifeline Harbour to Hawkesbury Sydney (Lifeline H2HS), together with Hornsby Shire Council, North Sydney Council and Willoughby City Council, is officially launching the Lifeline Connect Libraries Campaign – highlighting the partnership between all three councils and Lifeline to strengthen community connection and wellbeing through local libraries across the region.*

Delivered in partnership to strengthen community connection and wellbeing, the campaign will shine a spotlight on Lifeline Connect, a free face-to-face community mental health support service operating within Hornsby Library, Stanton Library and Chatswood Library.

‘This campaign aims to raise awareness that support is available through Lifeline Connect for people in our community who may be feeling overwhelmed or unsure where to turn for help,’ said Elizabeth Lovell, CEO of Lifeline H2HS.

‘It also highlights the unique synergy between libraries and community wellbeing services, with libraries providing trusted, welcoming and accessible spaces where people can connect with support.’

As trusted and inclusive spaces at the heart of local communities, libraries provide an ideal environment for people seeking connection, information, guidance or simply someone to talk to.

Through Lifeline Connect, trained volunteers offer immediate, one-off support to community members, as well as referrals to local services and groups for longer-term assistance. No appointment is required, and the service is completely free and discreet.

Community members can access support relating to a range of issues including loneliness, mental health, relationships, housing stress, financial hardship, carer support and connection to local services.

Lifeline Connect is delivered by trained volunteers who provide a safe, non-judgemental and compassionate space for people to have their concerns heard and validated.

The service also plays an important role in supporting culturally and linguistically diverse communities, with support available in Mandarin and Cantonese at Hornsby and Chatswood Libraries.

‘We understand that seeking support early is vital to an individual’s mental health and wellbeing,’ said Sharon Richards, Connect Manager at Lifeline H2HS.

‘Our trained volunteers have supported more than 1000 help seekers and provided over 1000 referrals to other services and programs within the community. We see a broad cross-section of the community accessing Connect, with 55% of help seekers born outside of Australia, 60% female and 35% aged between 40 and 64 years.

‘We know the service is making a positive impact on people within our community, and the more people who are aware of Lifeline Connect, the more people we can support.’

The six-week campaign will roll out across all three Councils, which will include social media, digital screens, newsletters, websites and library spaces, helping to increase awareness of the service and encourage community members to access support.

## LIFELINE CONNECT IS AVAILABLE AT THE FOLLOWING LOCATIONS:

- **Chatswood Library** – Mondays, 12pm–4pm
- **Stanton Library, North Sydney** – Tuesdays, 3pm–7pm
- **Hornsby Library** – Thursdays, 1pm–5:30pm

No appointment is needed, with community members welcome to walk in and connect with a trained volunteer.

**To learn more about Lifeline Connect, visit: <https://www.lifelineh2hsydney.org.au/get-support/lifeline-connect>**

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).**



**Libraries are more than just books**

**Sometimes they're a Lifeline**

**Free mental health support**

Chatswood Library, Mondays 12pm – 4pm  
Stanton Library, Tuesdays 3pm – 7pm  
Hornsby Library, Thursdays 1pm – 5:30pm

**Lifeline**  
CONNECT

Lifeline Harbour to Hawkesbury Sydney – supporting your community



Mick in Africa

**Maggie Lawrence** chats with Lane Cove resident Mick Liubinskas, CEO of Climate Salad about his journey in helping the planet with sustainability solutions.



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

## Lots of greens on his plate

Mick Liubinskas is a climate tech advisor, investor and industry leader. He was born in Eastwood and grew up on the Central Coast. His father's parents were from Lithuania and his mother's family were from Scotland.

'My older brother and I were lucky enough to get a computer quite young and I spent a lot of time learning how it all worked which got me into tech,' he told me.

After a solid career in IT both in Australia and overseas, for the sake of his children Mick decided to switch careers and start a new business focusing on sustainability.

'I wanted to leave the world in a better place for my kids. I realised their biggest concern would be the state of the environment. My best mate spent 10 years in sustainable finance and told me we need 10,000 innovations. I knew I could help with that,' he said.

Climate Salad is an industry group and network of founders, investors and supporters of sustainability solutions. Together, they help Australian companies build innovations to solve global environmental problems.

'We help Australian-made climate technology companies, with programs, international trade missions and investor introductions events.'

Mick recently completed a Masters in Sustainable Development at Macquarie University.

'It was hard to fit in but was well worth it as it gave me the foundation I needed in understanding the most urgent environmental concerns.

'I feel that in the future Australia will play a huge role in building climate solutions. Humanity's growth and increase in prosperity over the last 200 years has come at a cost to the environment. We need to find ways to live in harmony with our planet, quickly. Technology plays a key role in helping us get to sustainability.'

I was intrigued by the name Climate Salad and asked Mick what was the thinking behind this.

'Climate Salad was named from a view that salad is something we all need. It's green, it's leafy, it's multicultural, and hopefully it's a name people would find compelling and want to find out more,' he said.

After high school Mick studied business, marketing and politics at Newcastle University. While at university, he started his first business in computer and networking sales with a company called Dynamic Realm.

'A good friend Ben Hamilton said to me 'start your own business' so we launched the company together. I recognise my privilege of having family and friends that supported me early on and parents that ran a business.'

### Working in the US and Africa

Before Climate Salad, Mick worked for many years in tech startups including three years living in San Francisco. He also spent four months in Tanzania doing volunteer work around education for adults.

'The time in Tanzania felt like four years of experience. It was so different. I got malaria twice, got robbed by fake drug police and realised how lucky my life had been in hundreds of ways. I learned Swahili, got to walk with 'twiga' (giraffes), and met incredible people I'll never forget.'

After Africa Mick spent three months travelling around the US. Whilst looking for a job in tech in San Francisco, one of his Sydney friends asked if he was going to make his wedding back in Sydney.

'Being tired of my backpack and a bit homesick, I flew home and went to his wedding the next day. Halfway through the wedding someone sat next to me and asked how I knew the bride and groom. I turned around to see a dazzlingly beautiful woman smiling at me and that's how I met my wife Karen. Each year on their anniversary I thank my mate for asking me to come to his wedding.'

During their time in the US Mick's children were required to do active shooter training from kindergarten.

'Our daughter hurt her finger in the playground and ended up in hospital, and I spent the night worrying about how much it would cost. The next morning, I told Karen



Mick with his wife Karen and children Sam, Grace and Lucy

I wanted to go home. Australia is a remarkable place to raise a family. I'm so glad we came back when we did,' he said.

### Climate technology – a hundred-billion-dollar global industry

Mick told me that people often frame climate action as too expensive with jobs lost, industries disrupted, things we have to give up.

'I think that's completely backwards. Climate technology is already a hundred-billion-dollar global industry, growing rapidly towards a trillion dollars. Australia holds extraordinary natural advantages: the best solar resources on earth, proximity to the fastest-growing economies in Asia, world-class research institutions and a generation of brilliant founders who want to solve hard problems.

'The countries that lead the clean economy will have the jobs, the exports, the investment and the national confidence that comes from making things that matter. That future is available to us. We just have to choose it,' he said.

### More than 800 Australian climate-tech companies

In 2021 during Covid Mick and Karen started a monthly newsletter about climate change and sustainability and this grew into a large Australian climate tech community with more than 800 companies, 125 investors and around 10,000 supporters.

'We were lucky enough to get support from the industry plus some government funding in the first few years. I'm proud of what the Climate Salad community has built together. We've over 100 companies already valued at over \$25M, a national industry report that serious investors use, trade missions to the US, UK and Europe and programs that have helped hundreds of founders accelerate their companies. We also

run events and webinars and have an end of year awards event. Honestly, the greatest achievement is that Australian climate tech is now taken seriously as an industry,' he said.

One of the companies that has worked closely with Climate Salad is HydGene Renewables in the Lane Cove West Business Park.

'They've engineered microorganisms to convert agricultural waste. That's the straw stubble left after a harvest that would otherwise be burnt or go to landfill, and they turn it into green hydrogen used to make ammonia for green fertiliser.

'They spun out of Macquarie University, raised government grants and venture capital, and they were recognised as one of the top-three global finalists in the climate tech category of a Silicon Valley competition. They're an incredible deep-tech company, started by Dr Louise Brown and her co-founders, operating right here,' he added.

Another company focusing on sustainability is Number8Bio, also based in Lane Cove.

'Number8Bio is a synthetic biology startup tackling one of agriculture's dirtiest secrets: cow burps. They've engineered a yeast-based feed additive that reduces livestock methane emissions by up to 90%, and have raised \$11 million from investors including CSIRO-backed Main Sequence to bring it to farmers across Australia and beyond.

'Smartzter is another one in our neighbourhood, just over in Ryde. Designed and developed in Australia, Smartzter has built some innovative battery storage tech and EV charging solutions for a greener future for both renters and homeowners.

'When I tell people this is happening in Lane Cove, they are genuinely surprised. Beyond our area, we have hundreds of

climate tech companies across Australia. This will be good for us in so many ways, creating lots of jobs, regional work and bringing in international capital and export dollars.'

'Climate Salad supports any company working seriously on scalable climate solutions, whether that's energy, agriculture, transport, construction, manufacturing or the financial systems that fund them. We're interested in ambitious builders,' Mick said.

### Speed and coordination their biggest challenge

Mick told me that the biggest challenge faced by Climate Salad when working with a particular company is speed and coordination.

'Australia has an unfortunate habit of squandering an early lead. We helped invent WiFi, solar cell technology and the Bluey, and watched other countries capture most of the benefit because we didn't back them early enough. We cannot afford that outcome again with climate tech.

'Fortunately, we have the people, the ideas and the natural advantages. We need our government funding bodies to step in earlier to support companies at the stage where it matters most. We also desperately need our big organisations to become the first customers of Australian innovation rather than defaulting to overseas solutions. Our investors can then back our founders all the way to global scale.

'I would like to see Australia as a genuine world leader in climate technology. Not just a lucky country with good resources, but a smart country that turns these advantages into a deliberate, national effort. Backing our researchers into companies, deploying our capital, welcoming global investment and trusting that the next generation of Australians can build things worth owning. I'd love more people in Lane Cove to know that some of those builders are already their neighbours,' he concluded.



Mick in Tanzania at the mouth of the Nile river

## Rare in name, not in numbers: National campaign shines a light on rare cancers

A national campaign led by Rare Cancers Australia (RCA), and supported by Icon Cancer Centre, has called on Australians to be more aware of rare and less common cancers, because they're more common than you think.

'In Australia, someone is diagnosed with a rare or less common cancer every 12 minutes - that's 120 people every day and more than 42,000 each year,' said RCA CEO, Christine Cockburn.

'Most Australians will know someone affected, yet many don't realise the significant challenges these patients face. People diagnosed with rare and less common cancers often experience delays in diagnosis, limited treatment options and reduced access to information and support.

'It can feel incredibly scary and isolating, which is why awareness is so important. It helps drive earlier detection and ensures people affected feel recognised, understood and less alone,' Ms Cockburn said.

One of those people is 36-year-old Jess Panigiris, who was diagnosed last year with an extremely rare form of ovarian cancer after months of various symptoms.

'I experienced bloating, nosebleeds, irregular periods, heartburn and back pain, but despite seeing numerous doctors and raising my family history of cancer, I was repeatedly told I was too young to have cancer,' Jess said.

When her symptoms rapidly worsened, a CT scan revealed a 30cm tumour on her ovary. Jess underwent major surgery to remove the 15kg mass before learning she had a rare ovarian cancer known as stage 1A high-grade mucinous adenocarcinoma with anaplastic mural nodules.

'My experience is not unique. Too many people with rare and less common cancers face unnecessary barriers, inequity and poorer outcomes because their cancer doesn't fit neatly into existing systems,' Jess continued.

Rare Cancers Awareness Day was held on Friday 26 June. For more information, visit [www.rare.org.au](http://www.rare.org.au).

Key statistics for rare and less common cancers:

- Every 12 minutes, someone in Australia is diagnosed with a rare or less common cancer. That's 120 people a day.
- Approximately 42,000 Australians are diagnosed with a rare or less common cancer each year. Some 17,000 people lose their lives - that's 46 people every day.
- One in four cancer diagnoses are considered rare or less common.
- One third of cancer deaths are caused by rare or less common cancers.
- Rare cancers such as sarcomas, reproductive cancers, head and neck cancers and many types of blood cancer have an incidence of fewer than six per 100,000 people.
- Less common cancers such as brain, liver, stomach and ovarian cancers have an incidence between six and twelve per 100,000 people.

## Pymble Players present *Midnight Murder at Hamlington Hall*

It's murder, mystery and complete mayhem for the Middling Cove Players, a local community drama group. Seven members of the cast come down with the dreaded lurgy just before opening night but, in true theatrical form, the show must go on. Yet, with only two actors, the director and a stage manager available to fill in the gaps, whatever can go wrong does. The stage is set for complete comedic chaos.

Hailing from Northern Ireland, Director Declan Moore performed there in over 100 productions, before starting to direct and choreograph. In 2019, he and his partner David set up D2 Productions in memory of his late mum, Margaret. From their 13 productions so far, they have raised over \$32,000 for Dementia Australia.

- **Dates:** 31 July - 9 August 2026
- **Venue:** Zenith Theatre and Convention Centre, Cnr McIntosh St and Railway St, Chatswood
- **Bookings:** <https://pymbleplayers.com.au/tickets> or T: 0490 366 346 (no SMS) (Monday to Friday 12 noon - 8pm)



Director Declan Moore

# BEGINNERS BRIDGE LESSONS

Learn a great game,  
keep your mind active,  
and meet new friends.

### COURSE DETAILS

**WHEN:**  
Starting Monday,  
17 August 2026

**TIME:**  
10:00 AM - 12:00 PM

**WHERE:**  
The Wollstonecraft  
Club, 7 Russell St,  
Wollstonecraft

**COST:**  
\$80.00 total for the  
6 week course

### WHAT'S INCLUDED?

**Bridge Book** to keep and guide your learning.

**Club Membership** included right through to 31 December 2026.

**Bonus Practice:** Supervised bridge lessons on Fridays at 1:00 PM at the completion of the course.

**No Partner Needed!** Come along on your own or bring a friend

**Bookings Required:** Places are limited to ensure quality coaching

### ENQUIRIES & BOOKINGS

Reach out to our friendly lesson coordinators to secure your spot

**ANNE SALMON**

Phone: 9923 2796

[anne.salmon@bigpond.com](mailto:anne.salmon@bigpond.com)

**CAROLINE ROUBICEK**

Phone: 0410 585 025

[carolineroubicek@gmail.com](mailto:carolineroubicek@gmail.com)

**THE WOLLSTONECRAFT CLUB**  
7 Russell Street, Wollstonecraft  
[wollstonecraftclub.com.au](http://wollstonecraftclub.com.au)  
phone 9436-2191

# City of Ryde Eisteddfod 'Come and See the Stars' Launch

*The 2026 City of Ryde Eisteddfod starts on July 11th at NRSA, the North Ryde Community Centre – 201 Cox's Road.*

It is in the middle of school holidays – but the children are the first to take the stage in an exciting range of performances. Eisteddfods around Australia offer different ranges of possible events but Ryde offers the traditional 'disciplines' of vocal (classical and amplified solos), instrumental (strings, winds, brass, piano & instruments you might not have heard before) and dance in various genres, including classical ballet, hip hop and jazz. Group events - or 'ensembles' are featured in dance (studio and school troupes), choirs and a capella groups from schools and the wider community, and instrumental (orchestras, bands, trios, quintets...) while speech will showcase Prepared Plays on their final day.

On the morning of July 11 the Mayor, Trenton Brown, will officially launch the 2026 season of the eisteddfod and then a very exciting programme of events will begin – mostly on the weekends but also some daytime events midweek and both instrumental and speech events on midweek evenings.

It is a HUGE programme, with more competitors than ever before, so there are many different events from which the audience can choose. Locations are all in Ryde – the NRSA, the West Ryde Community Centre in Anthony Street, the Ryde

Eastwood Leagues Club in West Ryde, Lachlan's Line Auditorium in North Ryde and a very special event this year being the Vocal Finals (Operatic Aria, Lieder and Rising Star) to be held in the Grand Pittwater Room at North Ryde RSL on Sunday July 26th.

The 'Stars' are not necessarily all heading to a career in the arts. Being able to present one's results as a scientist, argue a case as a politician, or 'strike the right balance' as a business executive are skills which are developed by young performers as they entertain an audience on stage. The book *Eisteddfod to Stage* chronicled by author Ann Howard of the first Thirty Years of Ryde Eisteddfod includes stories of a forensic scientist, a lawyer, an accountant as well as the many stories of those who have gone on to excel on the cultural platform.

All events will be posted in the Events Calendar – easily accessed from the webpage. Tickets will be available via links on the calendar and also from TryBooking but can also be purchased by card on entry. There are amazing value Season Passes for the whole season so that a couple can just turn up at any event in any discipline.

**The Eisteddfod Contact number is 9874 2809 – the secretary Suzanne Maslen is happy to take your enquiries if you can catch her at home. Mostly she is involved in rehearsals or organising events.**

**NOT TO BE MISSED- July to September**

**COME SEE TODAY**

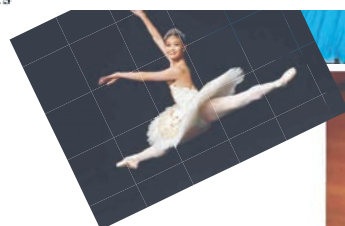
**the stars of tomorrow**

**.....all in the City of Ryde.....**



In 2018 author Ann Howard started interviewing people from all walks of life and chronicled the eisteddfod events they remembered which helped them in their achievements. This was put together in a book to mark 30 years of Ryde Eisteddfod.

But the Eisteddfod does not look back - it looks forward to continue aspiring young performers



one of the International Theater Festival, Performance of parables of Ben Brant

**Huge variety of amazing performances by young and not so young.**

**All details available in the eisteddfod web calendar**

**..... [www.re.org.au](http://www.re.org.au) - menu item Events Calendar Tickets can be purchased online from the event listing or by card at the door.**



## History talk @ the library

### **Unlocking the Blau Family Story: 4711 and a Sydney Discovery**

This month, Paul Storm brings us the remarkable story of how two hidden tea chests discovered under a Sydney house brought to light the dark history of the Blau family.

Coming as migrants to Sydney in 1908, the Blau family became the owners of a successful pharmaceutical supply company. This was the family who introduced the famous 4711 Eau de Cologne brand to Australia. The treasure trove of personal letters also revealed a family with hidden secrets and alien interests during World War I.

*Paul is a retired high school teacher and President of the Willoughby District Historical Society. He is an avid philatelist who has gained tremendous satisfaction pursuing the social and historic aspects of his philatelic collections.*

**Please join us to hear this intriguing presentation.**

- **Details:** 7pm on Tuesday 28 July 2026 at Lane Cove Library. \$5 includes wine and cheese (free for LCHS members)

### **Devonshire Tea @ Carisbrook Historic House**

What a beautiful time of the year to bring your friends to Carisbrook! Before your tour of the Historic House, start your outing with a delicious Devonshire Tea. We also offer both healthy - and decadent - homemade cakes, as well as coffee.

- Bookings are not necessary. Free parking via Waterview Drive.
- **When:** Saturday 18th & Sunday 19th July from 10am to 4pm



#### **PAM PALMER**

*President  
Lane Cove Historical Society Inc  
www.carisbrookhouse.com*



## 100 WORDS



The hot, hazy summer morning began with the smell of gunpowder and the sound of crackling and popping in the distance. The locals couldn't wait until dark to celebrate.

While my grandfather Henry was organising the commemorative parade down Liberty Avenue, my mother, sister and I made our annual trip to Joe's Butcher Shop, to purchase an arsenal of explosives, in the back room.

When the Sun went down, our barbecue fired up, with hotdogs and hamburgers sizzling away, as we watched the night sky dazzling with Roman candles, sparklers and bottle rockets. It was a typical Fourth of July.

**Perihan Bozkurt, Lane Cove**

### **MUM'S DREAM**

Mum wanted to write a book and with her friend, Mollie Hulbert, she did. It was called *Australian Plant Dyes and Knitting Patterns for Woolly Jumpers* published in 1989 by Kangaroo Press and now out of print.

When Mum lost her sight, I ran a blog for her. When in 2009 she passed away, I inherited her book's copyright.

I'm now putting the final touches to a book entitled: *Frieda Petter – a Life in Craft*.

It contains the original book and her blog. I'll be donating a copy to the Lane Cove Library so that others may enjoy her dream.

**Sylvia Petter, Lane Cove**

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

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

## The quiet heroes behind the Red Shield Appeal

The Salvation Army's Annual 2026 fundraising event, the Red Shield Appeal, was conducted around Australia over the week to 31 May.

My name is Chris Gaskell, and as a resident of Northwood, I have been an enthusiastic volunteer fundraiser for the Salvos for many years.

Lane Cove Rotarians and Probus volunteers set up shop at the top of the Canopy escalators. This hardy group kept their vigil up for most of the week, especially for very productive collecting over the weekend, along with a second team set up at the Aquatic Centre for the weekend morning rush. These groups were coordinated respectively by Rotary President Jenny May and David Brooks-Horn (a recent Lane Cove Councillor and Lane Cove Rotary member) who also gave much of their time to collecting.

Many people I met recounted personal or family experiences involving assistance from the Salvation Army, when help was sorely needed. These were often in bleak times, and the gratitude was deep.



*Thank you everyone for your wonderful support.*



**NAIDOC  
WEEK**  
**50 YEARS  
DEADLY**  
5-12 JULY 2026

## Celebrate NAIDOC Week with City of Ryde Libraries!

This year, NAIDOC Week celebrates “50 Years of Deadly”. Join City of Ryde Libraries in marking this anniversary with a range of activities to connect with the rich history and culture of our First Nations Australians!

- Explore the history and traditions of Australia’s Aboriginal people through our **Aboriginal Cultural Talk** in English and Mandarin, presented by Koori Kinnections.  
*Friday 3 July, 10:30am-12:30pm, Ryde Library*
- Discover musical traditions and dances performed by the **Walangari Diramu Aboriginal Dance and Didgeridoo Company**  
*Monday 6 July, 10:30-11:30am, Ryde Library*
- Learn traditional weaving skills through hands-on practice in our **Warabunga Weaving Workshop**  
*Tuesday 7 July, 2:30-4:30pm, Eastwood Library*
- Get a taste of cultural flavours with our **Bushfood Talk**, exploring Aboriginal culinary traditions and native ingredients  
*Friday 10 July, 10:30am-12pm, Gladesville Library*

To make a booking and get all the details on these events, head to [www.ryde.nsw.gov.au/Events/NAIDOC-Week](http://www.ryde.nsw.gov.au/Events/NAIDOC-Week).

## The 2026 Lane Cove Art Award

The 2026 Lane Cove Art Award is now open for entries. Supported by Lane Cove Council, Lane Cove Art Society and Gallery Lane Cove & Creative Studios, the Lane Cove Art Award was inspired by Society founders and outstanding Australian artists and residents Lloyd Rees and Guy Warren.

### This year’s prizes are:

- **First Prize of \$15,000** is an acquisitive prize supported by the Lane Cove Council.
- **Second Prize of \$2,000** is open to Lane Cove Art Society members and residents of the Lane Cove area with postcode 2066. This prize is sponsored by Hycorp Property Group.
- **Third prize of \$1,000** is supported by Centrehouse.

Entries close at 11.59pm on Sunday 2 August. Finalists will be notified on Friday 21 August and their artwork is to be delivered to the Gallery on Saturday 12 September, between 10 am – 4 pm. The exhibition will be open to the public from Wednesday 16 September to Saturday 3 October. With the Opening Event and Awards Presentation set for Friday evening 18 September.

Please check the Lane Cove Art Society website for terms and conditions <https://lanecoveartsociety.com.au>

## Back On My Feet

By Dr Olivia Ong

This month The Village Observer is highlighting Disability Pride Month. I wanted to choose a book to review that aligned with that. There are so many wonderful books that celebrate resilience and determination. I love books that focus on ability, I see them all the time across the bookstore; both non-fiction and fiction. It was hard to just pick one! In the end I decided to recommend the memoir I have most recently read; *Back On My Feet* by Dr Olivia Ong.



*Back on My Feet* was published earlier this year. It tells the inspirational story of how a rehabilitation doctor overcame a devastating spinal injury with faith, determination and years of painful rehab. I was mesmerised by this memoir. I did find it to be truly powerful. What an incredible story of resilience and determination.

Sometimes it can be tricky to read non-fiction, I am so conditioned to be looking for themes and character arcs through the story. Often I think the absolutely compelling nature of the story you are being told means that writing craft isn’t the highest consideration ...but with *Back On My Feet* I was really able to sink into the story. It is really well told and completely held my interest. Dr Olivia Ong is an incredible writer, and this is a memoir that is really worth your time.

Imagine being a doctor; having your life really all mapped out ...a catastrophic car accident changed all that for Dr Olivia Ong. Experts told her she would never walk again. This book really details that journey of resilience, the years of intensive physical therapy to get herself ‘back on her feet’ I found it so inspirational.

I think this is a memoir that has been written to really thank her loved ones for their support. That really shone through. But it is also just such an incredible gift to us; it is an insightful, powerful book. Her courage and compassion are all evident in this book, it is an incredible read. I cannot recommend it highly enough

### August Books I Can’t Wait to Read:-

*The Frock Shop* Sophie Green  
*School for Life* Annabelle Chauncy  
*Sophie Standing There* Meg Mason  
*We Chase Shadows* Richard Osman  
*Adversary to the Villain* Hannah Nicole Maehr

### Review by ANNA LODER

Anna is the founder of [www.readabook.com.au](http://www.readabook.com.au) where you can find so many more reviews. She has a podcast of the same name and is a bookclub devotee. She is the store manager of Dymocks Eastgate and will die under a towering pile of books she wanted to read.





## Aussie Bird Count sees Magpies on top

The results of BirdLife Australia’s Aussie Bird Count are in, with a record breaking 5 million birds counted during the week-long national bird counting frenzy held in October last year. 64,000 Australians took part in the Count - the 12th year running of what has arguably become Australia’s most popular citizen science event.

The Australian Magpie swooped into top spot as the bird Australia sees the most, while the Rainbow Lorikeet claimed second position on the list of our most commonly spotted species. As in previous years, the Rainbow Lorikeet was the most abundant bird counted due to regular sightings of colourful flocks.

‘Because rainbow lorikeets are more social, hanging out in flocks, when we see them, we see more of them.’ said BirdLife Australia’s National Public Affairs advisor Sean Dooley. ‘But the magpie is the bird we encounter most often. Every second person who did the Count last year added a magpie to their list.’

### AUSTRALIA’S MOST COMMONLY SEEN BIRDS IN THE 2025 AUSSIE BIRD COUNT

1. Australian Magpie
2. Rainbow Lorikeet
3. Noisy Miner
4. Sulphur-crested Cockatoo
5. Magpie-lark
6. Galah
7. Red Wattlebird
8. Crested Pigeon
9. Welcome Swallow
10. Common Myna

Sightings were recorded in all corners of the country, even in far-flung territories of the Christmas and Cocos Islands and sub-Antarctic Heard Island. Most bird counts though (around 70%)

were conducted in built-up areas, adding to a national snapshot of the birds sharing our increasingly urbanised world.

Notable shifts in the overall results from previous years include some birds outside of the top ten climbing the ranks of those we see most often. The Australian White Ibis has climbed from 23rd place in 2021, to 14th last year. In NSW and Queensland the Australian Brush-turkey is also scratching its way up the ladder.

‘Birds respond to the changes we make to our environment. Everybody knows the bin-chicken, especially in Sydney and Brisbane where they’re doing well in the city. Birds like these have found ways to take advantage of urban growth, and it’s encouraging to see native species adapting like this.

‘Sadly, the flipside to that story is the birds in need of other kinds of habitat, like smaller bush birds, get pushed into decline as their habitats are destroyed,’ said Sean. ‘It’s a reminder that the changes we make have an impact. Adding native plants to your garden can offer a lifeline to those other Australian native birds that we’re more worried about.’

In NSW, the Rainbow Lorikeet topped the list, followed by the Australian Magpie and the Noisy Miner.

Sean says the growing popularity of the Aussie Bird Count reflects renewed interest in a classic hobby. ‘The Aussie Bird Count is a fun way to give bird watching a go while adding to a valuable national snapshot in the places we live, work and learn. The popularity of bird watching is really taking off around the world, so if you tried it and you loved it, we strongly encourage you to keep looking out for birds, taking notes, and sharing what you see on our Birddata website.’

The 2026 Aussie Bird Count will take place in bird week, from 19–25 October. Bird lovers are encouraged to visit the Aussie Bird Count website ([www.aussiebirdcount.org.au](http://www.aussiebirdcount.org.au)) to sign up for updates and join the fun in October.



*The Rainbow Lorikeet was the most spotted bird in NSW.*  
CREDIT: ANDREW SILCOCKS



## Hunters Hill celebrates artistic talent

The 2026 Hunters Hill Art Exhibition once again shone a spotlight on the outstanding talent and creativity within the arts community. This year's event continues the tradition of supporting emerging and established artists, providing a vibrant platform for artistic expression and cultural connection.

Art lovers and local residents were invited to visit and immerse themselves in a diverse range of works, including painting, sculpture, and mixed media. The atmosphere made the exhibition a highlight of the cultural calendar, with many visitors returning year after year to be inspired by the impressive displays.

The exhibition, well known for its prestigious showcase of high-quality artworks, attracted 526 entries from artists all across Australia.

'Every year, our community is lucky to enjoy this remarkable exhibition, and it never fails to impress. This year, we've been blown away by the beautiful artworks on display by talented artists from all corners of Australia,' said Deputy Mayor, Councillor Julia Prieston.

Local Drummoyne artist Helen Oram was awarded the Hunters Hill Art Prize for her artwork *The Life Guard Chair*, after winning the regional prize in the 2024 exhibition.

'When I got the call to say I had won, I thought they were calling to say the screws fell off the artwork,' Helen said.

'It's such a wonderful exhibition every year, I appreciate all the work that goes into it behind the scenes, and the way it's hung and curated beautifully. To win with so many wonderful and really good works on display was just humbling. I was quite surprised by the number of people who came and talked to me about my work during the opening.'

*Nickel Back - The Australian Platypus* – Simon Treseder



### Other award winners included:

- **Regional Art Prize** – *Churchill in His Garter Robes*, Daniel Dominguez
- **Sculpture Prize** – *We all Have Wings*, Leasha Craig
- **Watercolour Prize** – *The Granites Coastline, 2026* – Brian Stratton
- **Smaller Works** – *Evening Sky from Balls Head* – Ania Zmijewska
- **Nora Heysen Award** – *Boathouse and Stairs Hunters Hill, 2026* – Karen Presland

### Highly commended artworks were also acknowledged during the event, including:

- **Hunters Hill Art Prize** – *Much heard. Less said.* – Richa Panicker
- **Regional Art Prize** – *L'Art de la Terre en plein air* – Lai Man Pang
- **Sculpture Prize** – *Nickel Back - The Australian Platypus* – Simon Treseder
- **Watercolour Prize** – *Lost Voyage* – Violetta Kurbanova
- **Smaller Works Prize** – *Between Fog and Memory* – Luis Ferreira
- **Nora Heysen Award** – *Tree Story* – Pauline Zufferey

# THE Village Quiz

OBSERVER



Brought to you by **SydneyTrivia.com**

1. How many goals did Sam Kerr score in the Women's FIFA World Cup competition of 2023?
2. In which city did Ferris Bueller have his 'day off'?
3. On which island is Jurassic Park located?
4. What was the name of the computer in 2001: a Space Odyssey?
5. In how many movies did Daniel Craig play Bond?

11. Which island group was once called the Sandwich Islands?
12. What move comes after *A jump to the left*?
13. Who was the lead singer of Aussie band, Silverchair?
14. Who directed the movie *Life of Pi*?
15. How old is David Attenborough?



6. Which Bronte sister wrote *Wuthering Heights*?
7. What's the name of the protagonist in 'Around the world in eighty days'?
8. What country does Borat come from?
9. In which NSW town is 'The Dish' located?
10. How many sixes did Sir Donald Bradman hit in his Test career?



16. Which Australian actress plays Sheryl in *Little Miss Sunshine*?

17. What nationality was artist Salvador Dali?
18. Which island was home to the ill-fated dodo bird?
19. What was Maxwell Smart's agent number?
20. Which author wrote *The BFG*?



If you enjoy a great quiz, please visit us at any of our local weekly quiz nights:

- Mondays 7:00pm **Orchard Hotel, Chatswood**
- Mondays 7:00pm **Commodore Hotel, North Sydney**
- Tuesdays 7:00pm **Chatswood Hotel**
- Tuesdays 6:00pm **Billy Barry's Hotel, North Sydney**
- Wednesdays 7:00pm **Union Hotel, North Sydney**
- Wednesdays 7:00pm **Norths Cammeray**
- Wednesdays 7:00pm **Cammeray Golf Club**
- Thursdays 7:00pm **KC's Bar, Crows Nest**
- Thursdays 7:00pm **The Diddy, Lane Cove**
- Thursdays 7:30pm **North Sydney Hotel**

(please contact the venue to book a table)

**Answers:**  
 1. 12. Chicago 3. Isla Nublar 4. HAL 5. 5  
 6. Emily 7. Phileas Fogg 8. Kazakhstan 9. Parkes  
 10. Just 6 11. Hawaii 12. A step to the right  
 13. Daniel Johns 14. Ang Lee 15. 100 16. Tomi Collette  
 17. Spanish 18. Mauritius 19. 66 20. Roald Dahl



# Your goals. Your pace. Your community.

## *Supporting You, Every Step of the Way*

For over 40 years, Sydney Community Services has been proudly supporting people of all abilities to live life their way — with confidence, connection and choice.

We offer flexible, personalised **one-on-one disability support** at home and in the community, helping with everyday tasks, appointments, and building independence at your pace. Our caring, experienced staff take the time to understand what matters most to you, providing support that fits your goals and lifestyle.

Looking to connect and have fun? Our engaging **group programs** offer a wide variety of activities, from creative arts and drama to social outings, online meetups and community adventures. They're a wonderful way to meet new people, try something new and feel part of a welcoming community.

Whether you prefer individual support or enjoy group activities — or both — we're here for you every step of the way.

**READY TO LEARN MORE? WE'RE HERE TO HELP.**

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



**Sydney Community Services**

**9427 6425**

**LOCAL SUPPORT. TRUSTED CARE. COMMUNITY WELLBEING.**





## *The Importance of Feedback in Community Services*

At Sydney Community Services (SCS), feedback is at the heart of how we listen, learn, and grow together. As CEO, I am committed to leading an organisation that actively values the voices of the people we support, our carers, local residents, our staff, volunteers and the wider community. Whether it is a compliment, a suggestion, a concern, or a complaint, feedback helps us stay responsive, safe, and connected to what matters most.

Community services are all about people, and the only way we can truly understand people's experiences is by inviting honest input. Every piece of feedback offers valuable insight—whether it highlights something we are doing well or shows us where we can improve. It helps us remain curious, reflective, and focused on delivering meaningful outcomes.

At SCS, community voice is encouraged AND it is built into how we operate. Our Disability and Aged Care Consumer Advisory Bodies embed lived experience directly into service design and delivery, ensuring our programs reflect real needs and perspectives. Alongside this, our Quality Advisory Body brings together consumers, staff, and stakeholders to review performance, identify opportunities, and guide improvement. These groups ensure decisions are shaped by real insights and that our services reflect the needs of the community.

Feedback is powerful in all its forms. Positive feedback helps us recognise what's working well, celebrate our team, and build on our strengths. It reinforces good practice and boosts confidence! At the same time, concerns and complaints are just as valuable. They offer important insights, helping us strengthen our services and deepen trust. When complaints are few, it doesn't always mean everything is perfect; sometimes it simply means people need clearer or more comfortable ways to share their views.

To support this, we are introducing several practical and easy-to-use initiatives, including QR codes that link directly to our feedback and complaints forms. You will see these codes popping up across our materials—simply scan with your phone and you're there. Whether you

would like to tell us about your experience with our services, share your thoughts on The Village Observer, recognise something we have done well, or suggest a new idea, we would love to hear from you. Your feedback doesn't need to be formal, it can be quick, simple, and even anonymous, whatever feels right for you.

At the end of the day, feedback is about connection. It is about creating a space where people feel comfortable sharing their experiences, knowing they will be listened to with respect and care. As CEO, I see it as my responsibility to ensure every voice is heard, acknowledged, and thoughtfully considered. Not every piece of feedback will result in immediate or visible change, and sometimes decisions are shaped by factors that are not always obvious—but every contribution plays an important role in how we learn, reflect, and grow. What matters most is that people feel confident to share their views and know their perspectives are genuinely valued.

*At Sydney Community Services, every voice matters — and we are listening.*

SCAN  
Make a Complaint



### *Make a Difference in Your Community!*

Join our Chatswood Social Club as a volunteer and support adults (18-64) with mild intellectual disabilities to connect, have fun, and build confidence.

Help with social activities such as games, cooking, music, and outings. Perfect for friendly, reliable team players passionate about inclusion.

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

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



# SAVE THE DATES: UPCOMING EVENTS



## A Festive Midwinter Morning

Bring a little festive cheer to the middle of winter and join us for a special Christmas in July celebration. Enjoy the beautiful harmonies of local a cappella group **Aqualuna**, and be treated to a delicious Christmas-style morning tea.

**Date:** Monday 13 July

**Time:** 10.30am – 12noon

**Location:** Parkview Room,  
1 Pottery Lane

**Free to attend:**

Book early as spaces are quickly filling.



## Creative Connections!

Relax, chat, and enjoy a friendly craft session with light refreshments. Make something special to take home— everything provided. Think you're not creative? Even better—this is for you!

**SESSION ONE: Paper Flower Making!**

Let your creativity bloom!

**Date:** Tuesday 14 July

**Time:** 1pm – 3pm

**SESSION TWO: Creative Gift Wrapping.**

**Date:** Friday 17 July

**Time:** 10am – 12pm

**Location:** Parkview Room, 1 Pottery Lane

**Cost:** \$10 per session.

Be sure to book early as places are limited.

## 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  
Hunters Hill



### Line Dancing

**Date:** Wednesdays

**Time:** 1.30pm-2.30pm

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



### Memory Cafe

**Date:** Wednesday  
15 July

**Time:** 10.30am-1pm

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

**Cost:** FREE

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



### 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

Attend and pay by the term.

#### Book Club

- Monday 20 July, 1.30 - 2.30pm
- Cost: \$5 includes book and afternoon tea.

#### Mah Jong

- **Tuesday**, All players, 9.30 - 11.30am  
*Beginners please call before attending.*
- **Wednesday**, Competent players, 1.00 - 3.45pm
- Cost: \$5 including morning/afternoon tea.  
*Contact us prior to attending.*

#### Scrabble

- Thursday, 10am - 12noon
  - Cost: \$5 includes morning tea
- Relaxed, social and a great way to stay connected. Come for the words, stay for the fun!

#### 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.

#### Movie and Morning Tea

Hamnet explores the love and loss that shaped Shakespeare's iconic play, Hamlet.

- Wednesday 29 July
- 10am - 1pm
- Cost \$30



#### 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



## 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.*



Supported by the Australian Government  
Department of Health and Aged Care



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



## ANTHONY ROBERTS

MP

P: 9817 4757

E: lanecove@parliament.nsw.gov.au



## TRENTON BROWN

CITY OF RYDE MAYOR

P: 9952 8222

E: TMayor@ryde.nsw.gov.au

### Backing police and protecting our community

Community safety is one of the most important responsibilities of government, that's the social contract we have as a government looking after citizens of Australia. Across NSW, organised crime has become an issue that affects far more than the headlines. It impacts families, small businesses, local communities and the confidence people have in their neighbourhoods.

In recent years, we have seen the very real impact of gang related crime, including public shootings, firebombing of businesses, cars burned to destroy evidence, and the recruitment of children by adult criminals. These are serious offences that place innocent people at risk and undermine community safety.

Police need strong laws and the right tools to keep pace with increasingly sophisticated criminal networks. They also need the support of government and the broader community in tackling organised crime wherever it occurs.

Recent reforms have sought to strengthen the legal framework available to law enforcement agencies, particularly in relation to organised crime and gang related offending. While stronger laws are important, it is equally important that penalties and sentencing arrangements reflect the seriousness of these offences.

The community rightly expects that those who engage in serious organised crime face consequences that match the harm they cause. This is particularly true when criminal activity involves firearms, violence, intimidation, property damage or the exploitation of young people.

One of the most concerning trends in recent years has been the recruitment of children into criminal activity. Young people should be supported, protected and given opportunities to succeed, not manipulated by adults seeking to use them for criminal purposes.

Likewise, offences such as public shootings, deliberate property damage and attempts to destroy evidence can have lasting consequences for victims and communities. They create fear, place pressure on emergency services and disrupt the lives of ordinary residents.

Keeping our communities safe requires a coordinated effort between police, courts, government agencies and the community itself. Strong laws are part of that response, but so too is prevention, early intervention and support for vulnerable young people.

Our police do an outstanding job in difficult circumstances and deserve the resources and legislative support needed to combat organised crime effectively. By continuing to strengthen our response to serious criminal activity, we can help ensure our communities remain safe places to live, work and raise a family.

### Plastic Free July

The City of Ryde is an enthusiastic supporter of Plastic Free July, a shared global movement that helps millions of people reduce plastic waste through simple, everyday choices and be part of the solution to plastic pollution.

This July, Council will promote this wonderful initiative – which has inspired over 170 million participants in 190 countries – through a social media campaign, community workshops, and the promotion of a Plastic Free July social media competition.

The social media campaign will engage residents to share their plastic free July tips, to be eligible to win a plastic free-living pack.

I encourage everyone to get involved in this month of activities - it will help us enjoy cleaner streets, oceans, and beautiful communities.

### EV Chargers

I'm excited to report that the rollout of 23 new pole-mounted electric vehicle (EV) chargers across the City of Ryde recently commenced, as the popularity of battery-powered cars continues to rise.

The installation of this vital transport infrastructure, which comes at no cost to ratepayers, was endorsed at Council's March 2026 Ordinary Meeting.

Recent Transport for NSW vehicle registration data identified Ryde as one of the top five areas for EV ownership in Sydney, with 11,709 registered electric cars making up 14.2 percent of all registered vehicles. Council is also incorporating an increasing number of Hybrid and Battery EVs into its fleet.

Not only are these vehicles impervious to oil shortages and volatile petrol prices, they are also leading the way in reducing carbon emissions, helping Council to achieve its Net Zero operations target by 2035 and community target by 2040.

### Monday Meet-up

I'd like to invite interested residents along to my upcoming Mayor's Monday Meet-up, which provides a relaxed and welcoming opportunity to engage with me directly.

The next session will take place on Monday 13 July, from 10.00am to 12.00pm at West Ryde Marketplace. These conversations are incredibly valuable, offering me the chance to hear your ideas, concerns and feedback firsthand.

### School holiday fun

Winter school holidays take place from 6-17 July and, as usual, Council has a fantastic range of both educational and physical activities to keep the kids entertained. Our libraries program is themed around 'Big Adventures Little Heroes', while Active Kids and Active Youth programs offer exposure to some thrilling sporting activities.

*For more information on these events and others happening in the City of Ryde throughout July, go to: [ryde.nsw.gov.au](http://ryde.nsw.gov.au)*



**TIM JAMES**

MP

P: 9439 4199

E: [wiloughby@parliament.nsw.gov.au](mailto:wiloughby@parliament.nsw.gov.au)



**ZAC MILES**

HUNTERS HILL MAYOR

P: 9879 9400

E: [mayor@huntershill.nsw.gov.au](mailto:mayor@huntershill.nsw.gov.au)

Many residents and small businesses have raised concerns with me about anti-social behaviour and local crime following a spate of incidents recently, particularly around St Leonards, Crows Nest and Artarmon.

There have been reports of groups of local youths shoplifting, abusing and intimidating passers-by, and engaging in broader anti-social behaviour. Local parks, including Wadanggari and Friedlander Parks, that should be safe and welcoming places for families to enjoy have been repeatedly vandalised, causing damage and long closures. It's senseless behaviour.

Everyone in our community deserves to feel safe. That includes commuters walking home, families using local streets and parks, and residents going about their daily lives. Small businesses are the backbone of our local centres and they should not have to deal with theft, intimidation or safety concerns while trying to serve the community.

I have been in direct contact with our local Police about these incidents and have raised these issues directly with both the Minister for Police and the Police Commissioner. I have called for greater proactive policing, stronger patrols and a clear response to prevent further incidents. Police are investigating these matters and I welcome commitments to increase patrols and take proactive measures against crime.

I have also been speaking directly with locals and shopkeepers to hear their concerns. Many simply want to know that when they report an incident, it will be taken seriously, and that there will be a visible police presence in areas where repeat offending and anti-social behaviour are occurring. I also want to see better coordination between police, schools and youth services.

This is part of a broader issue regarding the youth justice system. It needs to provide justice, divert young people from crime, but also deal firmly with repeat offending. There must be real consequences for persistent criminal behaviour, and police need the powers, resources and support to respond quickly, prevent escalation and keep our streets safe.

I will continue working with Police, local businesses, residents and the Shadow Minister for Police, the Member for Lane Cove to press the NSW Government to ensure that our community receives the support it needs.

If you witness an incident, please report it immediately to local police or call 000 in an emergency. Reports from the community help police identify patterns, respond quickly and direct patrols where they are needed most.

## FOGO Waste Collection

Residents should now have received their new 240L FOGO bin, replacing your old green garden waste bin. You should also have received a kitchen caddy and a six month supply of liners. The new FOGO collection service will commence on Monday 6 July, and will be collected on the same day as your red bin.

This initiative will help divert food scraps and garden organic from landfill and turn them into valuable compost. I encourage all residents to make the most of this service as we work together to reduce our environmental impact.

For more information on what can and can't go in your FOGO bin, please view the A-Z FOGO Recycling Guide on Council's website.

## Stallholder and Performers Expression of Interest: Moocooboola Festival

Council is seeking expressions of interest from stallholders and performers to entertain crowds at our 2026 Moocooboola Festival, which will be held at Boronia Park Ovals on Sunday 27 September.

The Moocooboola Festival is a decades-long tradition in Hunters Hill that brings community members together for a day of fun, food and entertainment.

Our local festival draws in thousands of attendees each year with its wide range of attractions including live performances, amusement rides and games, markets, show bags, displays, and my personal favourite - the Dog Show.

This year, we look forward to making our premier community festival even bigger and better than ever.

If you are interested in being part of the fun at the festival, fill out our online expression of interest form at [www.huntershill.nsw.gov.au/moocooboola](http://www.huntershill.nsw.gov.au/moocooboola).

## Expanding EV Charging Across Hunters Hill

Council has approved several locations for new electric vehicle charging stations across the Hunters Hill LGA, in partnership with ChargePost.

These locations are:

- 10 Park Road, Hunters Hill (Boronia Park side of the street)
- Huntleys Point Road, Huntleys Point
- 18 Joubert Street, Hunters Hill
- Everard Street opposite the intersection with Blaxland Street, Hunters Hill

These EV charging stations will support the growing uptake of electric vehicles, with rollout expected to commence this month. The installations are fully funded by our partners and the NSW Government's EV grants program.

# PLUMBING PROBLEM?

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## Improve your health Expand your mind Make new friends



From bus outings to bingo to bollywood music, there's plenty on offer at the Crows Nest Centre.

Services and activities for older people, people with a disability, migrants, parents and those who are homeless or at risk.

[crowsnestcentre.org.au](http://crowsnestcentre.org.au)  
 Phone: 9439 5122



**Crows Nest Centre**  
*Connecting Our Community*



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# STOP PROBLEMS BEFORE THEY OVERFLOW.




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**ONSITE FREE OF CHARGE QUOTE (For Locals Only):**

- Development Application - DA
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- New Dwelling - Alteration-Extension
- Dual Occupancy, Single house, Town house, Terrace house & Secondary dwelling
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**GILBERTO MENENDEZ - BUILDING DESIGNER**  
 - Accredited Design Practitioner. No: 6806 NSW. Low rise buildings  
 2 Deepwater Rd, Castle Cove. M: 0430 532 696

**Pizza + Movie nights @ Longueville UC**  
 Hall 47A Kenneth St, Longueville. 6.30pm Pizza;  
 7.15pm Movie

**7 July - The Five Pennies** (1959) An American biographical, musical drama, 'the perfect combination of comedy, romance and drama' with Danny Kaye starring as jazz cornet player and bandleader Red Nichols. Also starring Barbara Bel Geddes, Louis Armstrong and Bob Crosby.

**4 August - 84 Charing Cross Road** (1987) Romantic/Drama based on a true story of a trans-Atlantic business correspondence about old/antiquarian books. Starring Anne Bancroft and Anthony Hopkins, Judy Dench, Ian McNeice and Connie Booth.

**Bookings essential: 9428 4287 Cost \$15 cash only**  
 - the best value pizza/movie combo! BYO drinks

# WANTED

## AUTOMOTIVE MEMORABILIA

Signs - big & small, literature, badges, toys, oil cans, petrol pumps, models, number plates, pedal cars, tools, clothing, trophies, complete old car and car parts.

**CALL STEPHEN: 0422 799 302**  
*Help us to help you recycle and see old treasures get a new life*


## ROOM HIRE AT THE MEETING HOUSE

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


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

**MEETING HOUSE, 23A STOKES ST, LANE COVE**  
 P: 9427 6425 E: SUPPORT@SYDNEYCS.ORG


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## PROPERTIES OF THE MONTH



**62 Ronald Avenue, Greenwich 4 bed 3 bath 2 car**

Enjoy a superior class of family comfort in this well-appointed home, where everyday living feels like a luxury holiday amid tranquil, leafy surrounds.

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



**3 Arabella Street, Longueville 4 bed 4 bath 3 car**

Seamlessly aligning classic comfort with bold contemporary luxury, this elegant home celebrates Longueville's exclusive lifestyle from a blue-chip setting in its finest street.

**Simon Harrison 0433 100 150 simon.harrison@belleproperty.com**  
**Kim Walters 0499 014 886 kim.walters@belleproperty.com**



**31 Payten Street, Putney 4 bed 2 bath 3 car**

Set on a peaceful street in the heart of Putney, this beautifully presented four-bedroom home on 670sqm delivers space, flexibility and standout entertaining perfect for families seeking both lifestyle and convenience

**Michael Gallina 0402 320 265 michael.gallina@belleproperty.com**  
**Cameron Brown 0438 594 708 cameron.brown@belleproperty.com**



**5 Hopetoun Avenue, Chatswood 2 bed 1 bath 1 car**

Occupying approx. 329sqm on a cul-de-sac street in a sought-after eastern pocket of Chatswood, this full brick, Art Deco single-storey semi presents an inviting opportunity for a young family or downsizers.

**Patrick Lang 0423 891 807 patrick.lang@belleproperty.com**  
**James Bennett 0403 504 724 james.bennett@belleproperty.com**

### BELLE PROPERTY NORTH SHORE

<b>Belle Property Hunters Hill</b>	3/52-56 Gladesville Road, Hunters Hill	<b>9817 7729</b>
<b>Belle Property Lane Cove</b>	2a Phoenix Street, Lane Cove	<b>9087 3333</b>
<b>Belle Property Willoughby</b>	551 Willoughby Road, Willoughby	<b>9958 5211</b>
<b>Belle Property Lindfield</b>	Suite 20, 12-18 Tryon Road, Lindfield	<b>9416 6999</b>
<b>Belle Property Ryde</b>	95 Blaxland Road, Ryde	<b>8080 9116</b>



**You could win the Prize!**

**\$1,500**

Lane Cove Historical Society

**LANE COVE  
HISTORY PRIZE**

Submissions may be

- \* a video doco of 7-20 mins
- \* an essay 5,000-7,000 words
- \* an oral history of 30-45 mins on video or audio recording

Entry details

[www.carisbrookhouse.com/LCHS/historyprize](http://www.carisbrookhouse.com/LCHS/historyprize)  
0434 757 300

**Entries close 31 August**

**Carisbrook  
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DEVONSHIRE TEAS**



**JULY**

**Sat 18 & Sun 19**

**10am-4pm**

And take a tour of  
the house

[www.carisbrookhouse.com/events](http://www.carisbrookhouse.com/events)

Enquiries 0434 757 300

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

ASPECTS

**WHAT:** RAINBOW LORIKEET AND CHICKS

**WHERE:** MY FRONT YARD IN LANE COVE **WHEN:** MAY, 2026

*Miki Oka*

