

THE Village

OBSERVER

FREE
COMMUNITY
MAGAZINE

pick me up
AND TAKE
ME HOME

IN THIS ISSUE:

*Preparing
for Sale*

*plus our regular
columnists*



Sydney Community Services

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

ISSUE 360 **AUGUST 2026**

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and Northern Sydney areas.

POWERING OUR COMMUNITY

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

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

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Sydney Community Services



Welcome to the August edition of TVO!

Real estate is always a topic of interest locally. If you're thinking of selling, you're probably wondering where to start. If you're considering renovations, you're probably wondering what to prioritise to ensure your home is marketable for the long term. We've asked local experts for their advice and top tips – I hope they prove useful to you.

Have you considered starring in your own movie? Teacup Films creates legacy films, ensuring the story of your life is passed down to your children, grandchildren and beyond. What a unique and lasting gift. Read more on p.12.

This month, local theatre groups are bringing us an Agatha Christie thriller and a comedy for grownups straight out of the 1980s! Read more on p.38. If tennis is your sport and you're keen to arrange a few matches, some Lane Cove locals have created an app to help - check out our story on p.35. And challenge your trivia knowledge with our quiz on p.46.

Happy reading.

Melissa

MELISSA BARKS - EDITOR

editor@thevillageobserver.com.au

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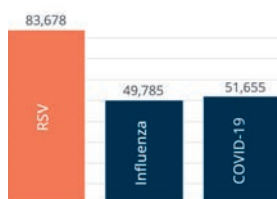


RSV cases overtake flu and COVID this winter

Respiratory syncytial virus (RSV) has become Australia's most commonly reported respiratory virus this winter, with health experts urging older Australians to consider vaccination while the season is far from over.

More than 83,600 RSV cases have been recorded nationally this year, compared with almost 49,800 influenza cases and 51,600 COVID-19 cases, making this the first time RSV has led mid-year respiratory disease notifications since it became nationally reportable in 2021.

The Immunisation Foundation of Australia (IFA) says while 1.76 million older Australians have received a flu vaccine this year, only about 722,500 eligible people have taken up the free RSV vaccine, leaving more than one million older Australians without protection.



National Notification Disease Surveillance System data, at 13 July 2026

IFA Founder and Executive

Director Catherine Hughes AM said many people were unaware the RSV vaccine can be given at the same time as the flu shot.

'There's still a massive gap in RSV vaccination coverage and an urgent need for older adults to roll up their sleeves,' she said.

RSV is a highly contagious virus that can cause serious illness, particularly in older adults and babies. Studies show vaccination is more than 85 per cent effective at preventing severe RSV-related hospitalisations in older people.

Free RSV immunisation is available for adults aged 75 and over, Aboriginal and Torres Strait Islander people aged 60 and over, eligible pregnant women and infants.

Call for human oversight in aged care assessments

The Older Persons Advocacy Network (OPAN) has welcomed the Federal Government's commitment to reform Australia's aged care assessment system, saying the changes could improve outcomes for older Australians.

The government's planned overhaul of the Integrated Assessment Tool (IAT) follows ongoing concerns that the digital system has replaced clinical judgement with an algorithm when determining aged care funding levels.

OPAN CEO Craig Gear said the organisation had long advocated for changes, arguing that decisions affecting an older person's care, independence and wellbeing should always involve human oversight.

'These assessments have a real impact on an older person's life, so it is crucial that a human remains part of the decision making,' he said.

OPAN also welcomed proposed measures allowing older people and independent aged care advocates to seek reviews of assessment decisions, but said further detail is needed on appeal pathways and how changing care needs will be considered.

The organisation says it looks forward to working with the Government to ensure the reformed assessment process protects the dignity, rights and independence of older Australians.



Two festivals, one ticket for pet lovers

Dog lovers and cat enthusiasts won't have to choose sides this August, with two of Australia's biggest pet festivals returning to the Sydney Showground on the same weekend.

The Sydney Dog Lovers Festival and Sydney Cat Lovers Festival will take place on Saturday 22 and Sunday 23 August, with every ticket providing entry to both events.

Visitors can spend the weekend meeting hundreds of dogs and cats representing dozens of breeds, browsing the latest pet products, hearing from leading breeders and animal experts, and learning more about responsible pet ownership and adoption.

Dog lovers can enjoy live canine sports and demonstrations in the VitaPet Arena, watch spectacular Kurgo DockDogs diving competitions and meet rescue organisations helping dogs find forever homes. Cat enthusiasts can visit breed showcases, adoption zones and popular Pat-A-Cat sessions, while discovering the latest in feline toys, enrichment and accessories.

Both festivals will feature expert presentations, shopping, food trucks and interactive experiences designed for families and animal lovers of all ages. While visitors are encouraged to come ready for a fun-filled day, organisers remind guests that pet dogs are not permitted at the event.

The festivals run from 9.30am to 5pm on both days at the Sydney Showground, offering two days of furry fun for the price of one.

Do you know a young leader aged 18–30?

Lane Cove Rotary is looking to sponsor a local participant to attend the Rotary Youth Leadership Awards (RYLA) from 10–16 January 2027 at Naamaroo Conference Centre, Chatswood. RYLA is an inspiring week-long leadership program designed to help young adults build confidence, strengthen communication and leadership skills, and connect with like-minded peers from across the region.

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Ring Tones

I'm in Britain right now which is struggling through a tropical heatwave and not surprisingly there's a national shortage of ice (the cubed kind) and ice cream (the soft kind). Mr. Whippy is synonymous with childhood, summer and holidays at both ends of the world, but the season is naturally shortened up here in the North, so van drivers are making creamy cones while the sun shines. On the downside the melted flakes are too soft to poke into the whip and are handed out wrapped in serviettes but everyone's gamely adapting.

The flurry of ice cream van activity brings with it waves of nostalgia. And bureaucracy. Britain has its fair share of Rules to ensure ice cream vendors don't go rogue. Chimes, i.e. Greensleeves, aren't allowed to ring out for more than twelve seconds or within fifty metres of schools, hospitals or places of worship.

It seems odd that places with people in need of succour have been singled out but there you go.

In general, the Brits don't mind because the vans have a teeny tiny run each summer. Councils turn a blind eye to the odd extra chime and before you know it the bleak midwinter has descended once more and everyone's got better things to worry about like leaves on train tracks.

Not so this year with heat wave after heat wave rolling in, and it's only July. People (by which I mean miserable citizens of the world with nothing better to do) are complaining about the van influx to local councils who are issuing bans to repeat offenders in specific streets.

Meanwhile said complaints are outweighed by the bucketload with calls from Nan to talkback radio saying how they loved an ice cream in their day and it's a great shared experience with their grandchildren. Perhaps today's kids will reminisce about visiting Ye Olde Facebook pages with their grandchildren, but we won't be around to find out.

The idea of technology invading childhoods is one we all think but can't say because the genie's out of the bottle. Traditional toys = good, technology/screen time = bad. Pixar have leaned right in to this cultural clash of nostalgia versus tech in the fifth Toy Story movie out this month. They've earned the right too; the first movie came out in 1995, a staggering thirty-one years ago.

'I don't know Jessie,' says Woody in strained tones. 'Toys are for play, but Tech is for everything.' The glazed look on the face of the real-life child Bonnie as her father tries to take 'Lilypad' from her before bed is one we've all seen. Meanwhile the toys have been toiling in the wings all summer to help Bonnie make friends 'irl' (in real life). No irony at all.

Whether Pixar imagined this innovative and novel animation technique would and could evolve from cute cartoon movies for kids to something much more profound for the adults is a mystery. From recognising the bittersweet feelings of growing up or the heartbreak of your child leaving for college, it's all there. Throw in the fact we're now watching the movies with our grandchildren, and you'll never miss a trick.

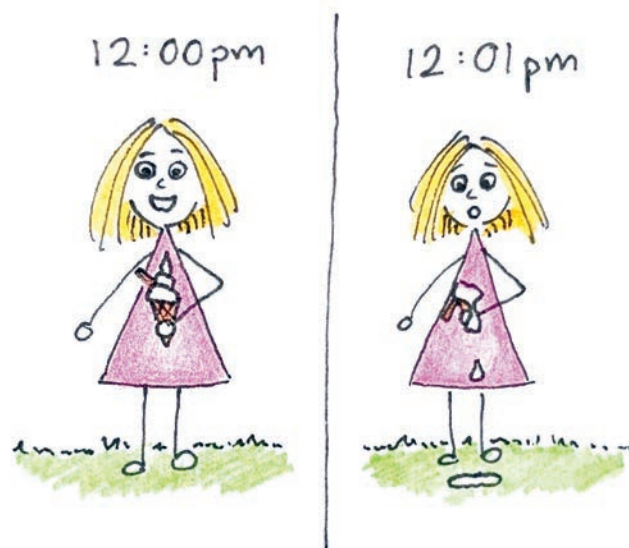


Illustration by Grace Kopsiaftis

But the true magic of the franchise is not its groundbreaking animation software and rendering technology. It's the enduring nature of its themes. Friendship and loyalty, identity and purpose and the inevitability of change are all played out time and again. Everyone grows up and everyone has to learn to let go. With or without the aid of tech.

Tom Hanks brings to life the indomitable Woody, loyal and devoted but prone to jealousy and with a rich seam of a fear of abandonment. Even toys age, and the longevity of the franchise takes a hysterical turn when Woody turns up in the toys' house, light bouncing off his bald patch. 'Someone needs a brown marker,' comments Trixie the Triceratops drily, the toy equivalent to a men's trip to Turkey. Hanks was recently with a parent and child in a lift and saw the boy's doubtful face as his dad told him he was standing next to Woody. Hanks told the boy to close his eyes, whereupon the lift filled with Woody's familiar discourse instructing the other toys about a yard sale.

I reckon that's what's needed these days. When the ice cream runs low, the choccy flakes are melting and Greensleeves is orbiting the hood, close your eyes. For twelve blissful seconds (fifty metres from the nearest church, obviously) let the movie of your childhood play out in your mind with no need to visit TikTok.



LIZ FOSTER IS A LOCAL WRITER.

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



You can reach her by scanning this QR code to join her Readers' Club or by emailing liz@lizfoster.com.au

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Streetsmart, Sassy, Solo and Seventy (+)

I'm told growing old is no fun, but what would I know? Closing in on the beginning of my eighth decade, all I know is that the alternative is even worse. Thus, as long as I'm on this earth and capable, I'm going to keep on travelling. Even solo, if that's what it takes.

I'm particularly inspired by one of my regular single travellers, cut from similar cloth. That we share the same birthdate is coincidental but fortuitous. If you believe in star signs you might even think that I organise her travel as if I were doing it for myself – and it's true that I do approach every brief similarly. She's not alone in wanting to double check everything and know that every box is ticked. Trust is a two-way street and I'm particularly careful with my solos. Backup counts.

Let's call this woman Sally (though some of you might recognise her from the photos and say that is not Sally!) Back in January, Sally decided that she wanted to go to Africa. Despite years of travel with her now deceased husband, she'd never visited that continent and was keen to see why everyone said it was a must visit destination. As Sally likes to cruise, we found a cruise going from Cape Town, up the east coast of Africa and across to the Seychelles. A lovely itinerary but there were no balconies available. A quick callout to the Director of Sales and I soon had that reversed and we were now free to build around the cruise and a dream to visit Botswana and the Okavango Delta. Relationships matter.

However, there was one small issue in that there were ten days free between the two components. What to do? "How about Madagascar?" I offered. "The wildlife, with over 100 species of lemur, and scenery will be totally different and it's a great counterpoint to Africa and the Seychelles," said I. "Sounds good," said Sally and off I went to confer with one of the specialist companies which looks after our clients so ably. Henceforth she became Lady Sally, and despite a couple of itinerary changes – the airlines there change flights at short notice – I knew she was in good hands.

This was in April when the Middle Eastern airlines, greatly affected by the ME war, were also having to adjust their schedules. Lo and behold, the direct flight from Antananarivo to Johannesburg was cancelled and I was left with no choice but to buy her a new ticket via Addis Ababa and make corresponding changes to accommodation. I didn't have time to wait for Lady Sally's ok and while worried that she might be alarmed at yet another change, I went ahead and purchased on her behalf, spoke to Ethiopian Airlines re free stopover accommodation and presented it as a fait accompli. All good, she said. I was on a roll – clearly, she was relaxing and loving the trip so far.

Next stop Joburg and I'd arranged for her to leave her big luggage in storage at the airport. I organised a meet and assist to facilitate this on departure in Zimbabwe, and in transit some weeks later from Windhoek, and off she flew. Victoria Falls, Botswana and Chobe were a blast, and Lady Sally was thrilled with the camps we chose for her.

The final segment was Namibia, another suggestion of mine to round out a fabulous African experience. Again, she said why not. This small group tour, component four would, I thought, beautifully complement the cruise and private touring experiences thus far. Along the way,

I half expected that she might do a hot air balloon flight, but not a self-drive dune buggy. It was wild she said. You go girl!

You guessed it. She loved every minute of her trip but most of all, she said when we met up for dinner on her return, I loved the people. The Africans, everywhere, were the warmest, loveliest people and they really made my trip special she enthused, the light in her eyes bringing back treasured memories.

And isn't this what travel is all about? It expands our understanding of the world and her peoples, thus promoting dialogue and essential tolerance in difficult situations.

I often muse that when you travel solo your senses are more attuned to what you are experiencing. You must rely on you, so you're naturally awake to subtle nuances that might affect your safety but equally aware of how special it is to enjoy that sunset, observe that lemur or enjoy such a totally magical journey.

Travel these days is not for the fainthearted, but even the less confident solos can build their resilience, slowly, slowly as necessary. We have many options to support your best holiday.

Thank you, Lady Sally, for entrusting me with yours.



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ADRIENNE WITTEMAN
Managing Director

The stories we mean to save

Words by
TRIXIE YOUNG

Life story
filmmaker
Teacup Films



It's the winter school holidays and my family's traded the Sydney cold for Port Douglas warmth. We're enjoying lunch at The Tin Shed when Ray, 83, arrives solo at the table next to ours. He's been coming here once a week, he says, since his wife's passing.

He's affable and charming, and before long we're spending the rest of the meal together, listening to his life story. It's a tragedy-to-triumph, rags-to-riches story, the sort that makes you wonder, *How many extraordinary lives are sitting beside us every day?*

It's something I often think about in my work as a legacy filmmaker: every ordinary life contains remarkable stories, yet so many of those stories disappear with the people who lived them. Most families mean to preserve them. They might gift a life story journal to an ageing parent, or make a mental note to ask all the questions they've always meant to ask.

They're wonderful intentions, but life has a habit of intervening, and many stories remain untold and unrecorded.

A legacy film offers another way. It's a documentary of someone's life, told in their own words, in the comfort of their own home. A bit like having their own episode of *Australian Story*. The conversation is gently guided, allowing memories to unfold naturally, while old photographs and family films help bring those stories to life on screen. The result is something families can return to for years to come.

Most often, these films are commissioned with tomorrow in mind. One daughter booked a session for her elderly parents, thinking of their three granddaughters who adore them now, will one day be grown, and who will be grateful something exists to bring them back.

Other people arrive with different hopes. One client arranged a life story film for

her terminally ill friend, saying, 'I don't have time to make a lasagne. This film is my way of giving her something far more meaningful.' Her children and future grandchildren now have her story forever.

What all my clients share is a particular awareness. Of time, of love, and of what gets lost when neither is tended to. As one daughter commented, 'What you've created is so much more than a film. It's a living legacy and a beautifully crafted record of Dad's voice, memories, humour and heart.'

As we parted ways with Ray that afternoon, I hoped that one day his children would have more than just memories of him. That they'd have his voice, his humour, and the stories only he could tell.

And that's what it all comes back to. A life story film isn't just about preserving the past. It's about making sure the people you love know they were seen. And that the people who come after them will know who they were, too.

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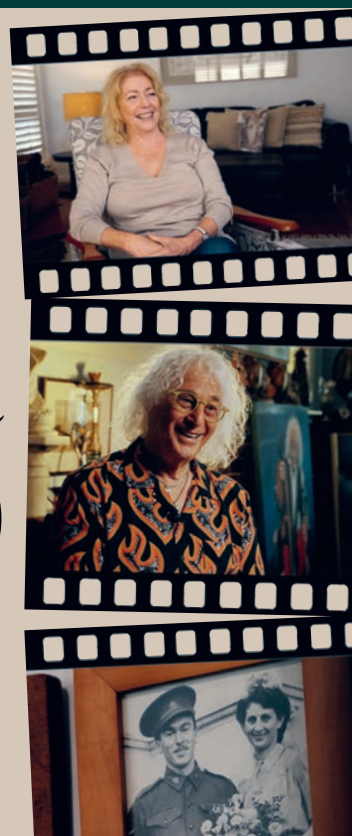
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"Nothing could have prepared me for how I would feel watching the finished film. We laughed. We cried. We applauded. It's so much more than a film. It's a living legacy and a beautifully crafted record of Dad's voice, memories, humour and heart. A precious piece of family history to be treasured, remembered and handed down for generations to come."

C. Bennett

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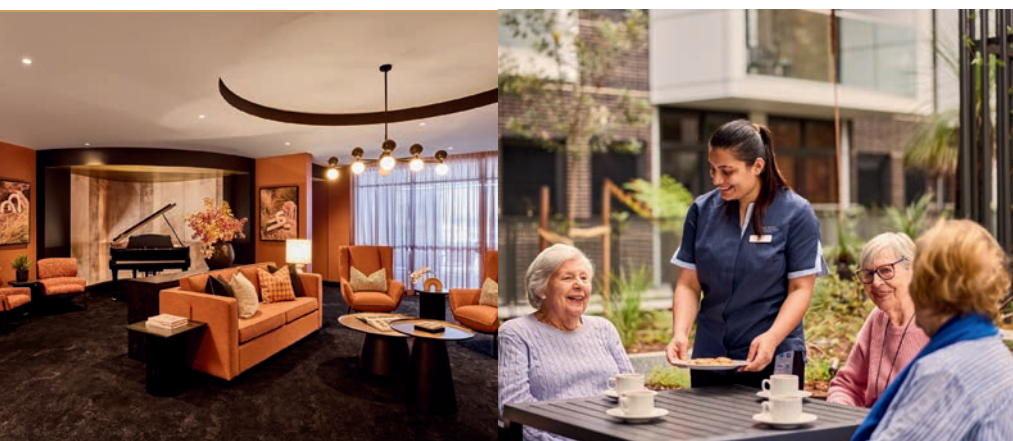
A unique feature of Pathways Longueville is The Village Longueville, our dedicated Health & Wellbeing Precinct. Located on the ground floor, it provides residents with convenient access to a medical centre, pharmacy, allied health services, physiotherapy and Pilates, a hydrotherapy pool, fully equipped gymnasium, gourmet grocer and café, all within one connected community.

“

After six months of almost daily interaction with the team at Pathways Longueville, I can confidently say its greatest attribute is its staff. Without exception, they are kind, compassionate and capable.

– **Jill G, Family Member
& Community Advisory
Board Member**

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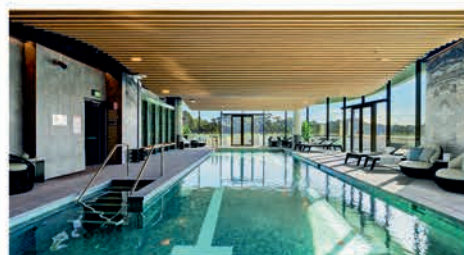
Retirement isn't a waiting room — it's an invitation. Too many people put off the life they've earned, holding out for the "right" market to sell, the "right" season, the "right" moment that never quite arrives. Every month delayed is another month of moving, maintaining, and managing — instead of living. Let us take on the burden, so you can focus on new friendships and living well. The truth is simple: the best time to start living well is the moment you decide to.

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READER'S QUESTION:

"My teeth have been worn down for some time, is there anything I can do about it because I don't show any teeth when I smile?"

DR SEE SAYS: I get asked about this all the time and I wish I had the whole Village Observer to write about this one! Tooth wear is becoming endemic in nature, that is, we are seeing that it is becoming the new 'normal' in Sydney.

The biggest reason for tooth wear is from grinding or clenching of teeth and this can be whilst we sleep or while we are awake. Stress and anxiety is the number one reason that causes pathological grinding and clenching.

When teeth become worn down it often results in a smile that shows very little teeth. This can be difficult to fix as all the teeth are usually worn down and that means all the teeth need to be restored back to the normal shape and size.

Let's look at a case that we completed to treat short looking front teeth. Rob wanted to improve the size of his front teeth and make them look longer. We used specialised instruments to analyse precisely the proportions of his teeth and to help us decide which treatment was appropriate for him.

To achieve the ideal result that was harmonious with his facial aesthetics, we recontoured the gum and built up all his worn teeth back to normal size.

Rob's smile now is more balanced and harmonious. Advanced qualifications and experience ensured we achieved the results that Rob wanted.



THE PROBLEMS

- Short front teeth
- Showing very little teeth when he smiles
- Advanced tooth wear

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DR ANDREW SEE

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

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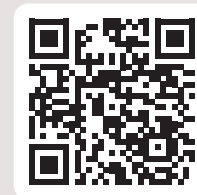
Dr Andrew See has dedicated the last 20 years to Aesthetic Dentistry and has unique qualifications in cosmetic dentistry and rehabilitation.

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.

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PREPARING FOR SALE

WORDS MELISSA BARKS



Why the best results start long before the first open home

Selling your home is about much more than putting a sign in the front yard. Whether you've lived there for five years or fifty, the months leading up to listing can have a significant impact on both your selling experience and your final sale price.

While no one can control the property market, homeowners can control how their property is presented. From simple maintenance jobs and thoughtful styling to strategic renovations and decluttering, every improvement helps buyers see a home at its very best.

One of the biggest mistakes sellers make is waiting until the last minute. Rushing to repaint walls, organise repairs or clear out years of accumulated belongings can be stressful, expensive and often less effective than taking a more considered approach.

Preparing for sale is really about seeing your home through fresh eyes. That dripping tap you've stopped noticing, the overgrown garden, chipped paintwork or cluttered spare room may seem insignificant, but together they shape a buyer's first impression. In today's market, where most purchasers begin their search online, presentation begins well before the first inspection.

For some homeowners, preparation also means making bigger decisions. Is it worth renovating before selling? Which improvements genuinely add value? When should you begin downsizing? And, once you've sold, what should you be looking for in your next home?

To help answer those questions, we've asked a range of local property experts to share their insights.

In the following pages, **Belle Property Lane Cove** explains why maintenance, presentation and planning are essential to achieving the best possible result and shares practical advice homeowners can start implementing months before they list their property. Their accompanying guide, available via QR code, offers a comprehensive room-by-room checklist to help sellers prepare with confidence.

May Fung, Project Manager and Interior Designer at **Langford Built**, explains when renovations are worth the investment, where sellers should focus their budget and why quality maintenance often delivers a better return than cosmetic makeovers.

Dan Salamati, founder of **Downsize and Move**, shares why starting the downsizing process early can reduce stress, improve the presentation of your home and make the transition to your next chapter far more enjoyable.

Finally, **Eddie Mansour**, Managing Partner of **Ray White Projects Sydney**, looks beyond the sale itself. As more homeowners choose apartment living, he discusses the features buyers should look for to ensure their next home delivers comfort, flexibility and long-term lifestyle appeal.

Whether you're planning to sell in the coming months or simply thinking ahead, one message comes through clearly from every contributor: successful property sales rarely happen by chance. Careful planning, thoughtful preparation and informed decision-making can reduce stress, attract more buyers and help you achieve the best possible outcome.

PREPARING YOUR HOME FOR SALE:

Small Changes, Big Returns

Selling a home is one of the biggest financial transactions most people will ever make. While the market plays an important role in determining the final sale price, so too does the condition of the property when it reaches buyers.

According to Belle Property Lane Cove, the best sale prices don't happen by chance—they're often the result of careful planning and preparation. Their advice is simple: think like a buyer, not an owner.

First impressions count

Before buyers even step through the front door, they've already formed an opinion.

A tidy front garden, freshly mowed lawn, clean driveway and well-maintained exterior immediately suggest a home that has been cared for. Simple jobs such as cleaning gutters, touching up paintwork, pressure washing paths and trimming gardens can dramatically improve street appeal without a major financial outlay.

Inside, the same principle applies. Buyers are looking for homes they can imagine themselves living in, rather than projects that require immediate work.



Photo: Tim Holgate - Belle Property

Think like a buyer

One of the biggest mistakes sellers make is overlooking the little things they've stopped noticing over the years.

Loose door handles, dripping taps, cracked tiles, chipped paint or squeaky doors may seem insignificant, but buyers often add up the perceived cost of every repair. Those small defects can influence not only the price they're willing to pay but also how long a property remains on the market.

Belle Property recommends walking through every room with a critical eye and creating a checklist of repairs, tackling them methodically well before the home is listed.

Declutter and depersonalise

Decluttering remains one of the most effective—and affordable—ways to improve a property's appeal.

Removing excess furniture, personal belongings and unnecessary décor helps rooms feel larger, brighter and more functional. Neutral

colour schemes also broaden a home's appeal, allowing buyers to picture their own furniture and style in the space rather than being distracted by bold colours or highly personalised interiors.

The kitchen and bathroom deserve particular attention. Sparkling surfaces, polished tapware, clean shower screens and uncluttered benchtops create the impression of a well-maintained home.

Don't leave surprises for settlement

One recommendation that often surprises homeowners is arranging a building and pest inspection before putting the property on the market.

Rather than waiting for buyers to uncover potential issues, a pre-sale inspection gives owners the opportunity to address concerns before the home is listed. It can also reduce the likelihood of unexpected price negotiations once an offer has been made.

Ready for its close-up

With most buyers beginning their search online, professional photography has become one of the most important marketing tools.

Preparing a home for photographs should be no different from preparing for an open inspection. Fresh flowers, good lighting, clean windows and carefully styled living spaces all help create an emotional connection with buyers. Every image should encourage prospective purchasers to imagine themselves living there.

While not every home requires a major renovation before sale, thoughtful maintenance, careful presentation and attention to detail can make a significant difference. For homeowners wanting a comprehensive room-by-room checklist, Belle Property Lane Cove has produced a practical guide covering everything from maintenance schedules and presentation tips to preparing for photography and inspections.

Scan the QR code to download Belle Property Lane Cove's free *Maintaining & Preparing Your Home for Profit* guide and access dozens of additional tips to help maximise your home's appeal before it goes on the market.



Photo: Tim Holgate - Belle Property



RENOVATE WITH CONFIDENCE, *not just for looks*

Preparing a home for sale isn't always about undertaking a major makeover. According to May Fung, Project Manager and Interior Designer at Langford Built, the most valuable improvements are those that build buyer confidence rather than simply freshening up appearances.

We asked May how homeowners can make smart renovation decisions that maximise value without wasting money.

Q: How can homeowners decide which renovations are worth investing in before selling?

A: Focus on improvements that genuinely enhance the home rather than disguising its age. Buyers—and their building inspectors—can quickly spot cosmetic cover-ups. A well-executed kitchen or bathroom renovation reassures buyers the property has been properly maintained, and that confidence often translates into a stronger sale price.

Q: If a full renovation isn't possible, what updates make the biggest impact?

A: Kitchens and bathrooms are where partial renovations can become a false economy. Rather than replacing a few handles or fixtures, concentrate on making these rooms spotless and fully functional. RegROUT tiles, reseal wet areas, repair leaking taps and ensure every cupboard and drawer operates smoothly. A clean, well-maintained room creates a far better impression than one with superficial updates hiding older problems.



Q: What should sellers prioritise if they're short on time or working to a tight budget?

A: Maintenance should always come before makeovers. Fix anything that doesn't work, address issues likely to appear in a building inspection, professionally clean the home, tidy the gardens and remove clutter. Buyers respond positively to homes that feel genuinely cared for, even if they're not brand new.

Q: What design styles are buyers responding to today?

A: Buyers are drawn to timeless design rather than passing trends. Natural light, practical layouts, generous storage and quality craftsmanship matter more than fashionable finishes. Warm neutral colours, natural timber and quality fixtures have broad appeal, while trend-driven styling is best kept to décor and paint, which can be updated easily.

Q: What advice would you give homeowners planning to sell in a few years?

A: Renovate sooner rather than later. You'll enjoy the improvements yourself and avoid rushed pre-sale upgrades. At the same time, keep on top of essential maintenance—including roofs, gutters, drainage and waterproofing—and retain all approvals and certificates. Homes that have been thoughtfully improved over time almost always outperform those given a last-minute facelift.



Why starting your downsizing journey early pays dividends

BY DAN SALAMATI

For many Australians, selling the family home is one of life's biggest transitions. It's not simply about moving house—it's about deciding what comes with you into the next chapter.

After helping hundreds of people through the downsizing process over the past two decades, I've found that the greatest challenge is rarely the move itself. More often, it's deciding what to keep, what to pass on to family and what no longer has a place in your future home.

One of the biggest mistakes I see is leaving these decisions until the property has already been listed for sale. Suddenly, homeowners are trying to prepare their home for inspections while sorting through decades of memories under the pressure of settlement deadlines.

Starting early changes everything.

By giving yourself several months to downsize, you can make thoughtful decisions rather than rushed ones. Family heirlooms can be gifted to loved ones, valuable items can be sold or auctioned, furniture can be donated to charities, and unwanted possessions can be recycled or disposed of responsibly. Instead of feeling overwhelmed, the process becomes far more manageable.

There are practical advantages too.

A home that has been thoughtfully decluttered feels larger, lighter and more welcoming. Buyers can better imagine themselves living in the space, while photographers and real estate agents are able to showcase the property's best features. Presentation has a significant impact on first impressions, and reducing clutter is one of the simplest ways to improve a home's appeal before it reaches the market.

Perhaps the biggest surprise for many of my clients is the emotional benefit. Once they let go of the burden of maintaining a large home and years of accumulated belongings, they often discover a greater sense of freedom. Their focus shifts from possessions to experiences, relationships and enjoying a lifestyle that's easier to manage.

Downsizing isn't about giving up your past. It's about creating space for your future. With time, planning and the right support, it can become one of the most rewarding decisions you'll ever make.

Dan Salamati is the founder of **Downsize and Move**, a Sydney-based business specialising in downsizing, retirement relocations and aged care moves. He is also the author of *Downsizing Into Happiness: How Downsizing and Retirement Living Can Brighten Your Life*, which draws on his experience helping older Australians navigate one of life's biggest transitions.

REAL ESTATE FEATURE

LUXURY LIVING *that lasts*

For many homeowners, moving from a family house into an apartment is about embracing a new lifestyle rather than downsizing. We spoke with Eddie Mansour Managing Partner, Ray White Projects, Sydney, about what today's buyers are looking for in premium apartment living and the features that will continue to add value for years to come. Ray White Projects' experience spans many luxury developments across the north shore, including WINIM's new Lane Cove development, The Osborne.

Q: What should buyers look for when choosing an apartment they'll enjoy for years to come?

A: Look beyond the fixtures and finishes. A well-designed apartment should adapt to your lifestyle over time. Generous floorplans provide flexibility for entertaining, working from home or simply enjoying day-to-day living. Quality materials, premium appliances and thoughtful craftsmanship also ensure your home will remain timeless and functional for years to come.

Q: How have buyers' expectations changed in recent years?

A: Luxury today is less about making a statement and more about enhancing everyday life. Buyers are looking for spacious apartments with premium finishes, but they're also placing greater importance on wellness facilities, landscaped communal gardens, rooftop entertaining spaces and uninterrupted views. These features create a sense of connection and make apartment living feel far more rewarding.

Q: What makes the move from a family home to an apartment easier?

A: The key is finding a development that offers house-like proportions without the maintenance. Generous living areas, plenty of storage and quality finishes help retain the comfort of a larger home, while shared amenities such as flexible wellness spaces, wine cellars, landscaped gardens and rooftop terraces provide additional places to relax and entertain.

Q: Why is low-maintenance living becoming so appealing?

A: People want to spend less time maintaining a property and more time enjoying life. Well-designed developments combine premium shared amenities with walkable neighbourhoods close to cafés, parks and village shopping, allowing residents to enjoy an active, connected lifestyle, where the amenity spaces within and surrounding community, becomes an extension of their home.

PLAN YOUR SALE, *not just your listing*

Selling a home isn't just about presentation - it's also about planning. We spoke with Dominic Longcroft, Founder of Kincade International Realty, about preparing well in advance, spending wisely and why every sale should work to the homeowner's timeline.

Q: What's the biggest mistake homeowners make before deciding to sell?

A: Waiting too long to speak with an agent. Smart homeowners should ask for a free market price analysis well before they're ready to sell. Understanding what your property is worth helps you make informed decisions and gives you time to plan the sale properly.

Q: With a limited budget to prepare a home for sale, where would you spend the money - and where wouldn't you?

A: Work with an agency that can tailor a plan to suit your budget and your timeframe. Every property is different, so preparation should be too.

I generally don't recommend homeowners spend large amounts renovating an unrenovated property before selling. By the time you've paid contractors, there's no guarantee you'll get that money back - and delays can push your sale back as well.

Instead, I'd focus on decluttering and using virtual images to show buyers what the home could look like after a renovation. The homeowner avoids spending money on a property they're leaving, while buyers can see the potential and invest in renovations that suit their own taste. It's a win-win.

Q: What are buyers looking for today?

A: Buyers are much more informed than they were a few years ago. With online data and AI, buyers can research property values, market trends and local conditions much more quickly, so they're making more informed decisions.

Q: Can you share an example where preparation made a real difference?

A: I recently sold a property with a tenant in place. That appealed to investors, but I also renegotiated the lease so the new owner could move in earlier if they wanted to. Preparing a property isn't just about presentation - it's also about getting the financial and legal details in order before the sale. That helps avoid surprises once an offer has been accepted.

Q: Selling can be emotional. How do you help clients through that process?

A: After 26 years in real estate, I've worked with many families selling their forever home after the children have moved out, or after losing a spouse. Every situation is different. The key is being compassionate, empathetic and allowing people to make decisions in a timeline that suits them. My role is to guide homeowners through the process with professionalism while helping them make the right decision for their circumstances.

Q: What advice would you give someone thinking about selling in the next 12 months?

A: Find an agency that works to your timeline - not one driven by sales targets. You want an agent who'll keep you informed about market conditions, help you prepare over time and work with you when you're ready to sell, not when it suits them.



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Considering Purchasing or Leasing a Medical Suite?

The decisions you make before committing to a property can save you thousands of dollars and valuable time.

For many medical professionals, purchasing or leasing a consulting suite is a significant milestone. Whether you're opening your first practice, relocating from a larger group, or expanding into a specialist clinic, securing the right property is only the beginning. The reality is that not every commercial space is immediately suitable for healthcare use.

Before committing to a tenancy, it's worth asking:

- Can the existing services support your equipment?
- Does the layout support smooth patient flow?
- Is the location accessible for your clients?
- Are the compliance requirements fully understood?
- Will the space accommodate future growth?

At JDV Projects, a local business based in Artarmon, we've spent nearly 30 years helping healthcare professionals design and build their healthcare practice into compliant, efficient and welcoming healthcare environments.

Managing Director Jason De Vos explains, "Many practitioners purchase a property because it's in the right location or appears to have the right footprint. The real value comes from understanding whether the building can support the way they want to practise medicine." Through early planning and feasibility assessments, JDV helps practitioners avoid costly redesigns and construction variations – creating spaces that support staff, patients and long-term practice success.

The most successful healthcare projects begin with informed decisions. That's why JDV offers healthcare professionals the opportunity to explore the potential of their property before significant design or construction costs are incurred.

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Receive independent guidance on property suitability, infrastructure requirements, layout opportunities and indicative project costs.

Kristy Lee, Client Engagement Manager
kristyl@jdvgroup.com.au
 0481 733 533



COMMUNITY CONNECTIONS

Willoughby Symphony Orchestra

HYMN OF PRAISE

Sunday 27 September 2pm

The Pat Reilly Hall
The Concourse

Dr Sarah Penicka-Smith
Associate Conductor

Willoughby Symphony Choir



BOOK
NOW



Willoughby Symphony Orchestra

LAST NIGHT OF THE PROMS

Saturday 8 August 7pm

Sunday 9 August 2pm

The Pat Reilly Hall – The Concourse

Dr Nicholas Milton AM
Chief Conductor and
Artistic Director

Maria Lindsay
Concertmaster and Soloist



BOOK
NOW



Hire
Rates:
\$55 per
hour

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



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Just turn up at 7 Russell Street, Wollstonecraft.

Any Saturday at 9 am or Wednesday at 1 pm.

Wearing casual clothing and flat flat soled shoes.

Bowls are provided and tutoring is given free.

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But phone Kevin on 0412255363 if you require further information.

Mayor's Message

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



There's a real sense of energy across Lane Cove as we prepare for one of the busiest and most exciting times of the year.

This month, we're celebrating Local Government Week (Monday 3–Sunday 9 August), providing an opportunity to recognise the many ways Council supports our community every day. Beyond maintaining essential infrastructure and delivering core services, Council works to enhance the area we live in, protect our natural environment and create opportunities for people to connect. One example is the new Native Plants Guide, developed by our Backyard Habitat Program team, which offers practical advice for residents looking to create beautiful, sustainable gardens that support local biodiversity. I encourage you to explore this valuable resource and discover the benefits of gardening with local plants.

With spring just around the corner, we're incredibly excited to welcome back the much-loved Lane Cove Festival, returning for its 34th year in September. For the second time, Council is partnering with Sydney Fringe Festival, to showcase even more outstanding events and experiences across a month-long program celebrating our local talent and creativity.

I encourage everyone to join us for the official Festival Launch Night at The Canopy on Friday 4 September, to kick it all off in true Lane Cove style!

SAVE THE DATE for Lane Cove Festival!

Lane Cove Festival returns this September for its 34th year, bringing a month of community celebrations, live entertainment, arts, culture and family-friendly fun.

Presented in partnership with Sydney Fringe, this year's theme, Made in Lane Cove, celebrates the creativity, talent and community spirit that make Lane Cove special.

With something for all ages, the festival is a chance to connect with the community, discover local talent and enjoy a diverse program of events throughout September.

The celebrations begin with the Festival Launch Night on Friday 4 September from 5:00pm at The Canopy. Join us for a special evening of live entertainment to officially kick off the start of a fantastic month of events.

- lanecove.nsw.gov.au/lanecovefestival

MADE IN LANE COVE
TOGETHER IN LANE COVE
SHARED IN LANE COVE
CREATED IN LANE COVE
DISCOVERED IN LANE COVE
PAINTED IN LANE COVE
COMPOSED IN LANE COVE
FOUND IN LANE COVE
PRODUCED IN LANE COVE
PERFORMED IN LANE COVE

**LANE COVE
FESTIVAL**
1-30th September 2026



Give Aussie kids an equal chance to learn

Turn your containers into books today!



30 donated containers = 1 school book



return and earn
Fundraising approved



The Smith Family
Learn today, change tomorrow.

Turn Your Bottles and Cans into Books for Kids

Lane Cove is proving that small actions can make a big difference. Between July and December 2025, the community returned an impressive 9.5 million eligible drink containers through Return and Earn. That's around 1.59 million containers and around \$159,000 in returns every month!

Now, those 10-cent container refunds can help children experiencing disadvantage. Simply nominate to donate your return to the Smith Family's Learning for Life program by 18 October, and for every 30 eligible bottles or cans donated, Return and Earn will provide a book to a child. Running until 18 October, the statewide campaign aims to raise \$200,000 to help more children access books and educational opportunities.

- returnandearn.org.au
- lanecove.nsw.gov.au/Return-and-Earn

Find all our news on our website at
www.lanecove.nsw.gov.au/news



NATIVE PLANTS INDIGENOUS TO LANE COVE
AND SUITABLE FOR YOUR GARDEN



New Native Plants Guide Out Now

Looking to create a beautiful, low-maintenance garden that supports local wildlife? Lane Cove Council's new Native Plants Guide is here to help!

Produced through Council's Backyard Habitat Program, this free guide features 167 native plant species suited to local gardens, along with stunning photography and practical planting advice to help you choose the right plants for your outdoor space.

Pick up a free hard copy from the Lane Cove Council foyer or access the digital version online via the link below.

lanecove.nsw.gov.au/Backyard-Habitat-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 Engagement Strategy, Policy and Digital Engagement Strategy. 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

Council, Community and Business – Working Together to Cut Food Waste

Creating a more sustainable Lane Cove is a team effort, with Council, residents and local businesses each playing an important role in reducing food waste to landfill.

Leading by example, Council has been recycling food waste at the Civic Centre, Library, Youth Centre and Kindy Cove since 2022, but our real win was the launch of the Food Waste service for local households.

It's fantastic to see that our community has embraced the service. In just 16 weeks since the start of our Food Waste Service, households in stand-alone homes diverted an impressive 163,620kg of food waste from landfill.

Local businesses are also doing their part, with several businesses at The Canopy recycling their food waste already. From 1 July 2026, the NSW Government food waste mandate for businesses came into effect, requiring businesses that generate large amounts of food waste to separate it for recycling.

Together, these actions are making a real difference. Thank you for being part of a community working together towards a cleaner, more sustainable future.

For more information about Council's residential Food Waste Service, visit lanecove.nsw.gov.au/foodwaste



Join the Fun at Lane Cove Rotary Fair and Sustainability Lane

Join the community on Sunday 11 October for Lane Cove Rotary Fair, a fun-filled day of entertainment, market stalls, food, rides and family activities. Don't miss Lane Cove Council's Sustainability Lane to browse and shop eco-friendly markets, discover practical ideas for greener living, meet local environmental groups, and enjoy hands-on activities for all ages.

COMING UP @
THE CANOPY
VISIT THECANOPY.COM.AU

Makers Market

Sunday 16 August,
9:00am–3:30pm

Weekly Chess

Every Thursday from 1:30pm

Play Garden

Thursday 6 August,
9:30am–11:30pm

Thursday 3 September,
9:30am–11:30pm

Phonic Duo

Sunday 30 August,
2:00pm–4:00pm

Lane Cove Fringe Festival Launch Night

Friday 4 September,
5:00pm–9:00pm

Lane Cove Dance Academy

Saturday 5 September,
1:30pm–4:00pm

Big Day Out in The Canopy & Made In Lane Cove Markets

Saturday 12 September,
10:00am–4:00pm

What's on in Lane Cove August 2026

Find all our events on our website at www.lanecove.nsw.gov.au/events



EVENTS



Learn Lifesaving Skills – Free CPR Sessions

The Heart Foundation has partnered with Lane Cove Council to offer free, one-hour sessions teaching CPR and AED use.

- Wednesday 26 August, 6:00pm–7:30pm, Lane Cove Library
 - Friday 18 September, 1:00pm–2:30pm, St Leonards Library
- No experience needed. Registrations are essential at collections.humanitix.com/heart-of-the-nation-program



Hello Lane Cove

**Wednesday 5 August,
10:00am–12:00pm, The Plaza**

Are you seeking new ways to connect with others and get involved with your local community?

Come along to our Hello Lane Cove event and speak to local social and volunteer organisations about what they have on offer, enjoy free music, entertainment, garden games and more.



Men's Cooking

Every first and third Thursday of the month, 10:00am–12:00pm, Living and Learning Centre, 180 Longueville Road, Lane Cove.

Come along to learn cooking skills and enjoy a social meal with other men. To find out more and to RSVP for your first session, call (02) 9988 4966 or email kerrin.davis@knc.org.au

ROAD SAFETY EVENTS

Car Maintenance Workshop

Saturday, 29 August, 11:00am–1:00pm, Lane Cove Council Car Park

This practical workshop teaches you how to look after your car and perform basic car maintenance practice. Free, bookings essential: lanecove.nsw.gov.au/Car-Maintenance-Workshop

Bicycle Check and Tune

Saturday, 29 August, 10:00am–1:00pm, Lane Cove Council Car Park

Learn how to tune up and look after your bike at our workshop. Free, bookings essential: lanecove.nsw.gov.au/Bicycle-Check-Tune

Gamble Aware Parenting Webinar

**Tuesday 4 August 2026,
6:30pm–8:00pm, Zoom**

Learn simple, practical ways to keep young people safe from online gambling risks in this 60-minute webinar designed to help parents recognise, understand, and address gambling behaviours among young people. Hosted by Gamble Aware. Free, register at: lanecove.nsw.gov.au/Gaming-Gambling-and-Growing-Up

BUSHCARE EVENTS



Wild for Wattles

Thursday 6 August, 9:00am–11:30am, Community Nursery

With close to 1000 species, wattles can be found across all of Australia. Wattles are hardy, quick-growing pioneer species which help enrich soils and provide food and shelter for native fauna – perfect for gardens! Get to know the local wattles at this hands-on workshop and discover how to grow these beauties from seed. Bookings essential: lanecove.nsw.gov.au/bushcareevents



Come and Try Bushcare

**Sunday 23 August,
9:00am–12:00pm, Tambourine Bay**

Join our friendly team for a few hours in nature and see how you can make a difference to our bushland. Discover common native and exotic plants and be prepared to tackle a few weeds! A perfect opportunity to give Bushcare a go - no experience needed, all tools and equipment provided.

Both events free, spaces limited. Bookings essential: lanecove.nsw.gov.au/bushcareevents

What's on in Lane Cove August 2026

Find all our events on our website at www.lanecove.nsw.gov.au/events



LIBRARY EVENTS



National Science Week: Liquid Nitrogen with Fizzics

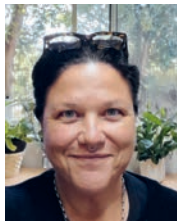
Lane Cove Library, Tuesday 11 August, 4:30pm–5:30pm.

Join us this National Science Week and explore the amazing potential of Liquid Nitrogen. Watch the presenters perform amazing science experiments, including shattering tennis balls and creating dragon's breath! All ages event. Bookings essential.

Understanding Grief and Loss

Lane Cove Library, Monday 10 August, 11:00am–12:00pm, and St Leonards Library, Wednesday 12 August, 11:00a–12:00pm.

Join Sasha MacBride, a Trauma Therapist, Social Worker, and experienced Bereavement Counsellor with HammondCare, in this informative session exploring the nature of grief and loss. Discover insights into common experiences of grief, and practical guidance and strategies to support yourself and others through loss. Bookings essential.



Fantasy Fiction with Rebecca de Winter

Lane Cove Library, Thursday 20 August, 6:15pm–7:30pm.

Explore the fun and features of writing a musical fantasy novel with Rebecca de Winter, a local writer, poet and lyricist. *Narkey Hole and the Quest for Immortality* is a fantasy novel set in a world where animals break into song and several animal species have extraordinary powers. The story follows Van, a cat-vampire, running out of time as he's losing his life-sustaining whiskers. Books are available for purchase on the night. Bookings essential.



Creating Podcasts

St Leonards Library, Thursday 27 August, 2:30pm–4:00pm.

Get hands-on experience with our podcasting essential tools like the RODE Caster PPro II and learn how to use the Atem Mini switcher for seamless camera switching. No experience required. For Ages 16+. Cost \$5.00 + booking fee. Bookings essential.



Moments in Music: Celebrating Musical Theatre

Lane Cove Library, Wednesday 26 August, 10:00am–12:00pm.

An overview of musical theatre from the historical perspective until the present day. Local musician Graham Ball showcases musical theatre as a celebration and entertainment, highlighting the ability of musicals to transport audiences through bold music and song. Bookings essential.

Artificial Intelligence

Lane Cove Library, Friday 28 August, 4, 11, 18 & 25 September, 10:30am–12:00pm.

Join Murali Dharan in this five-session series at Lane Cove Library to discuss the uses of Artificial Intelligence (AI). Experience a mix of presentations and hands-on experiences. Please attend all five weekly sessions. No prior knowledge is needed. Bookings essential.

Military History Talk: Victor's Justice? Australian WWII War Crimes Trials

Lane Cove Library, Tuesday 11 August, 6:15pm–7:45pm.

During World War II there were about 23,000 Australian Prisoners of War. Of these, about 8,000 died in captivity, either through neglect or deliberately at the hands of their captors. Lt-Col. Naida Isenberg AALC will discuss the War Crimes Trials conducted by Australia at the conclusion of World War II in which some of the perpetrators were brought to trial. Bookings essential.



Local childcare centre recognised for commitment to quality

Achieving an Exceeding rating under Australia's National Quality Standard is no small feat, but for Alison Cross & Laura Ottawa, owners of Explore & Develop Artarmon, it reflects almost two decades of commitment to providing high-quality early childhood education for local families.

The Campbell Street service has now received three consecutive Exceeding ratings, in all seven Quality Areas, and the success has led to the opening of a second Artarmon service on Dickson Avenue in late 2025.

'We're incredibly proud of what our team has achieved, the result is proof that it really does take a village' Ms Cross said.

'The Exceeding rating isn't something you apply for – it's awarded through an independent assessment process that looks at every aspect of the service, from educational programs, children's safety and wellbeing to leadership, community engagement and relationships with families.'

More than preparing children for school

With more than 30 years' experience in early childhood education and as a mother of three, Ms Cross said quality education begins

with strong, reciprocal relationships, and recognising that every child learns differently.

'Our philosophy has always been about supporting the whole child and their family,' she said.

'School readiness begins in the Babies room, building lifelong skills and fostering a love of learning. Children develop literacy and numeracy skills through play, but they're also learning resilience, confidence, problem-solving and how to build positive relationships.'

Learning beyond the classroom

The service's play-based curriculum is complemented by its 'Beyond the Gate' program, which connects children with the local community through regular visits to parks, the library, local shops and an aged care facility.

'It's important that children feel connected to the community around them and recognise their place in the world, both as local and global citizens,' said Lillian Hansen, Nominated Supervisor at Explore & Develop Campbell Street.

'Those everyday experiences help children

build confidence and a sense of belonging while learning about the world beyond the classroom. Our Beyond The Gate program provides children with real life experiences and fosters connection to community,' she said.

Supporting families every day

Ms Cross believes strong, trusting partnerships with families are essential, and decisions need to be made with the best interests of children and parents at heart. 'The team and I hold a deep, personal accountability to the Explore & Develop Artarmon community,' she said.

'As a family-owned service, we're able to get to know every child and every family personally. We think those relationships make a real difference to a child's early years.'

The centre also aims to make daily life easier for busy families, with fresh meals prepared on site and everyday essentials such as nappies, wipes and infant formula included as part of the service.

'As educators, our role is to support not only children but their families as well,' Ms Hansen said.

'When children feel safe, supported and inspired to learn, they flourish – and that's what we're striving to achieve every day.'

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11-13 Campbell Street, Artarmon
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The Perils of Modern Medicine

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



Once upon a time (centuries ago) visiting a health care professional was a relatively straightforward affair. You became ill, you saw a healer, you received some mysterious potion that tasted bitter, and you either recovered or became the subject of village stories passed down the generations.

In 2026, healthcare has become simultaneously a vastly more sophisticated process, while also remaining unchanged over the passage of time.

We now possess robotic surgery, artificial intelligence, genetic sequencing and imaging machines capable of locating a small button battery that has been accidentally swallowed by a toddler. Extraordinarily, modern medicine has conquered diseases that once terrified entire continents (but old things become new again – yes, I’m talking about you, ebola). It has transplanted hearts, replaced joints, cured infections that previously looked wholly to divine intervention, and routinely keeps premature babies alive who could comfortably fit inside a takeaway coffee cup.

But what keeps modern healthcare COVID pandemic-proof, recession-proof and AI-proof (for now at least!) is the human element. The average patient still spends fifteen minutes trying to remember whether their pain started ‘last Monday’ or ‘sometime around last Christmas.’ Patients remain wonderfully, human.

Compared to my colleague Dr Google, for example, never before has so much medical information been available to my patients at a simple keystroke, but regrettably not properly read or understood in context.

Entering ‘causes of my headache?’ into a search engine will typically generate anything from stress and migraines, to an extremely rare tropical parasite acquired despite never leaving suburban Sydney, or a brain tumour. By the time patients arrive at my office, my usual opening phrase of ‘How can I help you today?’ is met with, ‘Well, according to ChatGPT...’ At this point I spend much of the consultation patiently untangling and explaining the difference between medical fact versus what was discovered through one’s Facebook algorithms.

But before even getting to see their doctor, one must first navigate the chaos of the medical practice’s waiting room. The GP waiting room is one of the modern era’s great social experiments. It gathers together coughing strangers, outdated magazines, crying toddlers, and a television permanently tuned to daytime programming (thank goodness for the recent World Cup to break up the usual afternoon TV game shows).

In the waiting room, people avoid eye contact. Instead, patients become amateur detectives. ‘He’s limping’, ‘she’s wearing an arm sling’, ‘that guy is definitely here for something embarrassing.’ The irony, of course, is that everyone assumes everyone else is scrutinising them with identical suspicion!

Waiting times are regrettably often long, and I sincerely apologise on behalf of the whole profession for this.

It’s tricky. Scheduling appointment times for patients is a necessity for everyone’s sake, but people’s problems often do not fit neatly into a single appointment slot.

Anything ranging from counselling someone in the middle of a marriage breakdown, to triaging and managing a potential heart attack scenario, can throw an appointment schedule right out the window. But it’s what makes managing patients’ health and wellbeing that much more rewarding.

Then there are medications, and patients’ fascinating relationship with them. Modern pharmaceuticals are astonishing achievements of chemistry. They have prevented strokes, controlled diabetes, relieved depression, managed chronic pain and transformed countless lives. Some refuse medication entirely because they ‘don’t like putting chemicals into their body,’ while simultaneously consuming processed foods that are made up of endless coded indecipherable ingredients.

Others faithfully collect prescriptions every month without actually taking their tablets.

My go-to question will often go something like:

‘Have you been taking your cholesterol medication, Mr Smith?’

‘Yes, Doctor. Every day.’

(Peering at their contradictory recent elevated cholesterol blood levels) ‘Okay, in a seven-day period, how many days would you miss having your tablets?’

‘About three days, doctor.’

When I do home visits, I sometimes find entire bathroom cabinets resembling pharmaceutical museums. There I’ll find an antibiotic dated from before the COVID pandemic. Over there is a half-finished asthma inhaler. I find a mysterious cream with a label that has faded beyond recognition. Nobody knows what it was originally prescribed for but throwing it away somehow feels disrespectful. ‘Surely it’ll become useful again one day, Doc!’ I am informed by Mrs Brown.

*Medicine has
never merely been about
curing disease. It has always
been about caring for people.
And people, fortunately,
remain unpredictable.*

Healthcare professionals also encounter a unique species known as the Selective Historian which would do well with David Attenborough narration:

‘Do you have any allergies?’

‘No, doctor.’

(My computer politely suggests otherwise) ‘It says here you’re allergic to penicillin.’

‘Oh yes.’

‘And what happened?’

‘I stopped breathing.’

(One feels this might have been worth mentioning)

Memory becomes especially entertaining when discussing lifestyle:

‘How much alcohol do you drink?’

‘Oh... hardly any, Doctor.’

‘Could you give me an idea how much?’

‘Only socially.’

‘And how often is that?’

Well... most evenings.’

Nutrition discussions possess their own special charm. Most patients insist they eat ‘pretty healthy.’ I have learnt this phrase can encompass anything from a Mediterranean-diet rich in vegetables, olive oil and fish, to occasionally ordering a salad with a McDonalds cheeseburger.

Our portion sizes have also evolved. A ‘small snack’ could be considered a full course meal in a Third-World country. Grande coffee cup sizes are becoming standard. Desserts arrive like they have been presented on MasterChef. Yet we remain genuinely puzzled by expanding waistlines.

Exercise provides another rich source of wry smiles. Every January, gyms fill with enthusiastic newcomers but can become abandoned sites only one month later. The treadmill quietly gathers dust (my guilty hand is raised). Meanwhile, the dog remains bewildered that walks have once again been relegated to special occasions.

Perhaps the greatest irony of modern healthcare is our obsession with optimisation. We seek perfect sleep. Perfect blood pressure. Perfect cholesterol. Perfect mindfulness. Perfect nutrition. Perfect work-life balance.

Ironically, trying to achieve perfect wellbeing often becomes profoundly stressful. Wellness itself has become a billion-dollar industry. There are detoxes, cleanses, superfoods, miracle berries, ice baths, infrared saunas and supplements promising almost anything. Many possess limited scientific evidence, but all have exceptional marketing departments.

The human body, however, remains stubbornly unimpressed by Instagram. It continues responding remarkably well to boring advice. Sleep adequately. Exercise regularly. Eat vegetables. Avoid smoking. Drink alcohol moderately. Manage stress. See your doctor when something genuinely concerns you.

That is because the real heroes of modern medicine are not only the spectacular breakthroughs that dominate headlines. They also relate to the countless ordinary interactions occurring every day. The nurse who reassures an anxious patient before

surgery. The pharmacist who notices a dangerous drug interaction. The physiotherapist celebrating someone’s first pain-free step. The receptionist who somehow keeps the practice running despite the telephone ringing continuously. The GP who remembers not only your medical history but also asks how your son went in his HSC exams.

Healthcare remains deeply human despite technological advances. Machines can analyse blood samples. Algorithms can interpret scans. Dictation software can draft medical notes. But compassion, reassurance, humour and the simple act of listening remain stubbornly resistant to automation. Perhaps that is why patients continue returning to health care professionals instead of simply consulting search engines.

Medicine has never merely been about curing disease. It has always been about caring for people. And people, fortunately, remain unpredictable.

We forget our medications. We ignore sensible advice. We panic over harmless symptoms while dismissing important ones. We insist we’re ‘fine’ moments before fainting. We promise to cut back on chocolate immediately after Easter.

In short, we remain perfectly imperfect. Modern medicine performs miracles every day but one of its greatest ongoing challenges is getting the simple things right. It’s persuading patients to complete the full course of antibiotics, wear sunscreen, and stop googling their rash at two o’clock in the morning.

Some battles, it seems, even science and technology cannot win.

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An Alexander Technique session

Maggie Lawrence chats with content creator and Lane Cove resident **Jeremy Hartcher**, about his journey with the Alexander Technique, known for being beneficial for the prevention and management of pain and improving flexibility.



MAGGIE LAWRENCE IS A LOCAL AUTHOR AND SCREENWRITER. YOU CAN VISIT HER AT WWW.MAGGIELAWRENCE.COM

The technique that turned this busy man's life around

Jeremy Hartcher has lived in Lane Cove since 2022. He was born in Sydney and spent his childhood splitting time between his mum and dad, who divorced when he was a baby.

'Mum was a primary school teacher who later became a special needs teacher. Dad was a lawyer who became a CEO across radio, publishing, internet procurement, insurance and later as a chairman of some companies before retiring this year,' Jeremy told me.

'My mother seemed to like the name Martin Joseph: she'd married my Australian father, Martin Joseph Hartcher in the mid 1970's and after their divorce she remarried an Irishman fresh off the boat, Martin Joseph O'Dwyer in the late 1980's,' he added with a chuckle.

The story goes that Jeremy's father's great-great-great-something grandmother on his mother's side was transported from Ireland to Australia for burning a dress her stepmother gave her.

'And the story also goes that she was only 13 at the time of transportation, and that she was living in Clonmel, a small town in the middle of Ireland. Fast forward to today and my mum now lives in Clonmel with my step father,' he said.

Jeremy was Captain and Dux of Mascot Public School and went onto Sydney Church of England Grammar for his secondary education. He completed a Bachelor of Communications at the University of Technology Sydney, winning a student Walkley award for best radio feature in 2003, for a study of Redfern Church.

'I'm very proud of that piece, as it was my first serious published work. I then went into TV journalism and focused on sport broadcasting.'

Jeremy's wife Julia is also a journalist working as Executive Producer of Ten News, the flagship 5pm show with Sandra Sully. They have two boys - Louie who's five and Milo soon to turn two.

Jeremy worked in different sports reporting roles including Head of Communications for National Basketball League team, the Sydney Kings. Then in 2023 he started a position managing the social media channels and creating content for the NSW Environment Protection Authority. It was whilst working as a television sports journalist that Jeremy came across the Alexander Technique (AT).

'I suffered chronic pain in my late 20s, initially brought on by working in the stressful media job and by a series of poorly prescribed medications. At one stage I was taking up to 16 different pills every day.

'I learned that the AT could help with pain prevention and management and could improve flexibility. I was fairly dismissive of it at first when a relative suggested I try it. I figured the more conventional route of neurology, rheumatology, physiotherapy, acupuncture and massage, would have to be the best course. But not getting the relief that I needed, I started doing lessons in AT to deal with my constant pain.'

Jeremy explained that first he had to unlearn his patterns of movement and postural habits that were contributing to his problems.

'I had a wonderful teacher named Rhonda Hartwig-James. Honestly during that first lesson I felt like someone had injected my feet with some sort of anti-gravity material. It felt like I was suddenly floating through the air when previously every step caused tremendous pain. I was learning to use my body in a much more efficient way and I knew at that moment I needed as much of this AT stuff as I could fit into my schedule,' he said.

Learning a new pathway

Jeremy told me that many people develop unconscious habits like slouching, tightening muscles, or holding tension, that interfere with their natural movement. Over time, those habits can lead to back, neck, and shoulder pain as well as poor posture, stress and fatigue and even reduced efficiency in breathing.



Jeremy with players from the Sydney Kings

'I had to learn a new pathway to ensure the necessary tensions of the body were being employed more efficiently. The AT is a way of improving how you move, sit, stand, and use your body, reducing unnecessary tension and re-directing where tension is needed to improve overall physical well-being. It has systematic methods of creating new behaviour pathways in our neural system. I probably had about 30 lessons and still had no real clue what was going on except I was moving better and was in much less pain.

'It's not as mind-bending as it sounds. It actually starts with unwinding those habits in a very subtle way. And once those habits of poor use are unwound, new pathways present themselves,' he said.

'Having the AT as a support meant that when I stopped taking all the anti-inflammatory medications, I had a path towards optimal body functioning and stress-release. I had something to lean on.'

Better connection of mind and body

Frederick Matthias Alexander was an Australian actor and author who lived from 1869 to 1955. He was born in Tasmania and he developed his Alexander technique as an educational process that trained people to recognise and overcome habitual patterns of behaviour detrimental to their bodies and minds.

'The physical and mental aspects of the technique are so intertwined that Frederick Matthias Alexander came up with a phrase - psycho-physical - essentially coming to the realisation that mind and body are connected. To try and separate them can do a disservice to healthy aspirations,' Jeremy said.

'Something as simple as lowering yourself

into a chair, or rising from it, can illustrate these misconceptions. In an AT lesson you might feel convinced you're leaning way forward, but take a glance in the mirror and you'll see you're actually standing dead straight.

'I think the AT has definitely helped the speed of my healing when I pick up an adductor niggle or a tweak in my back. I do think it aids in the healing process. It certainly can help when you have pain.'

Used in acting schools for better voice projection

The AT has proved to be popular with entertainers and performers because it can be useful in helping with stage presence.

'Many musicians and singers swear by it to help their bodies perform at their peak. We have an acclaimed opera singer and teacher training in the AT school at the moment and I'm confident she'd say it's improved how she sings and teaches.

'As technology keeps steering us more towards sedentary lifestyles, the incidence of back, neck and shoulder pain, poor posture, stress and fatigue, and reduced breathing efficiency will grow exponentially. We need techniques to combat that. In my experience this is by far the most effective technique in improving how you use your body, preventing injury, and creating really sustainable change.'

Becoming a teacher of the Alexander Technique

When he was feeling much better, Jeremy took a break from his professional life and moved to Melbourne to start training full time to become an AT teacher. Like many actors and voice professionals who use the

AT to get better voice projection, Jeremy's motivation was to improve professionally.

'I would go on to work a little more in front of camera and also behind a podcast microphone and the AT has really helped with the skills needed for that work,' he said.

'Thankfully a school opened up shortly after in Sydney, and I was able to complete my training in my home town. It was a three-year full-time path and I ended up studying both full- and part-time to fit around my work and mortgage repayments.'

Between 2015 and 2022 Jeremy completed the required 1600 hours of face-to-face time and is now qualified to teach. I asked him if he could describe what happens during a typical first session of AT.

'You'd typically start a lesson in a semi-supine position - basically lying down with your knees up, head on some books. A teacher would use their hands to release unnecessary tension. You would then usually move from a standing to sitting position, the teaching identifying unhelpful patterns of movement.

'Over the course of many lessons, you would generally find you were moving more freely and gaining a better use of your body until this improved state was maintained,' he explained.

'If I feel a crick in my neck, I know how to release it, even while washing the dishes, driving the car or lying on the floor with some paperbacks under my neck. I'd like to help my kids navigate their growing pains and ailments. I've a goal to play competitive basketball until I'm at least 55 - so my two boys might join us for a game one day,' he concluded.



ASPECTS

WHAT: ENJOYING THE SCHOOL HOLIDAYS.

WHERE: MACQUARIE ICE RINK, NORTH RYDE **WHEN:** JULY 2026

Miki Oka





Potential outlined by student voice at EDUTech conference

Students from Marsden High School in Meadowbank proudly showcased the power of student voice at the recent EDUTech conference.

Two student teams from the school's high potential and gifted education program presented innovative ideas developed during a recent one-day workshop held at the school, addressing key priorities for contemporary education.

One team of students passionately advocated for public speaking to be recognised as a core curriculum priority, while the other team proposed integrating gardening practices into schools.

Year 10 student Zoe said public speaking skills will empower students with the confidence and skills needed to achieve academic excellence as well as success in their chosen field.

'A lack of public speaking practice in high school is like not training before a marathon, leaving students without the tools to manage anxiety often associated with speaking in front of a crowd,' she said.

'We want storytelling, debates, discussions and group and individual presentations in all subjects.

'This will open career paths, personal opportunities, develop our emotional intelligence and expand our overall interpersonal skills.'

Gardening was seen by the other team as another solution for stress and anxiety.

Year 10 student Jaz said creating a mandatory Nature and Wellbeing subject which balances between theory and hands-on learning would help students cope with stress.

'Outdoor lessons would encourage gardening, nature walks, habitat restoration projects and environmental investigations,' she said, suggesting pilot programs in selected schools, with pre-existing outdoor spaces to make the trial realistic and cost efficient.

'The lessons would also include the science behind how nature affects our mental health.

'Not only would they provide students with a positive outlet to help cope with the stress and pressures of the school environment, they would also give us crucial information on how to look after the world we live in.'

Student speakers also participated in a panel discussion at the event exploring

what drives their desire for educational change.

Head Teacher History, Sarah Van Der Kley, said the conversation highlighted student's lived experiences, the vital role of empathy and relationships in learning, and the challenges posed by rapidly evolving technology.

'Presenting in front of some of Australia's most senior educators and school leaders, the students demonstrated remarkable confidence and insight,' she said.

'They made a clear and compelling case that young people need to be seen not as future leaders, but as current leaders and genuine partners in shaping education policy and practice.'

Ms Van Der Kley said the students' involvement at EduTech reminded all teachers present that education moves forward when students are true partners in the process.

'In the end, their message was unequivocal: "Not consulted. Partners",' she said.

EDUtech brings together educators to share practical insights and improve teaching and learning outcomes.

Lifeline's Sapphire Gala Ball

Lifeline's annual Sapphire Gala Ball will be held on Saturday 29 August at ICC Sydney, bringing together an unforgettable evening of dining, entertainment and fundraising in support of Lifeline Harbour to Hawkesbury Sydney (Lifeline H2HS).

The Gala Ball is one of Lifeline H2HS's major fundraising events, with funds raised throughout the evening helping the organisation continue delivering crisis support and suicide prevention services, providing hope and connection to people during life's toughest moments.

This year, the much-loved Sapphire Gala Ball Auction will make its return, giving the community the opportunity to bid on a remarkable selection of prizes - both online and in person.

As one of Australia's largest and most trusted Lifeline centres, Lifeline H2HS provides compassionate, non-judgmental support through the national **24/7 Crisis Support Line (13 11 14)** and **Text and Chat Line (0477 13 11 14)**, as well as offering a range of free or low-cost support services across Sydney's North.

With an exciting line up of prizes on offer, guests and supporters can look forward to items and experiences such as Australian Open Final tickets, two tickets to a Harry Styles concert in a fully catered corporate box, a unique opportunity to receive a phone call from the voice of Bandit from Bluey, a stunning Australian sapphire and diamond ring from Sapphire's Dream, and a luxury accommodation, dining and fashion package in Noosa, along with many more.

Keep an eye on the Lifeline H2HS website to discover the full list of prizes and find out when the online auction goes live.

LEARN MORE:

- www.lifelineh2hsydney.org.au/
- events/sapphire-gala-ball



100 WORDS



TARBAN CREEK SONNET

When the horizon's embers burn down low,
Ngununya' — grey-headed flying foxes
rise like ash thrown up by the sunset's fire,
scattered in fading light under stars
emerging, a coal-specked firmament.
They are on the move after another
upside-down day in the colony spent
skin-wrapped in sleep pods in creekside bushland,
an unkempt orchard of dangling black fruit,
restless with chitter, these chimeras:
part mouse-faced furball, part pterodactyl.
At day's end begins the wing-stretch, lazy
flap; claws unhook for take-off in clouds, flying
silent as flowers, fruit, the rising moon.

'Dharug word for grey-headed flying fox

Nigel Spence, Hunters Hill

Enjoying Turkish coffee and baklava, in the Grand Bazaar Cafe, Tony noticed his reflection in a coloured glass lantern and recoiled in horror. A furry face with a long snout and fangs glared back.

He'd travelled to Istanbul for a follicular transplant and looksmaxxing procedures. Unknowingly, the Trichologist used ancient Anatolian wolf hair, catastrophically altering his DNA.

Shoppers shrieked as he rampaged past carpet merchants and goldsmiths, smashing Iznik pottery to smithereens.

Finally, seeking sanctuary in the Basilica Sistern, while cursing Clavicular, he collapsed beside the base of a marble column, which ironically bore a carved, upside down Medusa head.

Perihan Bozkurt, Lane Cove

Do you have a 100 word story?

Email:

editor@thevillageobserver.com.au

From a casual hit to a local community

When Dani Asensio moved to Lane Cove from the UK about 18 months ago, one of the things he was most looking forward to was getting back into regular tennis.

He joined a couple of coaching sessions and tried a few apps to find people to play with, but most players were located quite far away. He managed to organise the occasional hit, but it usually ended there. Dani was looking for something more regular and a way to get to know people in his new community.

'I looked at joining local leagues, but most were tied to clubs or fixed match nights, which didn't fit around my work schedule. I started to wonder how many other people around the Lower North Shore were in the same position,' said Dani.

That was the idea behind OpenSlam.



OpenSlam founders Dani Asensio and Laura Galimany

Dani and his wife Laura Galimany created a free community tennis league where players can arrange matches whenever it suits them, play at local courts and record their scores in the app. There are no fixed match nights and no club membership required.

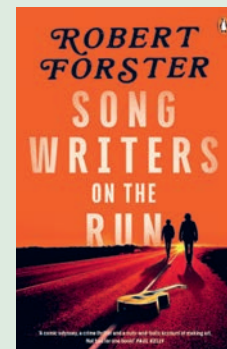
Their first Lower North Shore season brought together 105 local players from Lane Cove, Chatswood, Artarmon, North Sydney, Crows Nest and surrounding suburbs. Dani says seeing people who had never met before arranging matches and building new friendships has been the most rewarding part of the journey.

'For us, OpenSlam has always been about more than tennis. It's about bringing people together. We all live in the same neighbourhood, but it's surprisingly difficult to meet people outside our usual circles.

'Season 2 is already underway, and based on feedback from our players we've also launched a doubles league so friends, couples and family members can play together. We're now looking to expand into more Sydney suburbs while keeping the same goal at the heart of OpenSlam: helping neighbours meet neighbours through tennis.'

Song Writers on the Run

By Robert Forster



The Road to Nowhere

1991. Australia's pub rock scene is in full flight. Singer-songwriters Mick and Drew are on the road again. This time trudging through Central Queensland. Is this where their big break is going to come? It seems unlikely. They've been at this game for 15 years. Recorded albums to little commercial return, toured incessantly to places with more sheep than people, but they have developed a following. Albeit a modest one. Until now they haven't lost that spark, that hope, that dream that the next composition will be the one. The one to catapult them from Gladly to Grammy.

Police and Thieves

Dope and Rock n Roll are consistent bedfellows. And these two are as dopey as they come. A gift. A small parcel from a fan is welcomed. Not so the Police who are standing by to nick the hapless rockers. Incarcerated at a local low-security jail they naively believe that their manager, the unscrupulous Bingo, will free them from the Big House.

Jail Break

Bingo can't be found. Nor can a plot of even moderate plausibility. Incredibly, an inmate produces a key he chooses to give to our would-be rockstars rather than seeking his own long dreamed of freedom.

The Long and Winding Road

And so it goes. On the run. Out of cash but not out of luck. Bingo is off-radar, presumably with their life-long earnings. Our troubled troubadours stick to the other side of the tracks, meet an eclectic cast of chancers, crooks and confidants who help them bring it all back home, to Melbourne to trace the whereabouts of the Lord Lucan of Pop Management and put this one straight.

Happy Days are Here Again

Meanwhile, back at the ranch, Bingo has been found. Not by the boys. But by Hollywood. A talent agent heard one of their songs. And is going to make them rich beyond their wildest dreams. If only anyone could find them...

Robert Forster's debut does what we tell all inspiring writers to do. Stick to what you know. And, as the founder of *The Go-Betweens*, one of the nation's most successful groups, he certainly knows his subject. This meandering romp through small town Australia may be short of a credible plot at times, but the charm lies in the journey, the detours, the chance encounters and the hope that our two friends really do find their nirvana. I look forward to the inevitable screenplay.

REVIEW BY KEITH BARKS

Lane Cove Probus celebrates 50th Anniversary

Lane Cove Probus Club is marking a significant milestone in 2026 as Probus Clubs celebrate 50 years of friendship and connection within communities across Australia.

Founded in Australia in 1976, Probus has grown into a network of social clubs for the retired and semi retired, bringing people together through shared interests and regular club activities. Today Probus has more than 90,000 members across 1300 clubs throughout Australia. Each of these clubs reflect the unique characteristics of their local community.

To mark the 50th Anniversary Lane Cove Probus will host a celebratory luncheon for members and guests at Newgreens, Chatswood Golf Club on Monday 10 August.

Lane Cove Council is also marking this special anniversary with a community morning tea on October 15, highlighting the importance of Probus in keeping the Lane Cove community connected.

The benefits of Probus have been widely recognised by all levels of government. The Governor of NSW marked the anniversary



by hosting representatives from clubs throughout NSW at Government House on March 23.

Probus is centred on personal enjoyment, with each club run by its members, including meetings and other activities tailored to member interests. This extends from guest speakers to social outings and short trips.

'Probus gives people something to look forward to,' said President Bruce Gowing, 'even if it is just connection and conversation.'

'Lane Cove Probus invites anyone who is retired or semi retired to learn more about Lane Cove Probus and what it can offer. You are most welcome to join us,' said Mr Gowing.

DATE: SUNDAY 20 SEPTEMBER 2026 9:00AM - 1:00PM



**Sunday 20 September
9:00am - 1:00pm**

**Council Civic Centre car park
between Phoenix Street
and Little Street, Lane Cove**

Find a RECYCLED bargain!

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

Site Fees support Lane Cove Rotary

**Apply now for a carspace
www.lanecoverotary.org**



**Lane Cove
Council**

**Rotary
Lane Cove**





**Past President Judi Gowing
with the Governor of NSW,
Margaret Beazley AC, KC**

- Lane Cove Probus meets at 10am on the second Monday of the month at Lane Cove Bowling Club, 151 Burns Bay Rd, Lane Cove.
- Phone Bruce Gowing (President) 0418 498 073
- www.probuslanecove.org

Science Week Program at City of Ryde Libraries

Join us for an exciting celebration of innovation, discovery and learning as we explore the science behind our amazing human body! Our program is designed for **all ages** with an interactive Mr. Snotbottom show, a deep dive into the human body, a science comedy show for adults, a dementia prevention talk in Mandarin and an author's talk on how you can get involved with community Citizen Science programs.

Celebrate curiosity and be inspired by our *Brilliant Brains and Bodies!*

- Learn more: www.ryde.nsw.gov.au/scienceweek

Dying to Know Programs

Dying to Know Day is an Australia-wide campaign seeking to encourage open conversations about death and dying and to promote end-of-life planning. The theme this year is 'nobody knows' which is designed to encourage conversations around end of life. Join us at City of Ryde Libraries for '10 Things to know before you go' information session, death café to encourage open conversations about death, and a memorial scrapbook workshop.

- Learn more: www.ryde.nsw.gov.au/dyingtoknow

The Lane Cove Historical Society

The Lane Cove Historical Society (LCHS) is constantly searching for family heirlooms to enrich the 'Carisbrook Collection,' a dedicated repository of Lane Cove's historical objects, Victorian-era artifacts, and antique furniture.

Objects directly tied to Lane Cove are particularly valued. These might include historic photographs, local paintings, or any items with a documented connection or significance to the area. For example, the Collection proudly includes a number of wedding gowns that were once walked down the aisles of local Lane Cove churches.

We also look to add 19th-century family heirlooms to our museum Collection, alongside iconic pieces from any era - especially those everyday items that were once commonplace but have now nearly vanished. We can never predict what fascinating pieces will find a place with us. If you have an item to donate, please contact us by leaving a brief message at 0434 575 300 or emailing LCHS@carisbrookhouse.com.

As you begin your spring cleaning, that treasured heirloom sitting forgotten in your cupboard might just find the perfect permanent home where it can be preserved for generations within the Historical Society's Collection.

• HISTORY TALK @ THE LIBRARY A Funny Thing Happened on the Way to Family History

Phil Hull presents an account of the random outcomes that can emerge from researching family history. For Phil, the fun began with an Ancestry DNA kit received as a Secret Santa gift. When the results came back, the magical mystery tour began.

This presentation is meant to be lighthearted fun, but it highlights to anyone going down this route that it may take you to unexpected places and surprising people. There is also a serious side to all this, which can have unforeseen consequences.

Perhaps before using a DNA test kit yourself, come and hear about Phil's own experience! You can bring along any questions about researching family history.

DETAILS: Tuesday 25 August at 7pm in Lane Cove Library. \$5 entry 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! Experience life in Lane Cove back in the 1880s with a tour of the Historic House, a delicious Devonshire Tea or homemade cakes and coffee, then a walk through the gardens and down to the river.

Bookings are not necessary. Free parking via Waterview Drive.

WHEN: Saturday 15th & Sunday 16th August from 10am to 4pm

• THE \$1,500 HISTORY PRIZE

Excitement is gathering for this year's Lane Cove History Prize. Entries close on 31 August.

More details can be found on our website, or email any questions to LCHS@carisbrookhouse.com.

PAM PALMER

President Lane Cove Historical Society Inc
www.carisbrookhouse.com





Hunters Hill Theatre announces Agatha Christie thriller

Who doesn't love an Agatha Christie murder mystery?

Opening on Friday 21 August, *Black Coffee* was written as a stage play by the Queen of Crime herself, Agatha Christie.

The plot is ingenious; a discovery of poison, an ever-changing coffee cup, a brilliant scientist, and a secret of national importance.

It's all told with Christie's voice in those wonderful 1930's tones. Think lawn parties, open French doors, cut grass, and cosy evenings with drawn velvet curtains.

And of course, all the action takes place in the library.

- **Black Coffee** opens Friday 21 August for a four-week season (Friday 7.30pm, Saturday and Sunday at 2.00pm.)
- **Tickets** available at www.huntershilltheatre.com.au or call the Box Office on 0478 097 525



81st Season - CONCERT No. 4

*Australis Harp Duo Verna Lee
and Azumi Lehmann present*

TALES FROM AFAR

7.30pm, Tuesday 11 August 2026

**Venue: ST. Andrew's Uniting Church
47A Kenneth Street, Longueville**

The charm of two harps will explore beautiful music from traditional to transcriptions of orchestral works, from ancient eras to modern times.

Concert prices 2026 Season:

\$45 half year subscription (3 concerts) or
\$30 visitor| \$10 student per concert (cash only)

Bookings www.lanecovemusic.org.au

Online bookings preferred. Limited admission at the door on the night. **Enquiries** welcome: 9428 4287

Head back to the 80s with Lane Cove Theatre Company's newest comedy

Pick up a carafe of chardonnay, straighten your shoulder pads and join Lane Cove Theatre Company for a night of laughs with a knock out comedy from master playwright Andrew Bovell (*The Secret River*, *Things I Know To Be True*).



After Dinner follows five eccentric lonely hearts in a 1980s pub bistro for a poignant and hilarious collision of singles, sex, friendship and Friday night drinks.

Lane Cove Theatre Company veteran director, Andrew Castle, returns to direct this hilarious comedy that perfectly embodies the 1980s after work drinking culture.

'This show is fantastic fun to work on. It's bringing back lots of memories for me and other members of the cast and crew. It's great to return to Lane Cove Theatre Company to bring this side-splitting comedy to the stage. All of us have had a blast wandering down memory lane to bring the 80s back to life,' Andrew says.

The play follows Paula, Dympie and Monika who are, in the words of Roxette, 'dressed for success'. Primped, preened and ready to rumble, they are up for anything and, perhaps, anyone. Except, that is, for Stephen and Gordon, the alpha male and nerdy no-hoper at the table next to them. Over the course of the night bad dance moves are on display, friendships are tested and the map of the human heart is crisscrossed.

- **21-30 August 2026.** Pottery Lane Performance Space
1 Pottery Lane, Lane Cove.
- **Website:** lanecovetheatrecompany.com.au.
- **Tickets:** www.trybooking.com/DHVSW

Pizza + Movie nights

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

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.

1 September - The Third Man (1949) (B & W)

British Film Noir based on the thriller by Graham Greene and set in post WWII Vienna. Once voted the best British film of all time. Starring Joseph Cotton, Orson Welles, Trevor Howard and Alida Valli.

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



Sydney Community Services

Staying Connected @ The Hubs



ReACTIVATE

Enhance your flexibility and balance.
Improve muscle strength.
Reduce the risk of falls and injuries.

Date: Every Wednesday

Time: 11am - 12noon

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



Movement Plus

Love music and movement? Enjoy a faster-paced, feel-good workout designed for seniors who like to keep active—safely and confidently.

Date: Tuesdays

Time: 11.45am–12.35pm

Location: 44 Gladesville Road
Gladesville Community Hall, Hunters Hill



Line Dancing

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

No partner required.

Date: Wednesdays

Time: 1.30pm– 2.30pm

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



Memory Cafe

A warm, relaxed space for carers and those living with dementia to socialise, unwind, and discover ways to live well.

Date: Wednesday 19 August

Time: 10.30am - 12.30pm

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

Cost: FREE

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



Sydney Community Services

A MESSAGE FROM **BRANKA IVKOVIC, CEO**



At Sydney Community Services, our purpose has always been clear: to help people remain independent, connected, and living well in the homes and communities they love. Our care pillars represent who we are and the care we strive to deliver every day. They reflect our shared purpose to provide support that is safe, person-centred, guided by choice, compassion and kindness, so that every individual feels valued respected, and connected.

Our recent Aged Care re-registration quality audit confirmed our purpose as we achieved a 100% compliance with the strengthened Aged Care Quality Standards and an overall 5-Star rating. This is an exceptional outcome and a testament to the dedication, professionalism, and compassion demonstrated every day by our team.

While quality audits assess policies, systems, governance, and compliance, at their heart they are really about people. The auditors examine whether older Australians are receiving safe, respectful, and person-centred care that supports their goals and preserves their independence through interviews with older Australians receiving our services. They said our nursing team consistently demonstrates that quality care is about much more than clinical expertise. Our nurses partner with them, listening to their goals, and empowering them to build confidence and capability. Every day our nurses work alongside individuals living with complex health conditions, helping them understand their health needs and develop the skills to manage them more independently.

The audit also recognised the important contribution of our support workers who go into people's homes. These staff members often become trusted companions who support clients with daily living, social connection, wellbeing, and independence. Their kindness, reliability, and commitment help make it possible for people to remain safely and comfortably at home, while also providing valuable support and reassurance to families and carers.

Highlighted throughout the audit was the strength of our Nursing and Flexible Respite Programs. These services were subject to the highest level of scrutiny during the assessment, reflecting the critical role they

play in supporting people with complex health, personal care, and wellbeing needs. As areas carrying the greatest potential risk, auditors examined them in considerable detail, with a strong focus on safety, clinical governance, workforce capability, and individual outcomes. The positive findings provide strong assurance that our systems, practices, and people consistently deliver safe, high-quality, person-centred care that enables older Australians to remain in control of their lives while receiving the right support at the right time.

One inspiring example involved an older person who expressed a desire to become more confident in managing a chronic health condition. Rather than simply providing ongoing assistance, our nursing team worked closely with the individual over several weeks, providing education, coaching, supervision, and encouragement. Through a carefully planned and monitored process, the person gained the skills and confidence needed to take a more active role in managing their own health. The outcome was not only improved knowledge but also greater independence, confidence, and peace of mind.

Stories like this illustrate what quality truly means. It is not about doing things for people; it is about supporting people to do as much as possible for themselves. It is about preserving dignity, promoting choice, and creating opportunities for individuals to continue living life on their own terms.

Achieving a 100% compliance result and a 5-Star rating is an important milestone, but it is not our destination. It is simply confirmation that the standards we set for ourselves every day are making a positive difference in the lives of the people we serve.

I would like to thank every member of the Sydney Community Services team, our volunteers, our Board, and most importantly our consumers and their families for their trust and partnership.

Together, we will continue to create safe, caring, and vibrant communities that support people to live independently and with dignity. By fostering connection, wellbeing, and belonging, we are helping to build a future where every person can remain an active and valued member of the community they call home.

T 02 9427 6425 E support@sydneycs.org

LANE COVE HUB: HEAD OFFICE: 1 POTTERY LANE, LANE COVE
MEETING HOUSE HUB: 23A STOKES STREET, LANE COVE NORTH
HUNTERS HILL-RYDE HUB: 46 GLADESVILLE ROAD, HUNTERS HILL



Supported by the Australian Government
Department of Health and Aged Care



Discover the Seniors Hub

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

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

WHAT'S ON?

Enjoy a great mix of activities:

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

Tasty Treats Included:

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

GETTING HERE IS EASY!

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

IS THERE A FEE?

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

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

NOT SURE WHERE TO BEGIN?

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

P 9427 6425 E support@sydneycs.org

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



Sydney Community Services

T 02 9427 6425 E support@sydneycs.org
1 Pottery Lane, Lane Cove www.sydneycs.org



Registered
NDIS Provider



Supported by the Australian Government
Department of Health and Aged Care



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 17 August, 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 for more information and to register.

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

NEW Yoga Class

- Mondays, 9.00am-10.00am
- Park View Room Pottery Lane, Lane Cove
Starting Monday 20 July



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.

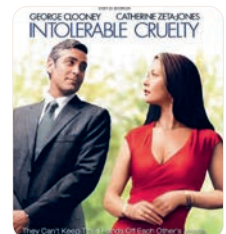
Attend and pay by the term.

Movie and Morning Tea

Intolerable Cruelty

A romantic comedy starring George Clooney and Catherine Zeta-Jones.

- Wednesday 26 August
- 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.



New Yoga Class with Sinead

We are now offering a second class with our fabulous instructor Sinead, offering gentle movement.

- Mondays 9am - 10am
- Term or casual attendance

Call for details !!!!



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.



Supported by the Australian Government
Department of Health and Aged Care



Registered
NDIS Provider



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



[Anthony's Web Enquiry Page](#)

Across the Lane Cove electorate, residents have seen frequent changes to local bus services, routes and timetables, particularly along the Victoria Road and Epping Road corridors.

It must be made clear who is responsible for these decisions.

Transport for NSW is the body responsible for bus routes, timetables, service planning, passenger monitoring, crowding data and determining the service frequency needed to meet community demand.

Busways are contracted to deliver the services that are planned and scheduled for them.

There have been issues in the past with driver shortages, and where services could not operate because of staffing problems, that is a matter for the bus operator. However, when it comes to scheduled timetable changes, route changes, service levels, network planning and whether enough services are provided to meet local demand, that responsibility belongs to Transport for NSW, the NSW Government and the relevant Minister.

Based on recent correspondence to my office, Lane Cove residents are not happy.

I have heard from commuters across the electorate who are frustrated by changed timetables, altered routes, reduced reliability and services that no longer reflect the reality of peak hour travel. These concerns include services along Victoria Road, including the Route 52, as well as the 251, 252 and 253 services.

Changes that force residents to leave home earlier, arrive late to work, miss connections or stand at the bus stop while full buses drive past are simply not acceptable.

When the bus network fails, it affects people's daily lives. Meetings are delayed, exams are missed and stress is created, we don't need that right now.

I want to know what is happening at your stop. Are buses arriving full? Are services reliable? Have recent timetable or route changes made your journey harder? Have you been left stranded at the bus stop?

Your feedback will help build the case for better local bus services and ensure the experiences of local commuters are put directly in front of the decision-makers.



[Bus route Survey](#)

Finally, I want to thank the bus drivers. They are some of the best drivers on the road. A full bus, a bad route and a poor timetable are not the driver's fault.

Often under difficult circumstances they get it done, and they deserve our respect.

We thank them for the great and honest work they do for our community.



TRENTON BROWN

CITY OF RYDE MAYOR

P: 9952 8222

E: TMayor@ryde.nsw.gov.au

Spring gardens

As we enter the last month of winter, it's time to turn our attention to the warmer months ahead – and that includes our soon-to-bloom gardens.

The City of Ryde's annual Spring Garden Competition has a long-standing popularity among our community's keen green thumbs, providing a wonderful opportunity to showcase our outdoor spaces. It's also a great excuse to keep active, keep creative and establish a place of relaxation in your home.

This competition, which has been running for more than 30 years, aims to showcase some amazing spaces across the City that bring encouragement and joy to many. There are 11 major categories and four mini categories open to gardeners of all ages and abilities, with a judging panel of appointed garden judges and horticulture professionals selecting the winners.

Entries are now open and will close on 31 August, so get your trowels and pruners ready. Entries will be judged from 22-25 September, followed by a special gala evening on 30 October to announce the winners.

Wrap with Love

If you're looking for a creative and social way to spend a winter's day, join us at the Wrap with Love Annual Knit-In on 7 August, from 10.00am-2.00pm at Ryde Library.

No bookings are required. Just drop in, enjoy some light refreshments and bring along your knitting needles, crochet hooks or sewing supplies.

It's a wonderful chance to connect with fellow community members while supporting the not-for-profit organisation *Wrap with Love*, which provides handmade wraps to people experiencing hardship around the world.

Science Week

The City of Ryde is a keen participant in National Science Week, which runs from 15-23 August.

This year's theme is 'Seeds of Science: Nurturing Knowledge for all' and will feature over 2,000 public events, exhibitions, and hands-on workshops across universities, schools, and museums.

Council's events include a Science Comedy Show at Ryde Library on 20 August from 6.30-8.00pm, and Mr Snotbottom's *The Science of Snot* on at Ryde Library on 22 August from 10.30am-12.00pm.

Monday Meet-up

I'm looking forward to meeting some of you at the next Mayor's Monday Meet-up on 10 August from 10.00am-12.00pm at Coxs Road Mall, North Ryde. These friendly gatherings are a great opportunity to discuss local issues and share ideas.

For more information on these events and others happening in the City of Ryde throughout August, go to: ryde.nsw.gov.au



TIM JAMES
MP

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



ZAC MILES
HUNTERS HILL MAYOR

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

Across Willoughby, families, households and small businesses are working hard but finding it harder than ever to get ahead. Grocery bills, mortgages, rents and power costs have all risen. Local businesses are dealing with higher expenses, tighter margins and declining confidence. At the same time, our schools, roads, hospitals and public transport are under increasing pressure as our community accommodates more housing and population growth.

That is why we needed to see a strong state budget that acted on these issues. There are welcome measures that continue or borrow many Liberal ideas, including a \$100 car registration rebate, frozen Opal fares and a lower weekly toll cap. Funding is continued to complete the Warringah Freeway Upgrade, Western Harbour Tunnel, North Sydney Ambulance Station and Cammeray Public School upgrade. These are projects I was pleased to support in government. But for a growing community, the Budget does not go far enough.

St Leonards, Crows Nest and Chatswood are welcoming thousands of new residents, yet the new public high school our area desperately needs remains on ice. There are no new major capital projects at Royal North Shore Hospital, despite years of the master plan being in place. The electrification of our bus fleet has been delayed, there's no plan to ensure Metro capacity keeps pace with demand, and there is no funded plan to address congestion on our roads.

Willoughby supports sensible housing growth, but growth must be matched by infrastructure. New homes cannot come without new school places, better transport, stronger health services, open space and safer local communities. We also need a stronger plan for the local economy. Small businesses are the lifeblood of our local centres. They employ local people, sponsor community organisations and give our suburbs their character. Raising the payroll tax threshold, cutting the rate for small and medium businesses and indexing thresholds to inflation would make it easier for businesses to hire, invest and grow. I'm pleased the Coalition has committed to this.

Housing must also be part of the solution. We need more well-located homes for young people, essential workers, families and downsizers, supported by the services that make communities liveable. We must ease household costs, back local businesses, plan housing properly and invest in our community ahead of growth. Willoughby is doing its part, and we should not be left behind. I will continue advocating for our fair share and for a community where families can get ahead, businesses can flourish and local services keep pace with growth.

Spring Garden Competition entries now open

I am pleased to announce that entries for the 2026 Spring Garden Competition are now open. Held in partnership with the Rotary Club of Hunters Hill and proudly sponsored by Binet Homes, this event is a fantastic opportunity for our community to showcase their gardening skills and creativity.

Whether you have a landscape garden, edible garden, lawn, streetscape or a public space you're proud of, I encourage you to enter.

Entry is free for all residents within our municipality, and is open until Monday 28 September, with judging to follow soon after. Winners will be celebrated at an awards evening on Thursday 22 October, and a special Open Garden Day will take place on Sunday 1 November, inviting the public to explore our beautiful garden suburbs.

It's a great way to connect with fellow gardening enthusiasts and enjoy the beauty of our local natural environment. I encourage everyone to get involved and register early.

For more details on entering, visit huntershill.nsw.gov.au/spring-garden-entry.

Have your say on the future of our foreshore reserves

Council is now seeking feedback from the community on the updated draft Plan of Management for Clarke's Point Reserve and Morts Reserve. The Plan will guide the long-term use, management and improvement of these significant foreshore reserves.

Have your say now, until Monday 10 August.

The Sydney Harbour Federation Trust will also exhibit the draft Woolwich Dock and Parklands Management Plan at the same time.

For more information and to have your say, visit connect.huntershill.nsw.gov.au

Gladesville Masterplan Update

Council has now approved the Planning Proposal for the Gladesville Shopping Village as part of the Gladesville Town Centre Masterplan review, marking an important milestone in the future planning of the town centre. The proposal will now be forwarded to the Department of Planning, Housing and Infrastructure to review and finalise.

I would like to thank everyone who took the time to have their say during the consultation process. The feedback we received from residents, businesses and stakeholders has been invaluable in shaping the final proposal and will continue to guide the next stages of the project.

Council looks forward to working with stakeholders to bring this vision to life and deliver lasting benefits for the Gladesville community.

Keep up to date with the project on Council's website.

THE Village Quiz

OBSERVER



Brought to you by **SydneyTrivia.com**

1. Which horse won the Melbourne Cup in three consecutive years?
2. What is the state flower of Western Australia?
3. What country does Jarlsberg cheese come from?
4. Who played the role of Private Ryan?
5. Who was the lead singer of Aussie band, Cold Chisel?

11. In which year did Lleyton Hewitt win the US Open singles title?
12. Who won the inaugural Cricket World Cup in 1975?
13. Which newspaper did Clark Kent work for?
14. How many Space Shuttles were there?
15. Who wrote and directed the movie *Disclosure Day*?



Q5
Who was the lead singer of Aussie band, Cold Chisel?



Q15
Who wrote and directed the movie *Disclosure Day*?

6. How many ships were in the First Fleet?
7. In which country would you find the Rainbow Mountains?
8. Who played the role of Charlene on Neighbours?
9. Which architect designed St Paul's Cathedral?
10. Which son of Ragnar became the King of Kattegat?

16. In which Australian Town would you find the Big Merino?
17. What is Mario's brother's name?
18. Which is the most climbed mountain on Earth?
19. What spice garnishes a Brandy Alexander?
20. Which author wrote *The Odyssey*?



Q10
Which son of Ragnar became the King of Kattegat?



Which author wrote *The Odyssey*?

Q20

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

Mondays 7:00pm
Mondays 7:00pm
Tuesdays 7:00pm
Tuesdays 6:00pm
Wednesdays 7:00pm
Wednesdays 7:00pm
Wednesdays 7:00pm
Thursdays 7:00pm
Thursdays 7:00pm
Thursdays 7:30pm

Orchard Hotel, Chatswood
Commodore Hotel, North Sydney
Chatswood Hotel
Billy Barry's Hotel, North Sydney
Union Hotel, North Sydney
Norths Cammeray
Cammeray Golf Club
KC's Bar, Crows Nest
The Diddy, Lane Cove
North Sydney Hotel

(please contact the venue to book a table)

Answers:
1. Makybe Diva 2. Kangaroo Paw 3. Norway 4. Matt Damon 5. Jimmy Barnes 6. 11 7. Peru 8. Kylie Minogue 9. Christopher Wren 10. Bjorn Ironside 11. 2001 12. The West Indies 13. The Daily Planet 14. 6 15. Steven Spielberg 16. Goulburn 17. Luigi 18. Mt Fuji 19. Nutmeg 20. Homer

PROPERTIES OF THE MONTH



62 Moncrieff Drive, East Ryde 4 bed 3 bath 2 car

With its unique design centering on a sunlit courtyard with sparkling swimming pool, this substantial family home promises carefree modern living in a highly desirable and well-connected East Ryde pocket.

Jay Assay 0452 185 529 jay.assay@belleproperty.com

Priya Palaiyan 0428 863 781 priya.palaiyan@belleproperty.com



26 Lucretia Avenue, Longueville 5 bed 5 bath 2 car

Poised above the calm waters of Woodford Bay, Maison Ronde is a triumph of architectural artistry by Stefan Lombardo. Curved walls, layered light, and natural textures of travertine, marble and oak define interiors of sculptural elegance.

Simon Harrison 0433 100 150 simon.harrison@belleproperty.com

Kim Walters 0499 014 886 kim.walters@belleproperty.com



15a Gerard Street, Gladesville 4 bed 3 bath 2 car

This impressive Torrens title residence showcases an architectural design and meticulous attention to detail to deliver a family lifestyle defined by luxurious comfort, premium finishes and indoor/outdoor flow.

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

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



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