

THE Village

OBSERVER

FREE
COMMUNITY
MAGAZINE

pick me up
AND TAKE
ME HOME

IN THIS ISSUE:

*Spring festivals,
school milestones and a
cycling tour of Slovenia*

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 362 **OCTOBER 2026**



WATERMARK
RESIDENCES



"It felt like the right time for a new home and an easier way of living."

Rob & Jo, Current Residents

Considering Retirement Living?

AN INFORMATIVE SESSION ABOUT YOUR NEXT CHAPTER

Making the move into retirement living can come with plenty of questions. Our information sessions are designed to help people understand the different options available, why people choose to make the move and how retirement villages work.

Gain practical information to help you feel informed and confident about the choices available and what might suit you, with the option to take a mini-tour of Watermark Residences, including the 5-star clubhouse, wellness facilities and luxury residences.

Registration is now open for the following information sessions:

Wednesday 14 October, 10.30am
Tuesday 10 November, 10.30am

Discover Watermark Residences & learn more about retirement living.



For details and to register your attendance, scan QR code or visit:

www.watermarkresidences.com.au

1800 520 168
WATERMARK RESIDENCES
130 BEACONSFIELD ROAD, CHATSWOOD



Expert Property Management. Proven Results.

At Belle Property North Shore our experienced, local team delivers proactive, professional property management designed to protect your asset, support your tenants and maximise your return.

With decades of combined experience, your investment is backed by a team with the knowledge, expertise and proven track record to deliver results you can rely on.

We're proud to be recognised as the #1 Business Development Manager for both transactions and dollar income, alongside being named #1 Leasing Team and #1 Property Manager. A reflection of our commitment to achieving exceptional results and maximising value for our clients.

If you're considering a change, contact us today for a confidential conversation and discover just how simple it can be to make the switch.

”

Jacinta and the Belle team were exceptional in the process of marketing and screening of potential tenants. The net result of their professional approach was a long lease to good tenants, all within a week and with the added bonus of an above advertised rental price. Our property manager is diligent, thorough, and keeps us informed of any issues that arise. She manages other properties that we have in Lane Cove, and does so brilliantly! We have absolute faith therefore in the Belle Lane Cove team and would happily recommend their services to prospective landlords.

Lane Cove | +612 9087 3333

2A Phoenix Street, Lane
Cove, NSW 2066

belleproperty.com/lane-cove

Hunters Hill | +612 9817 7729

3/52-56 Gladesville Road,
Hunters Hill, NSW 2110

belleproperty.com/hunters-hill

Lindfield | +612 9416 6999

Suite 20, 12-18 Tryon Road,
Lindfield NSW 2070

belleproperty.com/lindfield

Willoughby | +612 9958 5211

551 Willoughby Road,
Willoughby NSW 2068

belleproperty.com/willoughby

Ryde | +612 8080 9116

95 Blaxland Road,
Ryde NSW 2112

belleproperty.com/ryde

THE Village OBSERVER

Next Month our feature is **PETS**

Promote your business or service in our **November issue** and reach local families and businesses.

Display ads and professional column opportunities available.

Book now to secure your space.

**BOOKING DEADLINE:
WEDNESDAY 5 OCTOBER**

CONTACT:

advertising@thevillageobserver.com.au

THE VILLAGE OBSERVER IS DISTRIBUTED MONTHLY TO:

Lane Cove, Hunters Hill, Gladesville, Ryde, Chatswood, Willoughby, Crows Nest, St Leonards, Artarmon and Northern Sydney areas.

POWERING OUR COMMUNITY

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

LOCAL SUPPORT FOR LOCAL PEOPLE

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

THE VILLAGE OBSERVER

1 Pottery Lane, Lane Cove NSW 2066.

PUBLISHER: BRANKA IVKOVIC

P: 02 9427 6425 E: Blvkovic@sydneycs.org

EDITOR: MELISSA BARKS

P: 0418 265 167

E: editor@thevillageobserver.com.au

DESIGN: SHARON CURBY

E: design@thevillageobserver.com.au

ADVERTISING:

E: advertising@thevillageobserver.com.au

PRINTED BY: TMA WEB

DISTRIBUTED: MONTHLY

The Village Observer is published monthly (except January) by Sydney Community Services (trading as Lane Cove Community Aid Foundation).
• Distribution occurs at the beginning of the month • Readers are invited to submit articles for consideration. • Articles and items for community events should be emailed to the Editor with any accompanying images by the 10th of each month, for inclusion in the next month's issue.

• Advertising enquiries should be directed to advertising@thevillageobserver.com.au • If mailing material and you would like it returned, please include a stamped, self-addressed envelope. All care, but no responsibility will be taken for this material. © Copyright 2021. Original advertisements and editorial in this publication are copyright and remain the exclusive property of The Village Observer. No part of this publication may be reproduced and/or transmitted in any form or by any means without the written consent of the Publisher. **DISCLAIMER:** The content of editorial and advertisements in The Village Observer has been provided by a number of independent sources. Any opinions expressed are not necessarily those of the Editor and Publisher of The Village Observer, and no responsibility is taken for the accuracy of the information, or any factual errors contained within any items printed. Readers should make their own enquiries directly to any organisations or businesses prior to making any plans or taking any action.



Sydney Community Services

Welcome to the October edition of TVO!



Spring has well and truly arrived, and our October issue is packed with reasons to get out and enjoy our local community.

We take a look at the **Lane Cove Rotary Fair and Sustainability Lane**, with its market stalls, live entertainment, family activities and plenty of opportunities to discover ways to live more sustainably.

There's a huge weekend ahead for book lovers, with more than 70,000 books at **Lifeline's Castle Hill Book Fair**, while **Crows Nest Fest** promises music, food, markets and entertainment throughout the village.

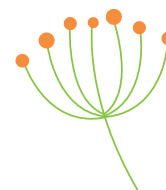
Looking ahead to November, we preview the beautiful **Hunters Hill Spring Garden Open Day** and the **Greenwich Village Arts Trail**, celebrating some of the wonderful gardens, artists and creative talent in our neighbouring communities.

There's plenty to discover close to home this spring!

Melissa

MELISSA BARKS - EDITOR

editor@thevillageobserver.com.au



TVO IS PRINTED ON PAPER THAT IS EFC
ELEMENTAL CHLORINE FREE,
ACID FREE & PULP FROM PLANTATION
FOREST. PEFC.

Thank you to all our supporters this month.
And a special thanks to our regular advertisers for their loyal support.
As a local, small publication, run by a not-for-profit charity,
TVO relies on our advertisers and partners to come to life every month.

Supported by



Discover the *Possibilities* at Amara Residences

'Open House'
31st October
10am-12pm

Imagine a day with more 'YOU' time.

At Amara Residences, a new home can be the beginning of something life-changing: more freedom, new friendships and more time for what you love.

Perhaps it is a morning spent enjoying your favourite activity. More time with family, a spontaneous coffee with a neighbour, or the freedom to head away without a long list of things to take care of before you leave.

At Amara Residences Longueville, moving home is about making room for these possibilities.

It is an opportunity to enjoy the independence of your own beautiful apartment and world-class amenities with the warmth of a community and the reassurance of support close at hand.

A big decision, made easier together.

Leaving a home filled with memories is not a small decision. There are practical questions about downsizing, sorting through belongings and organising a move. There are emotional ones, too. Will I feel at home? Will I meet people? Is this the right choice for me?

At Amara, we understand that the move begins long before the boxes are packed.

From your first conversation with our team to settling into your apartment, we are here to listen, answer questions and guide you through each stage.

We take the time to understand what matters to you, helping you feel informed, supported and comfortable with the steps ahead.

Discover the possibilities.

We invite you to join us for our Open House on Saturday 31 October 2026 from 10am to 12pm.
Call Megan Brooks on 1300 266 260.

A supportive community around you.

One of the most rewarding parts of moving can be the people you meet. A friendly hello becomes a conversation. A shared interest becomes a reason to catch up. Over time, familiar faces can become friends, bringing a sense of connection and belonging to everyday life.

At Amara, you can be part of a welcoming community while continuing to enjoy your own space, routines and independence. There is room to join in, and room to retreat to the comfort and privacy of your apartment.

There is also more opportunity to make your wellbeing a priority. Whether that means keeping active, making time to relax, enjoying social connections or finding support that suits your needs, our team is here to help you explore the possibilities.

With The Village Longueville approximately 100 metres away, local amenities are close at hand, adding another layer of convenience and connection to your neighbourhood.

When is the right time?

There is no single answer. The right time to move is different for everyone.

But it is worth asking: What could I be enjoying now?

You do not need to wait until looking after your home becomes a burden to explore a different way of living. Moving can be a positive choice—a chance to spend your time and energy on the things that bring you happiness.

Downsizing may mean having less to maintain. At Amara, it can also mean having more to look forward to.

Our aim is to make your transition as smooth and seamless as possible, so you can focus not only on what you are leaving behind, but on everything you have to look forward to.

JOIN US AT THE **LANE COVE**

ROTARY FAIR AND SUSTAINABILITY LANE



SUNDAY
11 OCTOBER
9:00AM TO 4:00PM



LANE COVE VILLAGE



Eco-friendly stalls



Electric vehicle showcase



Local community groups



Entertainment, rides and more!



Rotary
Lane Cove



Lane Cove
Council

lanecove.nsw.gov.au/events





Merri Southwood to serve a second term as Mayor

Lane Cove Council confirms its leadership team

At an Extraordinary Meeting of Council held on Monday 14 September 2026, Lane Cove Councillors elected Merri Southwood to serve a second term as Mayor through to September 2028, and Rochelle Flood to serve a second term as Deputy Mayor until September 2027.

Cllr Southwood thanked her fellow Councillors, the General Manager and Council staff for their support over the past two years. Reflecting on her re-election, Cllr Southwood said: 'Council is on an exciting path, and the work we've done together over the past two years has set a strong direction for where we're heading. I look forward to building on that momentum and delivering a very successful two years ahead.'

Cllr Flood said: 'It's a privilege to keep serving this community, and I'm looking forward to continuing that work alongside

Mayor Southwood and the rest of the team.'

Cllr Southwood was first elected Mayor on 10 October 2024. Cr Flood was first elected Deputy Mayor on 18 September 2025. The Mayor and Deputy Mayor are elected by fellow Councillors under the Local Government Act 1993.

Young Aussies urged to have a 'Sun-Safe Spring'

Ahead of what might be Australia's hottest summer yet, the Australian Melanoma Research Foundation (AMRF) is calling on Australians to have a 'Sun-Safe Spring' by educating themselves on the misconceptions of skin cancer, and learning to spot the signs. The campaign aims to highlight the realities of melanoma, especially for young people and why taking their health seriously, no matter their age, can make all the difference.

Melanoma is the second most commonly diagnosed cancer among Australians aged 20–39. It is the third most common form of cancer in Australia, claiming the life of one Australian every 6 hours.

With dangerous tanning trends online

and misconceptions around skin cancer, the AMRF says the need for sun-safety awareness and melanoma research is greater than ever. Early detection can make a significant difference, as around 90% of melanomas that are detected early are able to be treated successfully.

The AMRF funds research in Australia with the potential for high impact, near-term clinical application for melanoma prevention, diagnosis and treatment. Their mission is to work towards the prevention, early detection and treatment of melanoma in Australia by funding research towards improved outcomes.

'Spring is the perfect time for Australians to take an active approach to sun safety and make protecting their skin part of their everyday routine. Melanoma doesn't discriminate, and is often dismissed as a minor cancer of the skin that can be treated quickly. Early detection can save lives so this Spring, we're encouraging everyone to make it a Sun-Safe Spring and take their skin health seriously,' says Dr. Wayne Harvey, Executive Chair of the AMRF.

The AMRF has developed a free Sun-Safe Spring Guide. For more information and to download the guide, visit melanomaresearch.com.au/sun-safe-spring/



DENTIST

BORONIA PARK

02 9363 9190

107 Pittwater Road, Hunters Hill
dentalgarden.com.au



SCAN FOR
MORE INFO

BOOK YOUR
APPOINTMENT
NOW

- Alignment
- Cosmetic
- Replace missing teeth

- TMJ/Teeth grinding & clenching
- Children's dental care
- Wisdom teeth

DR WINSTON



DR FRANCES



DR SANDRA



PATRICK
GRIMES & CO.
SOLICITORS

Your Trusted Law Advisors

*A family business, now in our
52nd year in Lane Cove*

CONVEYANCING
WILLS & ESTATES
COMMERCIAL LEASING
COMMERCIAL LAW
DEBT RECOVERY
GENERAL MATTERS

CALL 9428 1577

For an appointment

1ST FLOOR, 139 LONGUEVILLE RD, LANE COVE

grimessolicitors.com

Charge it to the Room

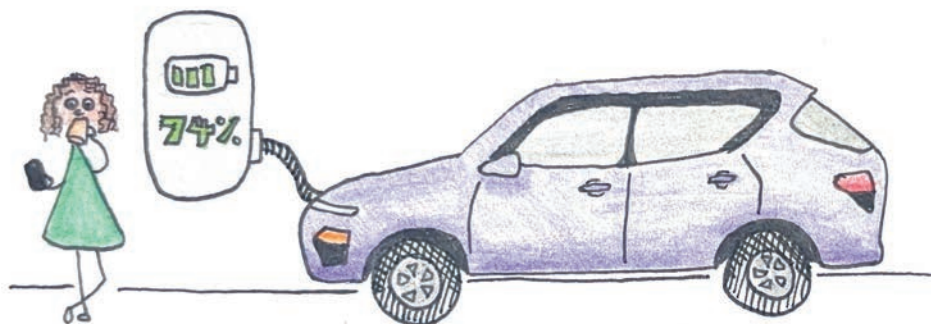


Illustration by Grace Kopsiaftis

I've barely started looking at buying an electric car and I'm ready to throw the towel in.

A once every twenty-year purchase might as well be a once every millennium purchase at the rate things change. Buying a car used to mean looking for mileage, fuel economy, and boot capacity. Now your attention must be turned to its range when fully charged. We're in entirely new realms of calculating wattage and at-home charging and amps and speed.

It's fabulously convenient to think your car can sit on your driveway and fill up while you're sleeping, but is it cheaper to charge at a servo? Or a roadside charger? What sort of power plan are you on? Do you have solar panels? A battery? Long trips now demand pre-planning your charging stops. No-one's asking 'what's she like on the open road' anymore, it's all about the charge curve. And don't get me started on colour or cup holders or handbag space.

My cobbled together research spreadsheet wouldn't look out of place on a NASA mission plan and I've barely got started. No doubt these niggles will seem bewildering down the track when all cars are driverless and self-charge automatically in daylight. Our experience transitioning from oil to electric will seem as antiquated to our grown grandchildren as the combustion engine did to us.

And the old model of a full tank of gas is out the window. Should you charge little and often or all at once? There's talk from a local dealer (unconfirmed, don't quote me, yada yada) of a nearby servo with twenty-minute high-speed free e-chargers. Which feels like a long time to fill up compared with petrol. But if that means a) a full tank of around 400kms, b) clean energy and c) zero cost versus eighty dollars or more, it's time well spent reading your book or doing Wordle. And if there's coffee on offer, I'm sold, even without the free charge.

It's still buyer beware however, with all the same potential of road rage, or should we say, charge rage. Charging stations break, as do petrol pumps. And Tesla drivers, formerly out on their own with a raft of chargers on hand, are not good at sharing. As an EV driver found at a servo recently where a Tesla driver was using the only non-Tesla charger, because it was cheaper. Thereby creating a backlog of disgruntled non-Tesla owners waiting on the only charger.

The other tricky factor is where you live. While some new strata builds and retirement villages already have savvy pay-as-you-go chargers, a building over ten years old has to retrospectively fit chargers and upgrade its grid. Bags not be on that strata committee.

Of course, you could just plug your charger into your garage wall and use common property power. Who's to know? I don't live in a strata block but there's a power point under the electric barbecue in my local park. All I need is an extension cable and job done.



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



2066 SHINES

One of the best things about travelling these days is the easy availability of digital news services from Australia. I'm a great fan of podcasts and keeping up with news and current affairs, even though much of it does not change. Wars, catastrophes, scandals, politics, the price of fuel are always in the mix but the dull repetition certainly aids sleep.

However, just this week I had a 3-hour drive from Lancashire to Surrey and it was wonderful to feel somehow involved in the debate that is going on in Australia around immigration. I was listening to National Forum, which although it was a television debate, made for great listening while I drove a boring motorway.

I was not distracted, but tuning into this discussion that brought together so many voices, each with vested interests, a valid lived experience and keenness to discuss the pros and cons of immigration, made me reflect on the community cohesiveness we enjoy here in our 2066 postcode. Of course we have our issues – what society doesn't? Yet somehow, I feel that the greater Lane Cove electorate is a stellar example of how multiculturalism can work, how various peoples can live together in harmony, irrespective of our various backgrounds.

The annual Lane Cove Festival, opening with Big Day Out and the Fun Run and culminating in the now huge Lane Cove Rotary Fair is when we really shine. The streets are packed with locals keen to meet and support their local community, for this is where most of the money stays.

But have you ever stopped to think from where these "local" residents came? The last census indicated that Lane Covies are predominantly Australian born (58%) but we now are home to migrants from China, England, India, NZ, South Africa, Hong Kong, Malaysia, Philippines, Iran, Korea, USA, Japan and Ireland, with 14% from a smattering of other countries.

There are no enclaves or ghettos. Instead, we rejoice in receiving the fruits of their culture reflected in the many cuisines on offer in the Canopy, the Plaza and along Longueville Road. Eating out was rare in my childhood for the skinny household budget did not stretch to such luxury. A big treat was dressing up for an annual school holiday visit to town for afternoon tea at the glamorous department store. It was always white bread sandwiches and scones of course.

Now I watch in awe as my grandchildren segue comfortably from Japanese to Italian to Indian to Chinese to French cuisines. And delight in knowing that this enthusiasm to taste new experiences will ease their journeys to foreign countries once they start to travel. Food is a great leveller and exploring different cuisines, as we now do regularly, has a subliminal effect on our psyche. After all, if you love Chinese food how can you not appreciate Chinese culture. Ditto Vietnamese food and culture, and so on. It all promotes a more cohesive community.

When once the gap year might have been England and Europe oriented, I now find travelling through Asia or travelling through

South America to be of more interest to my young clients. Their early exposure to so many different foods sparks an interest to learn more.

In turn, the migrants in our neighbourhood are grateful for our support and acceptance and start to give back, often at first within the schools, at simple events such as fundraising morning teas, or working bees. Many work first in local businesses, and once comfortable with their language skills and more confident, start to volunteer their time doing charity work. Again, the connections build strong and vibrant communities and create a wonderful place to live, work and play.

I love returning to Lane Cove after a long trip away and this time will be no different. The last three months, July to September, have seen me take 15 flights, and board four cruises: Explora I, Crystal Serenity, Ritz Carlton Yacht Collection Evrima and AmaWaterways Melodia.

I started in Rome, picked up group one and cruised and golfed for ten days enroute to Barcelona, flew to Iceland and Bulgaria for a week in each, then onto Prague to pick up group two for golf. That tour necessitated a flight to Lisbon to join Crystal again ending in Barcelona, with a flight to Paris and golf there for five days. Next was the Eurostar to London to join RCYC for golf cruise three, followed by a week in England testing for a new tour before flying to Bogota via Madrid for a river cruise Cartagena to Barranquilla on the Magdalena River. And then home via Miami and Los Angeles, in time for the Lane Cove Rotary Fair.

I look forward to seeing you there. Come by the bbq stand, say hello, buy a snag and a raffle ticket and luxuriate in what is wonderful with our world and our suburb on this day. And when you want to go out and explore, come and benefit from the breadth of lived knowledge that I can use to make your travel awesome!



Trendsetter

Travel & Cruise Centre

**TRENDSETTER TRAVEL &
CRUISE CENTRE**

9428 5900

info@trendsettertravel.com.au

www.trendsettertravel.com.au



**ADRIENNE
WITEMAN**
Managing Director

Greenwich Village Arts Trail 2026

The artists in Greenwich are in full swing preparing for the Greenwich Village Arts Trail. This popular annual event showcases 35 artists this year, with some new faces joining the many returning favourites. Three of the artists who have been in the trail for more than 10 years are ceramicists with their own studio kilns, who each use clay in their own individual way.

Petrina Slaytor has been potting for over 50 years - and in her Greenwich studio for more than 26. A social worker now retired, and still thinking of others, Petrina now sends all the profits from her sales to Mahboba's Promise, an Afghan charity for women. Petrina creates beautiful domestic ware and garden ornaments.

After falling in love with clay many years ago, Nicola Hart acquired the Greenwich School kiln and has built a hugely successful business producing finely crafted and delicately glazed homewares. Recently, Nicola has also returned to her painting roots, exhibiting her paintings and ceramics in solo shows in prestigious galleries across Sydney.

Long-term Greenwich resident Amanda Harrison bought her current house 15 years ago, only after approving of the double garage as her future studio. She immediately installed a largely solar-powered kiln from which she produces award-winning ceramic sculptures that she exhibits all over NSW and Australia. She also creates wax sculptures which she sends to a foundry to be made into bronzes.

Joining these three long-term trail ceramicists is popular ceramic artist Kim Hewitt, whose distinctive collection of hand-crafted pottery in both porcelain and stoneware will be on show for the second year after a fabulous reception on last year's debut trail.

So put on your walking shoes and head out for a great day exploring these and many more fascinating studios dotted all over Greenwich. Or make use of the free shuttle bus generously provided by Lane Cove Council. The bus travels in a continuous circuit from the top of Greenwich down to Greenwich Wharf.

The Greenwich cafes will be open all weekend, including a new addition 'Corner Shop Organics Cafe' at the top of the bus loop on Crowther Ave.

**THE GREENWICH VILLAGE ARTS TRAIL IS ON
7-8 NOVEMBER 2026, 10AM-4PM.**

Maps and brochures are available from the local Greenwich shops, or at each of the artists' studios on the weekend of the trail. Or www.greenwichvillageartstrail.com



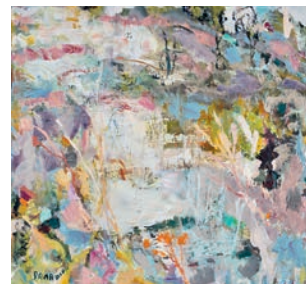
Amanda Harrison in studio
- photographer Amanda Harrison



Nicola Hart in studio
- photographer Phoebe Stone



Petrina Slaytor in studio
- photographer Glenn Crouch



Whispering Water, by Dana Dion



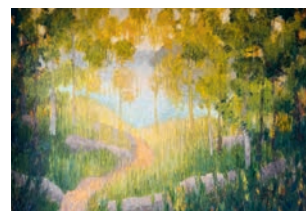
Branching, by MaryAnne Parry



Silk Scarves Sarongs, by Jamyla Humphries



Autumn Organic Collection, by Kim Hewitt



Harbour Foreshore, by Pete Finlay



2026 DAFFODIL SIP & SWAP

Fundraiser Raises Over \$40,000 for Cancer Council

On Friday, 21 August 2026, Courtney from Helloworld Travel Lane Cove, together with four other local working mums, hosted their annual **Daffodil Day Sip & Swap** fundraiser in support of the Cancer Council.

Held in The Cove Room, Lane Cove, the event centres around the concept of circular fashion, encouraging guests to give quality pre-loved clothing a second life while raising vital funds for a worthy cause. The evening was a wonderful celebration of fashion, community, entertainment and FUNdraising.

Now in its second year, the Sip & Swap event was a complete sell-out. Following the success of the inaugural event in 2025, which raised \$25,000, this year's fundraiser exceeded all expectations – **raising more than \$40,000** – with every dollar raised donated directly to the Cancer Council.

Cancer touches so many lives, and the Cancer Council continues to provide invaluable practical advice, emotional support and hope to individuals and families navigating a cancer diagnosis.

HOW THE SIP & SWAP WORKS

- Guests purchase a ticket and prior to the event, donate quality pre-loved fashion items
- On the night, each ticket includes two shopping tokens, allowing attendees to select their favourite pieces from the collection



- Of course additional tokens were available for purchase should anyone discover more treasures!
- Whilst shopping and mingling, guests enjoyed bottomless drinks and delicious nibbles, live entertainment and special guest speakers.

Fashion stylists and personal shoppers Kim Crowley and Caroline Jones shared expert styling advice and fashion tips, while psychic reader Rae Summers offered intuitive readings throughout the evening. This was a huge success!

The event received **outstanding support from both the local and wider community**, with generous donations and contributions helping make the evening such a success. Special thanks were extended to locals - Little Ladies Kitchen, Bern the Chef, Class Occasion Hire, Helloworld Travel Lane Cove, Spotted Orchid, Rebecca Mitchell from Raine & Horne, Baked by Pam, Charlie Powell Auctioneer and Snap Printing St Leonards, whose generosity helped make the night so memorable.

And of course a special acknowledgment and thanks to Rachael Gunn aka Raygun who was the MC for the evening! Raygun brought energy, enthusiasm and lots of fun to the event.

The committee were absolutely blown away by the result and the support received. The 2026 Daffodil Day Sip & Swap would not have been possible without the generosity of sponsors, donors, volunteers and attendees.

With more than \$40,000 raised for the Cancer Council, the 2026 Daffodil Day Sip & Swap was a remarkable achievement and a testament to the power of community coming together for a common, and such an important cause.

Following a sold-out event and a record-breaking fundraising result, excitement is building for what promises to be an even bigger and better **Daffodil Day Sip & Swap in 2027!**

helloworld
TRAVEL
THE TRAVEL PROFESSIONALS
LANE COVE

02 9418 6866

BIG NEWS FOR THE NORTH SHORE:

Lane Cove's Flagship Harris Farm Just Got Better



Faster checkouts, a new café corner and a milestone certification - here's everything that's changed at the store that put Lane Cove on the map.

Harris Farm has always been the place locals turn to for the freshest fruit and vegies, organic ranges, proper meat, plant-based options, gourmet grocery, and flowers - all under one roof. Nowhere shows that off quite like Lane Cove, a flagship store from the day it opened.

FLASHBACK: THE STORE THAT TURNED HEADS IN 2022

When Harris Farm Lane Cove first opened its doors, it became a flagship store overnight - the second-biggest Harris Farm in the country and one of the most talked-about grocery openings on the North Shore. Shoppers wandered for hours through an in-house butcher and the freshest fishmonger in the area (Fish In The Family),

an in-house salumi bar and deli counter that's still a local favourite, a wall of pizza, cheese range stocked with some 500 varieties from around the world, and stations for honey on tap and fresh popcorn. The store's circular bread wheel and pulley-operated bread towers became a North Shore landmark in their own right.

That spirit hasn't gone anywhere - if anything, we've kept building on it. Over the past few months, our Lane Cove team has been listening to what would make a visit that little bit better, and getting on with doing it.

The result is a store that still has all that character but feels easier to shop: easier to move through, easier to check out of, and easier to enjoy.



EASIER TO FIND YOUR WAY AROUND

We've re-laid and repositioned sections throughout the store, so you can move around more naturally without doubling back or cutting across the whole floor to grab a few things. New signage throughout makes it simple to spot exactly where you're headed, whether you're after the butcher, the bakery, or this week's specials.

FASTER AT THE CHECKOUT

Long queues have never been the Harris Farm way, and now they're even less likely. We've introduced a better queue management system at checkout to keep things moving, and added self-serve checkout for anyone with a basket of eight items or fewer - perfect for a quick top-up shop on the way home.



A NEW CORNER FOR COFFEE AND SOMETHING SWEET

There's a new in-store café for grab and go recently open by Rebel Fuel, serving fresh pastries, coffee and donuts - a welcome reason to linger a little longer, or to duck in just for a treat.



MORE CHANCES TO MEET THE MAKERS

You'll notice more sampling in store during the week, with suppliers on hand to talk you through what's new and what's in season. It's a great way to try something before it goes in the trolley.

BREAD FROM OUR FRIENDS AT BONFIRE BAKERY

Our concession partner BonFire Bakery has brought a better range of bread to the shelves, milled with ancient grains and Kamut, and baked fresh for the neighbourhood. If you haven't tried it yet, it's worth the detour to the bakery section.

EASIER PARKING, TOO

We've tidied up the car park, and Council now manages the car spaces - small changes, but ones that should make getting to us that little bit smoother.



WE'RE NOW A CERTIFIED B CORP

Alongside everything new in store, there's a milestone worth sharing: Harris Farm is now a Certified B Corp. After 55 years of trading, that's official recognition - independently checked and verified by the not-for-profit B Lab - of how we treat our workers, our community and the environment, and how we govern the decisions that affect all of them. You can't award this to yourself; it has to be earned and re-earned, and we'll be reassessed again in 2029.

It doesn't change who we are - it's simply a framework that holds us to account for the way we've always tried to do business, from standing by growers through good seasons and bad, to our Imperfect Picks range that's saved more than 54 million kilos of good food from going to waste since 2014. We're joining more than 10,000 B Corps worldwide doing business the same way: for people and the planet, not just the bottom line.

READ THE FULL STORY AT:
[harrisfarm.com.au/
greatergoodness](https://harrisfarm.com.au/greatergoodness)



***Drop in and see the changes for yourself
— we'd love to hear what you think.***

 **4/56-60 Burns Bay Road, Lane Cove**

 **Several hundred parking spots on site**

 **Monday – Sunday, 7am–10pm**

 **[www.harrisfarm.com.au/
pages/lane-cove](https://www.harrisfarm.com.au/pages/lane-cove)**



Markets, rides and sustainable vibes

LANE COVE
ROTARY FAIR AND
SUSTAINABILITY
LANE

Sunday
11 October

If you're looking for a fun day out for the whole family, put **Sunday 11 October** in the diary.

The **Lane Cove Rotary Fair and Sustainability Lane** are returning to the heart of Lane Cove, bringing together live entertainment, food, rides, market stalls, community groups and plenty of activities for all ages.

The Rotary Club of Lane Cove has been organising its street Fair since 1992, making it a well-established part of the local community calendar. The Fair is all about bringing people together, providing a fun family day out, showcasing local community groups and giving artisans the opportunity to sell their wares. It also raises money for local, regional and international community projects supported by Rotary Lane Cove.

Browse, shop and discover

One of the best things about a community fair is never quite knowing what you might find, and the **market stalls** are a big part of the attraction.

The Rotary Fair provides a marketplace for local and visiting artisans to showcase their work, with stalls offering an opportunity to browse, shop and discover something a little different. From handmade items and gifts to specialty products and other locally made wares, there will be plenty to look at as you make your way around the Fair.

The stall area is also a great way to support small businesses and independent makers. Meet the people behind the products, have a chat, ask questions and discover the stories behind what they are selling.

Community organisations will also have a presence at the Fair, giving local groups the opportunity to explain what they do and connect with people who might like to get involved. Whether you're looking for a new activity, interested in volunteering, want to find out more about a local organisation or simply want to see what is happening in our area, the stalls provide plenty of opportunities to stop and chat.



Music, performances and plenty of fun

There will be **live entertainment throughout the day**, with performances taking place around the Plaza and Canopy. The programme includes children's entertainment, dance performances, a wildlife show and live music. Later in the day, local community bands will take over, creating the sort of relaxed atmosphere that makes you want to stay a little longer.

There will also be a **Busker's Corner**, adding another musical element to the Fair and providing an opportunity for performers to entertain visitors as they explore the event.

For families, there is plenty to keep younger visitors occupied. **Amusement rides** will be located near the library, while the



Canopy forecourt will be home to a **petting zoo** from Golden Ridge Animal Farm.

Children will be able to get up close to lambs, baby goats, ducklings, rabbits, chicks, hens and a rooster. They can feed the animals and brush some of the larger ones inside a safe enclosure with friendly, trained staff. There will also be **face-painting stations** around the Fair – a perennial favourite with younger visitors.

And for something a little different, the **Lane Cove Fire Station** will be joining the Fair. Children will have the opportunity to tour the fire truck and have a go with the fire hose, while families can pick up information about home fire safety. The fire station will also be offering free home fire safety visits.

Stop for a sausage

If you need a rest break, the **Rotary BBQ**, sponsored by McGrath Lane Cove, will be operating in the Plaza on Fair Day, providing the much-loved sausage sizzle.



Will you strike it lucky?

The **2026 Mega Raffle** is supported by local businesses and other generous donors, with prizes ranging from experiences and vouchers to larger prizes. So if you're feeling lucky, make sure you grab a ticket while you're at the Fair. Tickets are \$5 and the raffle will be drawn at the Plaza stage at 3.30pm on Fair Day, with winners notified if they are not there when the prizes are drawn.

Sustainability Lane

Running alongside the Fair is **Sustainability Lane**, sponsored by Lane Cove Council and located in the Canopy area. It offers visitors the chance to discover practical ideas for living more sustainably, with interactive workshops, sustainable market stalls and live entertainment.

Sustainability will also be part of the Fair itself, with stallholders and visitors encouraged to follow more sustainable practices, including the removal of single-use plastics.

One of the highlights will be the unveiling of the **Welcome to Sustainability Lane archway**, a new public artwork created by local primary school students.

Sustainability Lane also provides another opportunity to discover local organisations and businesses working towards a more sustainable Lane Cove, making it a natural extension of the Fair's community focus.

Make a day of it

With market stalls to browse, community groups to meet, music and performances to enjoy, rides and animals for the kids, face painting, the fire truck, a BBQ and a Mega Raffle, there will be plenty to keep everyone occupied.

The Fair is ultimately about **community coming together** – and with so much packed into one day, there should be plenty of opportunities to do just that.

**Lane Cove Rotary Fair and Sustainability Lane,
Sunday 11 October, 9am-4pm.**

For the latest information, visit the Lane Cove
Rotary Fair website
www.lanecoverotaryfair.org



THE BAYTREE RESORT-STYLE LIVING. EXTRAORDINARY LIFE.

A refined lower North Shore lifestyle with premium amenities and a level of service that feels effortless.

Make The Baytree your new address.



Discover luxury retirement living, redefined at The Baytree.

1800 723 723 | [ardency.com.au](https://www.ardency.com.au)



Crows Nest Fest 2026 set to bring the village to life

The countdown is on to **Crows Nest Fest 2026**. For one action-packed day, the streets, laneways, parks and public spaces of Crows Nest will be transformed into a vibrant celebration of food, music, art, culture, community and local business.

With 200+ market stalls, four entertainment stages, gourmet food and food trucks, live music, family activities, live art, roving performers and plenty of surprises, there will be something happening around every corner.

Four stages. Music all day.

Live music, dance and performance will provide the soundtrack to the Festival across four entertainment stages and performance spaces.

The **Big Music Stage** in Ernest Place will showcase local talent and school performers throughout the day. The **HATENA Stage** will celebrate local dance schools, cultural groups and community performers, while emerging student musicians will have their own place to perform on the intimate **Base Music Stage**. At **Art.Beats.Bar**, DJs, artists and festivalgoers will come together for a high-energy mix of music, creativity and live art.

Come hungry

Crows Nest Fest is made for food lovers.

Dedicated Gourmet Food and Food Truck Alleys will serve up a feast of international flavours, street food and Festival favourites throughout the day.

Combined with Crows Nest's established restaurant, café and bar scene, visitors can grab something on the go, settle in for lunch with friends or turn the day into a food adventure through the village.

Big fun for little festivalgoers

Families will have plenty to keep younger festivalgoers entertained, with the Kids Zone returning with favourites including pony rides, a petting zoo, circus playground, face painting and family-friendly activities.

Roving performers will move through the Festival throughout the day, creating spontaneous moments of fun and bringing colour and energy to the streets.



- Sunday 18 October 2026
- 10am – 5pm
- Crows Nest Village, Sydney
- Free entry | All ages

For Festival updates, program announcements and visitor information visit crows-nest.com.au



Composite or Porcelain?

CHOOSING THE RIGHT VENEERS FOR YOUR SMILE

A beautiful smile is rarely about simply making teeth “whiter” or “straighter”. The best cosmetic dentistry considers the relationship between teeth, lips, gums, facial proportions and the way a person naturally smiles.

There is an important distinction between putting veneers on teeth and designing and delivering them well. Successful veneer treatment requires careful diagnosis, smile design, photography, tooth preparation, material selection, bite planning and meticulous finishing.

COMPOSITE VENEERS: CONSERVATIVE AND VERSATILE

Composite veneers are made directly on the teeth using a tooth-coloured resin. One of their greatest advantages is versatility. Composite can often be added with little or no removal of healthy enamel, and the dentist can shape and modify the result directly during the appointment.

This can make composite an excellent option for:

- closing small spaces
- repairing chipped or worn teeth
- changing tooth shape or proportions
- relatively minor cosmetic improvements
- younger patients where preserving enamel is particularly important
- patients wanting a more affordable or potentially reversible approach.

However, composite is not simply a “cheaper version” of porcelain. It has different physical and optical properties and can stain, lose surface lustre, wear or chip over time. The quality of the result is also highly dependent on the dentist’s ability to sculpt natural anatomy, translucency and surface texture.

The best composite veneers should not look like composite veneers.

PORCELAIN VENEERS: PRECISION AND STABILITY

Porcelain veneers are thin ceramic restorations fabricated individually, usually by a skilled dental laboratory, before being bonded to the teeth.

Porcelain can reproduce the optical properties of natural enamel extremely



An example of conservative composite treatment. Notice the change in tooth proportions and smile harmony rather than simply the change in colour.

well. Its surface is highly resistant to staining and, when properly designed and polished, can maintain its texture and lustre for many years.

For patients wanting a significant smile transformation, porcelain can offer an exceptional combination of aesthetics, strength and long-term stability.

But porcelain is not automatically the better choice.

Veneers are elective dental restorations, and placing them can involve permanently altering the tooth. Ideally, preparation should remain predominantly within enamel because



Treatment planning is an essential part of aesthetic dentistry. The aim is to understand the desired result before irreversible treatment begins.

bonding to enamel provides important advantages for long-term predictability.

Modern porcelain veneers can be remarkably durable, but “long lasting” does not mean “permanent”. Veneers can fracture, chip or debond, and problems can occur if the underlying teeth or gums are not healthy.

THE DENTISTRY YOU DON'T SEE IN THE PHOTOGRAPH

The final before-and-after photograph is only the end of the story.

Before considering veneers, I want to understand the patient’s teeth, gums, bite, smile and facial characteristics. I look at tooth proportions, gum position, tooth position, existing restorations and tooth structure, as well as how the teeth function together.

Sometimes orthodontics is the more appropriate first step. Moving a tooth may be preferable to preparing it.

I also consider **smile dynamics**. Teeth do not exist in isolation. We evaluate how they appear when the patient smiles, speaks and relaxes.

This is what makes treatment planning so important. The aim is to understand the desired result before treatment begins.

WHAT MAKES A VENEER LOOK NATURAL?

Natural teeth are not perfectly uniform. They have subtle variations in translucency, texture, shape and colour.

A successful smile design considers facial symmetry, tooth proportions, incisal edge position, gum architecture, tooth inclination, contact points, embrasures, translucency, surface texture and the way light reflects from the teeth.

This is why I am cautious about the idea of a standardised “Hollywood smile”.

A smile should be designed for the person, rather than selected from a catalogue.

SO WHICH SHOULD YOU CHOOSE?

There isn't a universal answer and the material itself is not the most important decision.

The greatest mistake is thinking veneers are primarily a material choice.

They are a diagnosis and treatment-planning decision.

The risks of veneer treatment can include sensitivity, fracture or chipping, debonding, marginal discoloration, decay around restoration margins and changes to the bite. Existing tooth wear, grinding and the condition of the teeth themselves can also influence long-term outcomes.

That is why I believe a comprehensive aesthetic assessment should come before any discussion of “how many veneers” a patient needs.

The goal is not to put veneers on as many teeth as possible. The goal is to create the best possible result while preserving as much healthy tooth structure as possible.

EXCEPTIONAL AESTHETIC DENTISTRY IS IN THE DETAILS

When you look at a beautiful veneer case, it is tempting to focus only on the final photograph.

But the real quality of the treatment is often hidden in the details: the diagnosis, smile design, mock-up, preparation, communication with the dental laboratory, ceramic selection, adhesive protocol, cementation, finishing and polishing.

Ultimately, the restorations need to look natural not just in a photograph under perfect lighting, but when the patient is talking and smiling.

That is what I love about aesthetic dentistry. It isn't simply about making teeth look beautiful. It is about combining biology, engineering, artistry and precision to create a result that belongs to the person sitting in the chair.



Close-up photography allows subtle details of tooth anatomy, translucency, texture and gingival health to be appreciated.



DR ANDREW SEE

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

HOW ARE WE DIFFERENT?

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

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

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



If you have any questions you have always wanted to know about aesthetic or implant dentistry contact us at:
info@advanceddentistrysydney.com.au

ADVANCED DENTISTRY SYDNEY
COSMETIC AND IMPLANTS

9816 4885  dr.andrewsee
advanceddentistrysydney.com.au

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

Generations of Learning

Local schools celebrate milestones, memories and community

The 150-year history of Greenwich Public School

BY ELIZABETH HARTNELL - *Parent volunteer historian*

In 2026, Greenwich Public School celebrates its 150th year. Twenty-three principals have taught between 16 children to almost 500 today. Over these years and four different locations, school children have learned how there is 'Nothing Without Work' per the school's Latin motto.

There was a very special Spring Fair on 20th September and 150th birthday celebrations on the 24th. Former students alongside current members of the school community gathered to commemorate local education. There were historic games, silent and live raffles helped to raise funds for the school while everyone enjoyed musical performances. Everyone took home a piece of the fair, including some 150 GPS merchandise.

The school officially opened with Miss Mary Ann Dunn as teacher in 1876. Students travelled by boat from Long Nose Point in Birchgrove, Onions Point in Woolwich, and even Cockatoo Island, also home to Miss Dunn. In 1880 Greenwich became a full primary school with up to 40 students taught by Mrs Agnes Munroe.

The Department finally decided to build a new brick school on Mitchell and Robert Streets and Mrs Munroe moved up the hill in 1882, teaching between 40 and 70 children. She was at Greenwich until the middle of 1895.

John Leemon transformed the school from 40 some students to 150 within the decade. He had a profound impact on Greenwich, introducing School Savings Bank, regular sports, concerts for prizes and fundraising. In 1895 a wooden school room was removed from Macquarie Street South Public School and re-erected at Greenwich with the 1882 brick schoolroom converted into part of Leemon's residence.

Increasing enrolments required the school to be relocated.



Greenwich Public School. c.1910

The new building opened in 1909 on Greenwich Road. There were five classrooms built under Leemon's leadership, and the school tripled in enrolment.

Greenwich Public School has been an active part of the local community. Captain Robert Scott's sledge, crafted from Australian spotted gum, has hung on our walls for a century. A.C. Samuels who was its builder, lived on Bay Road in Waverton and donated the sledge and a sign to the school in the 1920s.

Greenwich expanded uphill again in 1953 under Albert Carlisle's leadership. For over seventy years it has educated local school children on both of these sites, with younger ones learning on Greenwich Road and older students making their way to the Kingslangly campus.

Within the last decade both campuses have seen significant builds with new classrooms and upgraded playground amenities. Under the current direction of Callum Thomson, Greenwich Public School is on a path to continue working in educating locals and retaining its community spirit. 'NIL SINE LABORE'



Outdoor fun in 2026



Captain Robert Scott's sledge has been on display at GPS for a century



LCPS students interview former student Peter Overton.

150 years of memories, community and pride at Lane Cove Public School

BY SARAH O'DONNELL

There are not many school days that bring together generations of families, former students, teachers, grandparents and current students – but Lane Cove Public School's 150th anniversary was certainly one of them.

Current students welcomed former students and teachers, opening their classrooms, performing on stage and proudly showcasing the school they know today.

The day was filled with the sights and sounds of the school's past and present. Historic memorabilia and displays including a past time capsule, brought its story to life, while students shared the many opportunities they enjoy currently.

There were musical performances, open classrooms and an art exhibition celebrating the creativity of LCPS students at Gallery Lane Cove. A book stall, run by The Bookery, added new books to the school library.

A highlight was former student and journalist Peter Overton, who took part in a student-led interview on stage. A surprise video message from former student, Nicole Kidman, delighted everyone. Distinguished guests from all three levels of government also joined the school community for the occasion.

For Principal Terry McKinnon said: 'The 150 Year Celebrations were incredible and demonstrated how Lane Cove Public School has inspired excellence over the past 150 years. So many of our former staff and alumni enjoyed the opportunity to see how the school has changed, as well as reacquaint themselves with past friends and colleagues.'

P&C President Don Moloney said the celebrations captured the excitement and spirit of the school community. 'A huge thank you to all the wonderful volunteers who turned up and contributed their time and energy to make the day such a success.'

Behind the performances, displays and activities were teachers, staff, parents and carers giving their time, sharing their memories and helping create a day the students could be proud of.

For those who returned, it was a chance to remember the school they once knew. For today's students, it was a chance to see that they are now part of its history too.

After 150 years, Lane Cove Public School continues to bring generations together – with each one helping shape the next chapter.

The 'Jubilee Walk': Memories Set in Stone

Lane Cove West Public School (LCWPS) is celebrating its Jubilee Year and 75 years of public education. At its official opening on 17th March, 1951 there were 49 students and two teachers. Seven and a half decades later, it has grown into the vibrant school community we know today.

Now, it's time to celebrate!

To mark this wonderful milestone, LCWPS is inviting its community, past and present, to come together for its Jubilee celebration on Saturday 24th October, 2026 from 2pm to 6pm. Whether you were once a student, teacher or parent, are part of the school community today, or simply have a connection to the school, everyone is welcome.

'Jubilee Walk'

A very special part of the Jubilee celebrations is the 'Jubilee Walk' - a lasting tribute to the people who have been part of the LCWPS story.

Past, present and future students, families and staff are invited to purchase a customised paver, which will be permanently installed outside the Lorraine Lusby School Hall. Whether you're commemorating your school years, celebrating a family connection or recognising years of service, your paver will become part of the school's story for years to come.

There are two paver options available:

- Engraved paver \$50: Add your family name and years of attendance or service.
- Hand-drawn paver \$55: Create a personal design or message to make your paver uniquely yours.

Forms, instructions and payment options are available on the school's website under the '75th Jubilee' heading.

Help Us Preserve Our History

We're searching for old school memorabilia to feature in our special school history displays on October 24th.

Do you have an old school photograph, newsletter, uniform, badge, report card or another treasured memento from your time at LCWPS? We'd love to hear from you!

Physical items can be dropped off at the school office on any school day after 10am. Digital photographs and other material - including personal stories, memories and recollections - can be emailed to lanecovewestps75@gmail.com.

Every contribution will help piece together the story of our school and ensure that the memories of generations past are preserved for generations to come.



COMMUNITY CONNECTIONS

SawasdeeLife
HUA HIN, THAILAND — FOR AUSTRALIANS 55+

Your new retirement adventure, shared with friends — in Hua Hin, Thailand.

A supported 3 or 6-month adventure in Thailand for Australians 55+ — with new friends from day one.



New Friends, New Possibilities

 **Settling-in support**
 **Social activities**
 **Local guidance**

Founded by a Lane Cove local who has lived in Thailand for over 25 years.

Vanisa Bulpakdi

Scan to learn more

Arrange a friendly chat >

www.sawasdeelife.com | 0469 306 005

PEOPLE | PLACES | A BRIGHTER TOMORROW

SawasdeeLife is operated by Health Vitality Co., Ltd., Thailand. Terms & conditions apply.

Lifeline
HARBOUR TO HAWKESBURY SYDNEY

CASTLE HILL BOOK FAIR

Experience a Lifeline Book Fair

FRI 9 to SUN 11 OCT
8am–5pm each day

**Benildus Hall, Oakhill College,
423-513 Old Northern Road, Castle Hill**

With an incredible selection of **over 70,000 books** at fantastic prices!




9498 8805

lifelineh2hsydney.org.au

Hire Rates: \$55 per hour

ROOM HIRE AT THE MEETING HOUSE

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

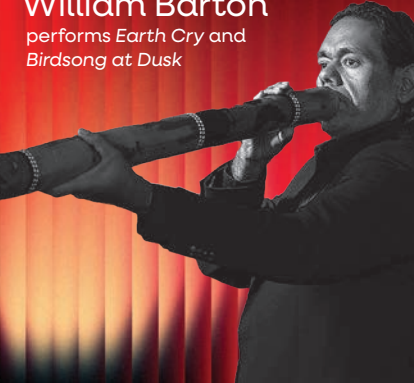
- Spacious hall + enclosed outdoor area
- Full use of commercial kitchen.
- Tables and chairs available
- Convenient Lane Cove location

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

Willoughby Symphony Orchestra

ORGAN SYMPHONY

Experience the beauty of the Australian landscape when **William Barton** performs *Earth Cry* and *Birdsong at Dusk*



The Concourse, Chatswood

Saturday, 7 November 7pm
Sunday, 8 November 2pm



BOOK NOW
willoughbysymphony.com.au

WILLoughby SYMPHONY ORCHESTRA

Lane/Cove MUSIC

Sydney Eisteddfod/Pollard Instrumental Awards For Performance Excellence.

**TUESDAY 13TH OCTOBER 2026
AT 7.30 P.M.**

VENUE:
**Longueville Uniting Church Hall
47A Kenneth Street,
Longueville 2066**

Ten of the most outstanding solo instrumentalists between the ages of 13 and 15 years will be selected from the 2026 Sydney Eisteddfod for these awards. Their performances will be followed by an audience vote and the awarding of prizes.

- **TICKET BOOKINGS:**
www.lanecovemusic.org.au
- **ENQUIRIES:** 9428 4287
- **Diary date for our final 2026 concert: Tuesday 24 November at 7.30pm with Le Basque Trio of Tenor, Piano and Horn.**

Maggie

COUNSELLING SERVICES

We all struggle sometimes

Life can feel overwhelming, so reaching out for support can make a real difference.

Services offered

- Grief & Loss
- Stress, Anxiety, Depression
- Self-Esteem, Confidence
- Relationships

HopeWise Counselling, Gladesville Medical, 275 Victoria Road, Gladesville.
\$75 for 50 minute session. \$100 for couples.
Call 9817 2522 to book a session.
Also available on zoom hopewisecounselling.com.au

MEMBER OF **ACA** **AUSTRALIAN COUNSELLING ASSOCIATION** **Psychology Today** **HEALTHCARE PROFESSIONALS**

Councillors Merri Southwood and Rochelle Flood have been re-elected as Mayor and Deputy Mayor for a second term, with Southwood serving through September 2028 and Flood through September 2027.

Mayor's Message

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

What a wonderful time it has been for our community, with the Lane Cove Festival bringing our venues and public spaces to life with an array of talent and creativity last month. Thank you to everyone who came along, participated and helped make the festival such a success.

It is Mental Health Month in October, with the theme "A Little Connection Goes a Long Way". Council is running the "Positive Pitstops Trails" throughout the month to provide opportunities for people of all ages and backgrounds to connect socially and engage in wellbeing activities for their mind and body. The events will include exercise and fitness, nature and outdoors, home improvement and mindfulness. Read on for more information.

Speaking of community, there is plenty more to look forward to with Rotary Fair and Sustainability Lane taking place on Sunday 11 October. This will be a fantastic day out for the whole family, and I encourage you to come along, enjoy the festivities and support our local organisations.

Here's to another wonderful month of community, connection and celebration in Lane Cove!

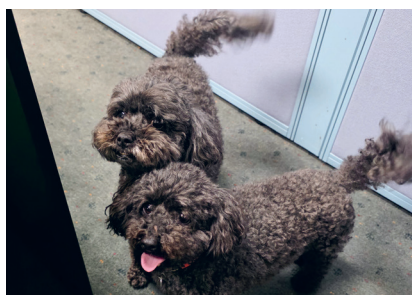


Lane Cove Volunteers Celebrated at 2026 NSW Volunteer of the Year Awards

Volunteers from Lane Cove and the North Shore were celebrated at the 2026 NSW Volunteer of the Year Awards in August.

Greenwich resident Gabriel Dickinson, North Sydney SES Deputy Unit Commander, won North Shore Volunteer of the Year and North Shore Young and Emergency Volunteer of the Year for keeping the community safe during storms and floods. Riverview resident Jeff Lewis won North Shore Adult Volunteer of the Year for his work with the Making Waves Foundation, using his boat-building and sailing skills to create opportunities for young people and people with disability.

Several other Lane Cove residents and volunteer teams were also recognised. Council congratulates all the recipients and thanks local volunteers for making our community stronger, safer and more connected.



A Helping Hand for Two Very Special Dogs

Above and beyond for Coco and Minnie.

Sometimes helping our community means helping its four-legged residents too.

When toy poodles Coco and Minnie recently came into Council's care, our Rangers and Customer Experience team sprang into action. Rangers collected the dogs, and another staff member took them home each night for several days, making sure they were fed, walked and settled while the team tracked down their family. Coco and Minnie have now been safely reunited with family members.

A big thank you to everyone in Rangers and Customer Experience team, and especially to Ben and Nicole who helped make it happen. This is what going the extra mile looks like.

Lane Cove Band Takes Out State Championship

Congratulations to Cameraygal Wind Symphony, part of Lane Cove Community Bands, on winning the NSW State Band Championship in August!

Led by Gavin Staines OAM, the band consists of around 70 adult woodwind, brass and percussion players, with performances featuring both classic and contemporary wind band music, along with some lighter and more entertaining pieces.

This talented ensemble regularly performs at Lane Cove events, including ANZAC Day and Australia Day ceremonies, and more recently at last month's Lane Cove Festival.





Weed of the Season

Cat's Claw Creeper (*Dolichandra unguis-cati*) is a fast-spreading invasive vine that smothers native plants and tree canopies, via seed and underground tubers.

Identify it by paired leaves with claw-like tendrils, yellow trumpet flowers and leathery seed pods — don't confuse it with the native Traveller's Joy (cream star-shaped flowers, fluffy seed heads).

Control: cut and scrape stems near ground level, then apply glyphosate immediately, or hand-remove small plants and tubers.

Landholders must control invasive weeds under the Biosecurity Act.

Join Council's free Backyard Habitat Program: lanecove.nsw.gov.au/Backyard-Habitat-Program

Mental Health Month: Follow the Blue Clouds

This October, boost your wellbeing at a Positive Pitstop near you. As part of Mental Health Month, Lane Cove is celebrating the 2026 theme, "A Little Connection Goes a Long Way," with Positive Pitstops popping up across the LGA all month - open to all ages and abilities.

Follow the blue clouds, tick off your Positive Pitstops Passport, snap a photo along the way, and go in the draw to win one of three \$50 Lane Cove gift cards. Watch for bonus pitstops for an extra ballot entry.

You'll be able to pick up a passport at the Library and Civic Centre from 1 October 2026.



Meet Your Neighbours

Do you want to get to know your neighbours and local community better?

Expressions of interest are now open for our Meet Your Neighbours events. Council will reimburse up to \$250 for food and non-alcoholic drinks for a neighbourhood event. You can host a BBQ breakfast, trivia night, pizza party or let us know what idea you have!

For more information and to submit your EOI, visit haveyoursay.lanecove.nsw.gov.au/myn2026

Walk Organisers Wanted in Lane Cove

Love a good chat and a walk around the neighbourhood? Heart Foundation Walking and Lane Cove Council are looking for volunteers to lead free walking groups across the LGA.

As a walk organiser, you'll pick a regular time and place, welcome walkers, and help create a friendly, social way for locals to get moving - all paces, abilities and ages 18+ welcome. No experience needed; full training and support is provided by the Heart Foundation, and it's flexible around your schedule (most organisers spend about two hours a week on their group).

Keen to get involved? Email walking@heartfoundation.org.au

Consultation Corner

Would you use a community E-shuttle bus?

Lane Cove Council wants to know if residents would use a community E-shuttle on two possible routes.

A 2024 feasibility review found bus coverage is generally good at peak times, but flagged two gaps:

Greenwich/Riverview to Lane Cove Village off-peak, and Lane Cove West Business Park to Chatswood at peak. It also found a shuttle would be costly to run, with no business sponsors yet on board — so before going further, Council wants to know how many people would actually use it.

Take the short survey for one or both routes at haveyoursay.lanecove.nsw.gov.au - closes Tuesday 13 October 2026.

Questions? transport@lanecove.nsw.gov.au or 9911 3555.



Keep your Food Waste Fresh this Spring!

With the arrival of spring and warmer weather, it's a good time to give your food waste routine a little refresh. Warmer temperatures mean that your food scraps decompose quicker, become a little smellier, and are more attractive to flies. But a few simple tricks can help keep your kitchen caddy and food waste bin fresh and fly-free.

Keep it dry: Drain excess liquid from food scraps before putting them in your caddy. Keeping your caddy dry helps reduce smells and makes it easier to empty.

Sprinkle in some bicarb: A light sprinkle of bicarbonate of soda in the bottom of your caddy and bin can help absorb moisture and reduce odours.

Keep it closed: Make sure the lid is closed and secure to keep flies out. If you spot flies or maggots, wash your caddy with hot, soapy water and dry it thoroughly.

Chill it: Pop meat, seafood and other smelly food scraps in the fridge or freezer until closer to collection day.

Empty regularly: Don't let food scraps hang around. Empty your caddy into your food waste bin regularly.

What's on in Lane Cove October 2026

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



EVENTS

Synergy Youth Open Day

Sunday, 25 October 2026, 9:00am–1:00pm, Synergy Youth Centre.

Synergy Youth Centre annual Open Day is back! Local families and young people are invited to Synergy Youth Centre to explore our space, enjoy some food and check out our market stalls. Learn about your local youth services and support young local artists on the music stage and in the mini market selling pre-loved or handmade items.

Sustainability Lane at Lane Cove Rotary Fair is This Month

Sunday 11 October, 10:00am–3:00pm, The Canopy and Birdwood Lane.

Don't miss Lane Cove Rotary Fair, a fun-filled day of entertainment, market stalls, food, rides and family activities. Lane Cove Council's Sustainability Lane returns to the Fair once again, bringing plenty of inspiration and practical ideas to help you live more sustainably. In addition to interactive workshops, sustainable market stalls, and live entertainment, this year's event will also unveil a new public artwork, the Welcome to Sustainability Lane archway, created by local primary school students. www.lanecove.nsw.gov.au/Sustainability-Lane



Laughter & Disaster Workshop

Tuesday 13 October, 10:00am–11:30am, Cove Room, Lane Cove Council Civic Centre.

Want to learn skills to improve your health and wellbeing? Start your day with fun interactive laughter activities, breathing exercises and stress relief techniques, along with a presentation on emergency preparedness tips. All participants will receive a FREE mini emergency hand crank portable

radio & charger, and an emergency document holder, worth over \$55. *Free to attend but registrations essential.*

Senior Drivers Workshop

Wednesday 14 October 2026, 10:00am–12:30pm, Lane Cove Library.

This informative workshop designed specifically for senior drivers, covers important topics such as driver safety, new car technology, driving laws and assessment and licensing regulations. *Free to attend, bookings essential.*

Motorcycle Maintenance Workshop

Saturday 17 October, 10:00am–12:30pm, Lloyd Penn Motorcycles, 48 Punch Road, Artarmon.

Bring your own motorbike and join fellow riding enthusiasts at this workshop where our expert mechanics will show you how to keep your bike running smoothly. *Free to attend, bookings essential.*

Let's Ride Together

Sunday 18 October, 10:00am–2:00pm, Blackman Park.

Enjoy a family day of cycling with free bike tune-ups, safety checks, riding skills workshops for children aged 3–8, and our annual Helmet Decoration Competition. BYO bike, helmet and water bottle, food provided. *Free to attend, bookings essential.*

The Plastic Country - Film Screening

Thursday 5 November, 6:00pm–8:00pm, The Canopy.

Get ready to pull up a picnic rug and join us for the long-anticipated film screening of The Plastic Country! The film follows Australian filmmaker and ocean advocate, Kal Glanznig, on a journey across Australia to uncover the true impact of plastic on our beaches, wildlife, communities, and health. Watch the film and hear from panellists working in the plastic pollution – and solutions – space. *Free to attend, register at lanecove.nsw.gov.au/The-Plastic-Country*



Gaming, Gambling and Growing Up: 2026 Parent Webinar

Monday, 19 October, 06:30pm–08:00pm, online.

Learn simple, practical ways to keep young people safe from online gambling risks. Join us for an essential 60-minute webinar designed to help parents recognise, understand, and address gambling behaviours among young people.

BUSHCARE EVENTS



Let's Go Bug Hunting

Saturday 3 October, 9:00am–11:00am, Lane Cove Community Nursery.

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

Tannery Creek Habitat Walk

Saturday 17 October, 9:30am–11:00am, Tennyson Park, Lane Cove.

Lillypillies, tree ferns and stunning Red Gums provide habitat for possums, scrub-wrens and the threatened Powerful Owl at Tannery Creek. Join an owl expert from the Powerful Owl Project to discover how urban green corridors help native species thrive in our busy city.

What's on in Lane Cove October 2026

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



COMING UP @

THE CANOPY

VISIT THECANOPY.COM.AU

Pickleball

- 25 September - 9 October
10:00am - 4:00pm free

Hula Hooping

- Wednesday 7 October,
12:00pm-1:00pm



Play Garden

- Thursday 8 October,
9:30am-11:30am

Rotary Fair and Sustainability Lane

- Sunday 11 October
9:00am-4:00pm



Open Mic Night

- Thursday 15 October,
6:00pm-8:00pm

Navratri Gala

- Friday 16 October,
5:00pm-8:30pm



Makers Market

- Sunday 18 October,
9:00am-3:30pm

Zumba by Bluefit

- Tuesday 20 October
4:00-5:00pm



Doggy Day Out with Doggy Disco

- Saturday 24 October,
9:00am-3:00pm

K-Pop Demon Hunters vs The Besties: Halloween Glow Party

- Friday 30 October,
6:15pm-8:30pm
\$16.30



LIBRARY EVENTS

www.lanecove.nsw.gov.au/Library-News-Events

In Conversation with Sophie Stern, Cassie Stroud and Katie Hoskins

Thursday 1 October,
6:15pm-7:30pm.

An exciting night of literary conversation with three best-selling Australian writers. Books will be available to purchase at the event. **Bookings essential.**

Poetry Workshop: Verse Novels with Beth Steiner

Thursday 8 October,
2:00pm-3:30pm.

Join author and slam poet Beth Steiner to learn all about verse novels and workshop your own creative writing ideas. Ages 10+ years. **No bookings required.**



Building Resilience: The Body Remembers

Saturday 10 October,
2:00pm-3:30pm.
A practical session with European Certified Psychologist and Psychotherapist, and Somatic Experiencing Practitioner, Ksenija Mijatovic exploring the nature of resilience, what stress does to the body and what you can do about it. **Bookings essential.**

Caring Changes You with Rosemary Gattuso

Monday 12 October,
6:15pm-7:30pm.

This National Carers Week, join author Rosemary Gattuso as she explores the emotional realities of caring, why carers can lose sight of themselves, and practical ways to navigate caring through a strengths-based approach. **Bookings essential.**

Military History Talk: Rails West: The Australian Railway Companies on the Western Front

Tuesday 13 October,
6:15pm-7:45pm.

Hear Lt Colonel (Rtd) David Deasey OAM RFD discuss the vital role of Australia's railway regiment and NSW Government Railways locomotives in France during World War I. **Bookings essential.**

Tech Savvy Seniors:

Discover Email

Thursday 15 October, 2:30pm-4:30pm.

In this workshop for adult beginners, you will learn how to write, send and reply to emails, open and send attachments and photos, and recognise and report spam emails. If possible, bring your phone, tablet or laptop. **Bookings essential.**

Grandparents Day: Thank you Craft @ Greenwich Library, Lane Cove Library, St Leonards Library, and The Yarn, Hunters Hill.

Wednesday 21 October,
3:00pm-4:00pm.

Drop-in and create a special thank-you present for your grandparents in celebration of Grandparents Day! **No bookings required.**

Learning to Lead

Thursday 22 October,
6:30pm-7:30pm.

Leadership speaker Geraldine Koh draws on 20+ years of experience and a multicultural perspective to explore how everyday leadership shapes communication, decisions, relationships and our impact on others. **Bookings essential.**



Moments in Music: A History of Jazz

Wednesday 28 October,
10:00am-12:00pm.

Local musician Graham Ball presents a review of Jazz from its African origins to the present day. Explore the famous works, composers and players who shaped this music genre, from Dixieland to Bebop, Swing to Fusion, Latin to Cool. **Bookings essential.**



Halloween Storytime

Wednesday 28 October,
5:30pm-6:00pm.

Come dressed in your Halloween best for our Silly Spooky Evening Storytime! Join us for Halloween themed songs and stories and take home a craft pack. **No bookings required.**



HSC Support at the Library

Fridays, 5:00pm-8:00pm and
Sundays 2:00pm-5:00pm
until 25 October.

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

Exceptional Aged Care. *Beautiful Living.*

PATHWAYS

LONGUEVILLE

Discover Pathways Longueville

Pathways Longueville offers premium residential aged care in 142 beautifully appointed private suites, with elegant spaces, exceptional amenities and personalised care.

Residents also enjoy convenient access to The Village Longueville Health & Wellbeing Precinct, featuring a medical centre, pharmacy, allied health services, hydrotherapy pool, gym, gourmet grocer and café — all within one connected community.

- ✓ Boutique luxury residence
- ✓ 24/7 personalised care
- ✓ Restaurant-style dining
- ✓ Wellness & lifestyle programs
- ✓ Hair & beauty salon
- ✓ Adjacent to Lane Cove Golf Club



SCAN TO BOOK A PERSONALISED TOUR or call 9052 5000



Proud Sponsor of the 2026 Lane Cove Rotary Fair

Rotary
Club of Lane Cove



Domestic violence

DR CARL WONG

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



One only needs to turn on the evening TV news, open their social feeds, or read the print newspaper (I'm declaring my ageing preference now) to see that society is becoming depressingly problematic. One sobering example is domestic violence – a major health and welfare issue in Australia, occurring across all socioeconomic and demographic groups, but predominantly affecting women. This type of violence can have a serious impact on an individual, their families and communities, and can inflict physical injury, psychological trauma and emotional suffering. The effects can be long-lasting and can affect future generations.

Domestic violence occurs between current or former intimate partners (sometimes referred to as intimate partner violence).

The word violence in this context can be a misnomer.

Maybe a more accurate description is domestic 'abuse'. Domestic violence/abuse is not always obvious.

We might imagine violence as a physical assault that leaves visible injuries. Yet abuse can also take the form of words, threats, humiliation, manipulation, isolation, financial control and constant monitoring. Sometimes there are no bruises to see. There may only be a person who has gradually become quieter, more anxious and less confident.

Consider the facts from the most recent ABS study from 2022:

- 1 in 4 women and 1 in 14 men have experienced physical and/or sexual violence from an intimate partner since the age of 15.
- 23% of women and 14% of men have experienced emotional abuse by a current or previous partner.
- 16% of women and 7.8% of men have experienced economic abuse from a current or previous partner.

Domestic violence is often spoken about in terms of statistics, police reports, injuries and court cases. These things are important, but behind every statistic is a person - a person with a story, a family, a history, hopes for the future and a basic natural desire to feel safe in their own home.

Stacy is someone who has escaped domestic violence. During a 3.5-year relationship, she knew what it felt like to be frightened in her own home, what it felt like to question herself, to lose pieces of who she was, and to wonder whether she would ever truly feel safe again. 'Even today, I am still fighting for the closure and safety that I have spent years trying to find,' she says.

Home is supposed to be a place of refuge; where one should expect to be able to close the door on the pressures of the

outside world and feel secure. For someone experiencing domestic violence, however, home can become the place they fear the most. The person who should provide companionship and protection may instead become the source of fear, intimidation and pain.

Perhaps one of the most disturbing aspects of domestic violence is the way it can slowly change a person's understanding of themselves. When someone is repeatedly told that they are worthless, stupid, incapable or responsible for everything that goes wrong, those words can begin to take root. The victim may start questioning their own judgement and wondering whether the abuse really is as serious as it seems.

To the outsider, leaving may appear to be a simple solution. From inside the situation, it can be extraordinarily complicated. There may be children involved, financial dependence, nowhere safe to go, fear of retaliation or years of emotional manipulation.

The person may be frightened about what will happen if they leave - or what will happen if they try and fail.

We should also reflect on the silence that can surround domestic violence. There is a deeper question for all of us: *How do we respond when we suspect that someone we know is being abused?*

Bystanders remain silent because sometimes they do not know what to say, are afraid of becoming involved or assume that what happens inside another person's home is none of their business. But silence can leave a victim feeling completely alone.

Our first response can make a significant difference. Sometimes the most powerful thing we can say is simple:

'I believe you.'

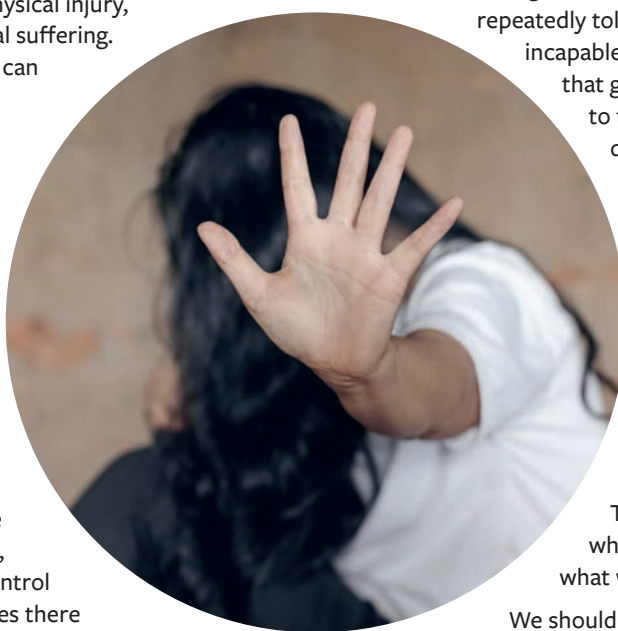
'This is not your fault.'

'You deserve to be safe.'

'I'm here to listen.'

These words do not solve everything, but they can begin to break through the isolation that often surrounds domestic violence.

Stacy agrees: 'Because there was a time in my life when somebody helped me. Somebody saw me when I desperately needed to be seen. Somebody gave me kindness when my world felt anything but kind. And that one act of compassion helped change the direction of my life.'



Leaving an abusive relationship can itself be a dangerous period. For this reason, people experiencing domestic violence often need more than encouragement. They need practical support, safety planning, understanding and access to professional services. Stacy's journey has been channelled to where she is now part of a charity helping people escape similar domestic abuse (see below for details).

The impact of domestic violence extends further. A child does not have to be physically assaulted to be affected. Hearing shouting, seeing a parent frightened or living in an atmosphere of tension can leave deep emotional scars. Children learn about relationships partly by watching the adults around them. When violence and control become normalised, they may grow up with distorted ideas about love, power and conflict. Breaking the cycle therefore requires us to think not only about protecting people today but also about the kind of relationships we want future generations to experience.

Domestic violence also challenges us to think about what love really means. Love should not require fear. Love should not demand obedience. Love should not involve controlling another person's friendships, finances, movements or communication. Love should not require someone to constantly walk on eggshells, wondering what mood they will encounter when they walk through the front door.

Domestic violence reminds us that a person's outward appearance rarely tells us the whole story. The person who seems cheerful at work, the neighbour who keeps to themselves, the friend who repeatedly cancels social occasions, or the family member who seems unusually anxious may be carrying a burden that we cannot see.

We therefore need to become a community that does not look away. We can become people who notice, listen and respond with compassion. We can learn to recognise warning signs and know where professional help is available (see below). We can challenge jokes, attitudes and behaviours that trivialise violence or portray controlling behaviour as normal.

Perhaps the greatest reflection is this: everyone deserves to feel safe where they live and loved by the people closest to them. Domestic violence can cause enormous damage, but it does not have to define the rest of a person's life. With safety, support and appropriate professional help, people can recover. They can regain confidence, rebuild relationships and rediscover a sense of independence and hope. One act of compassion can make all the difference.

Stacy agrees and shares a quote that she lives by: 'Helping one person may not change the world, but it may change the world for one person.'

HELPFUL RESOURCES:

- **CALL 000**, if someone is in immediate danger.
- **1800RESPECT (1800 737 732)** is Australia's national **24/7** phone and online support service for people affected by domestic, family and sexual violence.
- **ESCABAGS** – provides support for that critical **24-48** hours when a person escapes their environment. **www.escabags.org**



WATERFRONT RETIREMENT LIVING AT WOOLWICH

Newly Refurbished Waterfront Apartments with Lane Cove River Views

Discover relaxed, low-maintenance living at James Milson Village Woolwich. These newly refurbished two-bedroom apartments offer comfort, security and sweeping water views in one of Sydney's most sought-after harbourside settings.

Designed for easy, retirement living within a welcoming village community, providing peace of mind now and into the future.

Live independently. Feel supported.

- Newly refurbished two-bedroom apartments
- Water views over the Lane Cove River
- Maintenance-free living with 24-hour emergency call system
- Optional in-home care and support services
- A connected, welcoming village community

A limited number of refurbished apartments are available. Enquire today to book a private inspection.
(02) 9346 1500
reception@jamesmilsonvillage.com.au
jamesmilsonvillage.com.au

Hunters Hill Spring Garden Open Day

With jacaranda season set to transform Hunters Hill into a sea of purple, residents and visitors are invited to explore some of the municipality's most beautiful gardens at the Hunters Hill Spring Garden Open Day on Sunday 1 November 2026.

The Rotary Club of Hunters Hill, in partnership with Hunters Hill Council, is excited to once again stage the popular event, showcasing winning gardens from this year's Spring Garden Competition alongside a selection of stunning showcase gardens from across the municipality.

Mayor of Hunters Hill, Clr Zac Miles, said the Open Day is a wonderful opportunity to celebrate the area's rich gardening heritage and community spirit.

'We are thrilled to continue this event with Rotary, which celebrates Hunters Hill's unique character as Australia's oldest garden suburb,' Clr Miles said.

'The Open Day provides a rare opportunity for residents and visitors to experience some of the area's most beautiful gardens during jacaranda

season and recognise the passion and creativity of our local gardening community.'

Charles Amos from the Rotary Club of Hunters Hill said the event remains a much-loved tradition in the community.

'The Spring Garden Open Day continues to go from strength to strength, and we're delighted to once again welcome visitors to some of the municipality's most beautiful gardens,' Charles said.

'We're grateful for the support of Hunters Hill Council, our major sponsor Binet Homes, our garden owners and the wider community, whose involvement helps make this event possible.'

Over the past three years, more than \$30,000 raised through the event has been dedicated to upgrades at Hillman Orchard. This year, all funds raised will support the restoration of the stone stairs at Kelly's Bush, a treasured location with a rich social history that has been lovingly preserved by local Bushcare volunteers.



L-R, Felicity McCaffrey, Charles Amos - Hunters Hill Rotary Club, Hunter's Hill Mayor Clr Zac Miles, Rodney Binet - Binet Homes.

The Open Day will be held on Sunday 1 November from 10am to 3.30pm, commencing from Hunters Hill Town Hall. Visitors are invited to view the winning gardens from this year's competition, as well as other beautiful showcase gardens throughout the municipality that were not entered in the competition.

A free shuttle bus will operate from Hunters Hill Town Hall to assist visitors travelling between participating gardens.

Tickets are on sale now for \$30.

For more information and to purchase tickets, visit www.huntershill.nsw.gov.au/garden.

Proudly presented by:






HUNTERS HILL SPRING GARDEN OPEN DAY

SUNDAY, 1 NOVEMBER 2026

TICKETS ON SALE NOW | \$30

Ticket includes access to all open gardens + free shuttle bus

For more information visit: huntershill.nsw.gov.au/garden



Discover Park Meadows



Retirement Living. Opposite Parramatta Park

- Just released. A range of 1, 2 & 3 bedrooms with secure underground parking from \$760,000
- A walkable address, just two blocks to Westmead Health Precinct, the light rail, and village shops.
- Uninterrupted views over 85 hectares of heritage listed, Parramatta Park.
- Home Services to your door, pay as you go for support on your terms.*
- Cafe, pool, infrared sauna, walking group, book club and more.
- Ready to move in early 2027.



Book your appointment

Get in early to ensure full availability across floor plans & view the display suite.

Call Isabella on 0422 202 060

Parkmeadows.com.au

1 Caroline St, Westmead.

*Information is current at the time of publication and are subject to change. Services available on a user-pays basis. Additional fees and charges apply. Uniting operates under the Retirement Villages Act. You will have to pay a departure fee when you leave.

Uniting



Liam and a walking group.

Maggie Lawrence
 chats with Community
 Chaplain, Liam
 McKenna about his
 community work in
 Lane Cove.



Sunday lunch.



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

Ministering Meaningful Connections

Liam McKenna grew up in the small town of Bromyard in rural Herefordshire, an English county best known for its beef cattle and beer!

‘It’s not in Wales, but it’s as close to Wales as you can get and still claim to live in England,’ Liam chuckled.

Liam’s early interest in community was greatly helped by his growing up in this small market town where people all knew each other. His mother was a nursing assistant and his father a proud, Irish labourer working on the mass construction projects of 70’s and 80’s Britain.

‘My father was working on the vicarage roof the morning I was born. Walter, the vicar passed on the news from the bottom of the ladder. Maybe it was one of Walter’s prayers that day that started my spiritual journey.

‘Growing up in a blended family was hard on everyone. A large family in a small home was no picture postcard. The breadth of ages and financial stresses of the decade inevitably produced a mixed bag of good and bad. My parents divorced when I was five.’

Performing at the Royal Albert Hall

The first-time Liam heard someone sing in person it made a lasting impression on him and he found a new form of expression that he loved.

‘Sue was an old family friend and became more of a fairy godmother. She made it possible for me to learn piano which combined with singing and some lessons in orchestral percussion (who doesn’t like making a noise), set me up for a future in music.’

Liam became music captain for his school and performed in venues including The Royal Albert Hall and cathedrals throughout the UK and Europe.

‘I wasn’t brought up in a religious household. The local parish church choir provided the stability I didn’t have at home, and it became like family to me. I was only there for the singing, initially as a treble and later bass.’

In 2005 when Liam was 20 the Church sponsored him to do a three-year bachelor’s degree in Youth Ministry

including community work and applied theology at a college in Bristol.

‘I was supporting people in youth and community work including caring for others with communication and engagement,’ he said.

Dreaming of living down under

With jobs difficult to come by, in 2017 Liam realised a long-held dream, moving to Australia. Here he started his training to become a Minister and became a Lay Pastor at Neutral Bay Uniting Church.

‘I was invited to complete my training in Lane Cove. After I was ordained as a Minister I took up my role in the Lane Cove Uniting Church.’

Fostering community connections

Liam is passionate about people living full and meaningful lives. The things that he valued as a child were the importance of community and having the support of people around when he needed them.

‘I wanted to be able to help others to find this as well and working in the local Lane Cove community became a big part of the work that I now do. Whether it’s a walk where people can reflect on place, meaning and ritual, or something more straightforward like a gathering to reflect on meaningful practises. I never want people to feel they have to come to a church to find this, but rather they can find more meaning in their lives by engaging in spiritual practices in their local community,’ he said.

Liam spends most of his time connecting with people beyond the walls of the Church, creating environments that foster community connections. This can involve collaboration with community members, local government and urban planners to create places that become more useful for the people that use them.

‘My goal is for people to make more meaning of their lives: where they are, where they come from and where they are headed. My work is helping people to cultivate meaningful connections with neighbours. I’m encouraging churches to embrace local spaces and to foster more ways of welcome and hospitality. This is the work that I love and long may it continue,’ he concluded.

Mary's House Services announces second domestic violence refuge.

As Mary's House Services marks a decade of providing life-saving support to women and children escaping domestic and family violence, it has announced the acquisition of a refuge property in Sydney's northern suburbs.

Over the past 10 years, Mary's House Services has leased a property to operate its original refuge and has provided more than 20,000 safe room nights to families in trauma.

The new property will complement the existing refuge and will be the only refuge with self-contained apartments for women and children in the area, more than doubling Mary's House Services' refuge capacity. The second Mary's House refuge will provide temporary crisis housing for women and children of all ages, including families with pets.

What began as a small community organisation has grown into one of the region's leading specialist domestic and family violence services, supporting hundreds of women and children annually through refuge accommodation, specialised social worker services, housing coordination, trauma-informed counselling, legal and financial support, and a range of therapeutic and wellbeing programs.

Mary's House Services' CEO Yvette Vignando said the new refuge will transform the organisation's ability to meet growing demand, and save lives.



'Specialist domestic violence refuges in Sydney's northern suburbs are in dangerously short supply.

'We don't receive a cent from government to operate our existing refuge and refuge casework services. I'm confident that caring community donors, corporate and individual philanthropists will continue to believe in and support our belief: that everyone has the right to live in safety.'

Mary's House Services will welcome its first families to the new refuge in 2027.



Why families trust Downsize and Move...

- ✓ **Nearly 20 Years of Experience** helping Sydney seniors move with confidence and care
- ✓ **Compassionate, Senior-Focused Team** – patient, respectful and understanding every step of the way
- ✓ **Complete Downsizing Service**
Declutter → Pack → Move → Unpack
One experienced team managing everything from start to finish
- ✓ **Charity Donations & Auction Assistance** to help maximise value and reduce waste
- ✓ **Experienced with Hoarding & Complex Moves** – no judgement, just practical support
- ✓ **Author of Downsizing Into Happiness**
Written by owner Dan Salamati to help seniors and families enjoy a smoother, less stressful move

WE
HANDLE
IT ALL
WITH
CARE



Contact Dan today

☎ 0401 849 909

✉ dan@downsizeandmove.com.au

f @Sydney Seniors Downsize

📷 @retirement_downsize

🌐 www.downsizeandmove.com.au



PEDALS, PASSES AND PLENTY OF STRUDEL

Six days, one satnav mysteriously fluent in Italian, and a husband convinced he was born to navigate: welcome to our self-guided e-bike tour of Slovenia. Turns out ‘self-guided’ is doing a lot of heavy lifting in that sentence. **WORDS BY LIZ FOSTER**

DAY 1: Bled – Kranjska Gora

We start in Bled, home of the famously named scenic glacial lake in the Julian Alps where no motorised craft are allowed, making it peaceful and beautiful, a rare combination.

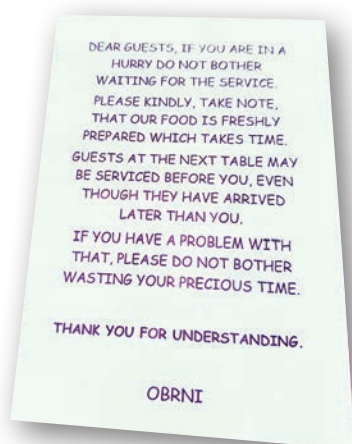
We’re up early to get our ebikes and the strict 9am luggage handover. A genial sweaty bloke hovers in Reception waiting for us. Is he the bike guy or the bag guy? He grabs our cases and takes off at pace. The bag guy, then. Hopefully.

Thankfully the bike guy is outside unloading our bikes from a van. He rapid fires instructions about charging, locking, and saddle height with the skill and patience of someone who does this several times a day. My husband John is in charge of the self-guided satnav. I’m in charge of filming clips of us cycling through scenic villages, hurtling round mountain hairpins and occasionally being thrown into fields by passing semi-trailers.

We load our day packs into the panniers. Our app tells us the gradient, kms and terrain and route for each day. We’ve been in Bled for a couple of days so set off with swagger for our first official leg like smug locals passing the day trippers. We make it as far as the beach. Between the hard-to-see screen and the Satnav directing us in Italian,

we make a wrong turn, not once or twice but three times.

But finally we’re heading out of town towards the village of Rečica, passing stunning clear blue natural springs running straight off the Alps. Next stop is a beautiful roadside hostelry and waitress straight out of *The Sound of Music*. The pace is slow and the menu’s limited but we’re enjoying just soaking it up. After our first of many strudels on this trip, we spot a notice on the table. It seems not all tourists are equal.



Kranjska Gora is a lovely town crouching at the foot of the Alps like a mini-Thredbo. We wrestle the bikes into the locker room designed in size and access for skis before staggering out for dinner.

Strudel rating: 7/10. Bike locker 5/10

DAY 2: Kranjska Gora - Bovec

This is the hardest leg, traversing sixty kilometres crossing the Vrščič Pass to a 1600m elevation. The WW1 hairpins have been preserved, charming until you have to navigate fifty of them. Those Russian POWs sure knew how to build a cobbled road. If you thought that ebikes were the same as mopeds, you’d be wrong. Sore quads don’t come close.

We reach the top and are rewarded with amazing views and local herbal mountain tea.

At the hotel we bag our laundry and calculate the cost per item before unpacking the laundry and hand washing essentials. Our bike shorts and underwear enjoy a lovely panorama of the Julian Alps when drying.

Strudel: 6/10. Bike locker: 7/10



DAY 3: Bovec - Tolmin

We set off, fortified with supermarket rolls after a rest day. They’re fantastic and you can have anything as long as you like ham, cheese or pickle.

The route mapper indicates a disturbing 19% of the terrain as ‘unknown’. But cycling always feels safe because Slovenian drivers are hyper aware of cyclists. Most of our itinerary is through lanes and villages and we’re on roads as little as possible.

The hotel bike locker turns out to be the hotel cellar, accessible only via the steep adjacent staircase. Impossible to push the heavy bike up without power assist.

Strudel: 2/10. Bike locker: 3/10.

Note to self – do not confuse ‘strudel’ with ‘strukli’.



DAY 4: Tolmin – Goriška Brda

There's a lot of gravel on this section. We head towards Kanal, an otherwise unremarkable town until we reach the ancient bridge. It's the only water crossing for miles and makes for a picture-perfect vista. The local coffee shop sells nothing but coffee – true story – so we grab some slices of burek (a sort of pie shaped gozleme) at a bakery and head to the river.

After lunch we follow the watercourse until the lane narrows and an approaching cyclist starts yelling and gesticulating about a rock on the road. We slow with trepidation and discover said rock, the size of a bowling ball, in the middle of the road. Which we are able to a) easily avoid, and b) easily move, unlike the cyclist.

We stumble across a local bar for prosciutto and wine and discover we're in Italy. It's a warm and fuzzy weave on to Smartno, a picturesque medieval hilltop village perched on the Venetian-Austrian border. Once a strategic fortification, these days its better known for its wine, luckily for us.

We run into a couple we befriended in Bled which is always strangely thrilling when you literally don't know anyone else in the country.

Strudel: 8/10. Bike locker: 9/10.

DAY 5: Goriška Brda- Sežana

John heads down early with his bag and I'm right behind him. By 9.05 I'm in the lift and my phone's ringing. The bag guy, different every day and prompt as ever, is toe tapping in Reception.

Off we set on a giant 59 km leg. It's beyond stunning, with very little traffic and views you just have to stop and marvel at. We hop across the border to Italy for a coffee before tackling the steep climb on our last stretch.

We arrive in Sežana quite late and lower our poor aching bodies into the pool, the first so far. There's only one restaurant in town which thankfully is a fifty metre walk and also open – not always a given.

Strudel: 9/10. Bike locker: 10/10



DAY 6: Sežana - Piran

We pass through Lipica, home of the Lipizzaner horses and manage to jag a view of a training session. The three-hundred-year-old stables with their vaulted ceiling are still used today – warm in winter, cool in summer, which makes me think our architects could learn a thing or two from them.

Most of this sixty-kilometre leg is a descent, through some fabulous car free tunnels hugging the valley edges as we wind down into Trieste in Italy. I hit the top speed of 53km per hour, something that would earn me a speeding ticket on Mowbray Road! After Trieste we meet the short Slovenian coast and navigate winding loops, heading towards the windy bay with Venice a smudge on the horizon.

We stop for a final roadside lunch of sea bass and prawn risotto at a town I can't pronounce and head to our final destination, Piran. One of the most stunning coastal towns you will ever see. We pedal through the main town square, bikes still charged, panniers still intact, satnav in English. We're staying in the square and we cycle right up to the hotel door. It feels like the most perfect end to our journey.

Final strudel rating: Irrelevant. At some point we stopped rating and just kept eating.





The Castle Hill Book Fair returns to Oakhill College this October

Book lovers, collectors and bargain hunters, clear some space on your bookshelves because the Castle Hill Book Fair is returning to Oakhill College from Friday 9 to Sunday 11 October 2026.

Organised and run by the dedicated volunteers of Lifeline Harbour to Hawkesbury Sydney, the ever-popular Book Fair will once again fill the Benildus Hall with more than 70,000 high-quality pre-loved books, covering over 50 different categories.

There is plenty to explore, whether your shelves are filled with fiction or you prefer history, politics, science, travel or something a little more niche. Categories include Animals, Art, Architecture, Biography & Memoir, Business & Law, Children's & Young Adults, Cookery, Craft, Fiction, Gardening, History & Politics, Literature, Military, Music, Old Favourites, Psychology, Science, Sci-Fi, Sport, Study Guides & Textbooks, Transport, Travel and plenty more.

And you certainly don't need to be a bookworm to come away with something! The Book Fair will also feature a wide variety of CDs, DVDs, vinyl records and jigsaw puzzles, making it well worth a browse.

Rare and Collectible Special Books

A much-loved feature of the Castle Hill Book Fair will return with 40 Special Books and collectables offering an incredible mix of historical works, limited editions, beautifully bound sets and rare and unexpected finds.

Across the collection, there are plenty of fascinating pieces to discover, each with its own story and history. Whether you're a keen collector, searching for a special gift or simply love the thrill of uncovering something unique, the Special Books collection is well worth exploring. To view all 40 Special Books, visit the website (details below).

Supporting Lifeline Harbour to Hawkesbury Sydney

Every purchase at the Castle Hill Book Fair helps fund Lifeline Harbour to Hawkesbury Sydney's crisis support and suicide prevention services. That means every book, record, or puzzle you take home makes a direct difference to the lives of people in our community.

So gather your family, bring along a bag or two, and come along to uncover your next great find.

- **Address:** Benildus Hall, Oakhill College, 423-513 Old Northern Road, Castle Hill
- **Date:** Friday 9 – Sunday 11 October 2026
- **Time:** 8am-5pm daily
- **For more information on the Castle Hill Book Fair, please click here:** www.lifelineh2hsydney.org.au/love-books/castle-hill-book-fair/



LOVE BOOKS?

There are even more ways to find your next great read and support Lifeline!

There are two Lifeline Book Shops in Hornsby and Lindfield - open all year round - or shop online for a curated selection of rare and collectible books - all while still supporting this great cause.



- **Hornsby Book Shop.** 20 George St, Hornsby NSW 2077.
Tues-Sat, 10am-4 pm. Sun, 11am-2pm
- **Lindfield Book Shop.** 328 Pacific Hwy, Lindfield NSW 2070
Tues-Sat, 10am-4pm. Sun, 11am-3pm
- **Online Book Shop** - ebay.com.au/str/lifelinebookshop

Be part of Mental Health Month at City of Ryde Libraries

Discover strategies to support good mental health at City of Ryde Libraries this October as part of Mental Health Month!

- **A Taste of Forest Bathing:** Explore the Japanese practice of forest bathing and learn how mindfulness and connection with nature can support your wellbeing.
Friday 16 October, 10:30am-12:30pm, Ryde Library
- **Creative Corner: Brainwaves to Brushstrokes:** Learn simple neurographic drawing skills and discover how this artform develops mindfulness.
Tuesday 20 October, 1:30-3:30pm, Gladesville Library
- **Cuppa and Connect with Beyond Blue:** Enjoy a morning tea and connect with others as you hear from a Beyond Blue Community Speaker sharing her mental health journey and advice for finding support.
Friday 30 October, 11:30am-12:30pm, Gladesville Library

To make a booking and get all the details on these events, head to www.ryde.nsw.gov.au/Events/Mental-Health-Month.



Resilience & resourcefulness: insights from 1880s sustainable living

You could win a free tour of Carisbrook Historic House! When the Brooks family made Carisbrook their Lane Cove home in the 1880s, they occupied a world without an electricity grid or town water. As you experience a tour of Carisbrook Historic House, you can see the resilience and resourcefulness of their lifestyle.

Please visit us at Lane Cove Rotary Fair's Sustainability Lane to see up-close some of the kitchen 'gadgets' of the 19th century and other inventions designed to assist the lives of people in those times. Most of these devices have now completely disappeared from our homes and perhaps you will be hard pressed to even know what they are! Take a guess to win a free tour of Carisbrook.

We will also have some interesting photographs on display at the Fair from Lane Cove's early days. Some streets were just a dusty route with not many houses at all; or see the old shop fronts in Lane Cove village when the tram service ran along Longueville Road.

Immerse yourself in Lane Cove of the past to learn new ways to make our lifestyles more resilient and resourceful.

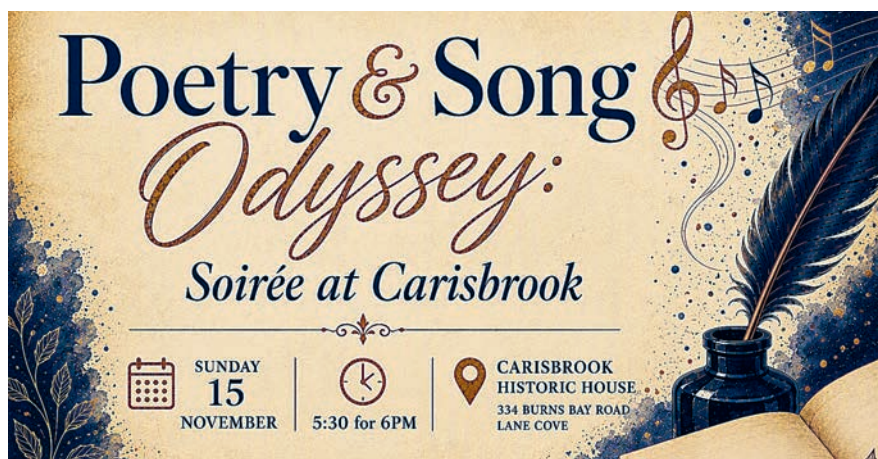
- **Lane Cove Historical Society @ Sustainability Lane** on Sunday 11th October.
- **Carisbrook Historic House Tours and Devonshire Tea** on Saturday 17th & Sunday 18th October from 10am to 4pm

Lane Cove History Prize Awards

The winner of this year's \$1,500 History Prize will be announced on Tuesday 27th October. Join us for this exciting event at Lane Cove Library and hear from the winner as they present the results of their original research. Be a part of history in the making!

Wine and cheese will be served at this free event.

- **Tuesday 27th October at 7pm in Lane Cove Library.** Free entry includes wine and cheese. Bookings are not required.



Poetry & Song Odyssey: A Soirée at Carisbrook Historic House



Lane Cove Historical Society is excited to present an evening of original works by local poets, with interludes of musical performances featuring poetry in song. Known as Art Songs, the piano is featured to actively shape the mood and narrative alongside the singer.

This promises to be a wonderful evening for everyone, but especially for lovers of poetry and music.

- **Wine and Cheese** (included in the admission cost) will be served in the beautiful setting of the 1880s, Lane Cove's Carisbrook Historic House courtyard.
- **Date:** Sunday 15 November 2026, 6 PM - 9:00 PM
- **Tickets:** Book now at TryBooking for an early-bird discount using this link <https://www.trybooking.com/DPOZE> or the QR code.



PAM PALMER
President Lane Cove
Historical Society Inc
www.carisbrookhouse.com



We take away your unwanted vehicle and top dollar paid on the spot

With over 25 years of experience, our business specialises in no fuss removal for those unwanted, unregistered, damaged, or unroadworthy vehicles, regardless of their condition, year, make, or model.

CARS. TRUCKS. UTES. VANS. CARAVANS.



Call Wal 0425 304 475 today

MD032436

Big Little Truths

By Liane Moriarty

REVIEW BY ANNA LODER

My Spring reading so far has been fantastic, I have read some wonderful books, and it is looking like a bumper rest of the year with a sequel to *The Time Traveller's Wife*, a new Min Jin Lee and Michael Robotham not to mention new *A Court of Thorns and Roses*! It is a great time to be a reader isn't it?

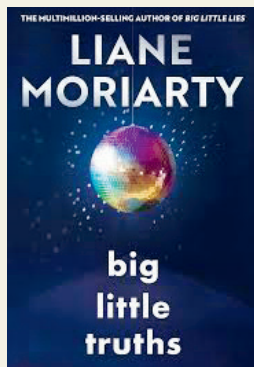
Just like everyone else I was so excited when I heard there was a new Liane Moriarty novel coming this year and you could have blown me down with a feather when I saw it was a sequel to *Big Little Lies*; I knew they didn't live happily ever after! All that drama, secrets and lies does not bode well for a happy rest of time does it? I think I probably wonder about the state of Celeste's relationship with her mother-in-law and Jane getting it on with Tom the cafe owner regularly. I definitely think of the perfection of making the bed as a team at least once a week...back to Pirra wee! I could not wait to get back to Madeline, Celeste, Jane, Renata and Bonnie.

I tore through this novel and loved everything about it. I am 48, these characters are turning 50 and it really leans into all the middle-aged woes my friends and I are experiencing - the frozen shoulders, ageing parents, ageing children and whether or not we believe in burpees.

This was such a great sequel and if you are worried it won't live up to *Big Little Lies* please don't be; this is Liane Moriarty at the height of her powers. It was so fun and full of witty insights and funny spot on characterisation ...full of twists and turns that seem so obvious looking back. *Big Little Truths* is a fantastic novel, and I am so glad! Such a great sequel and novel in its own right.

And then of course I thought about all the characters I have met over the years and how a 'This is Your Life' style check in with your favourites short story collection would be the best. Wouldn't it be so great to see how everyone is faring 10 years on?

What are you looking forward to? There are still some absolute crackers to come. *Full House* by Chris Hammer. *Because You Are Mine* by Pamela Cook. *Once, Again*, *Always* by Amanda Gayle ...so much to look forward to!



John Longmire: Pain perspective and premierships – my autobiography

REVIEW BY KEITH BARKS

Ah! The sporting memoir. The highs. The lows. The agony. The ecstasy. The ultimate triumph over countless adversities. Except, this one has more to offer than most: more pain, more heartbreak, and much more anguish.

Long John's mire? Not a bit of it. This is a compelling read about one of the most influential figures ever associated with the Sydney Swans. Yes, it's about a talented country boy who became a teenage goalkicking sensation, becoming the youngest winner of the Coleman Medal as the leading goal kicker in the AFL in 1990. He eventually amassed over 500 goals in 200 appearances, for just one club, North Melbourne.

But there was despair along the way. Injury, which would eventually curtail his playing career, robbed him of a chance to play in the Kangaroos' 1996 Grand Final victory against, ironically, the Swans. He wasn't selected when the team returned to the big dance in '98. But, despite not kicking a goal all year, he was part of the triumphant team the following year. He bowed out a premiership winner.

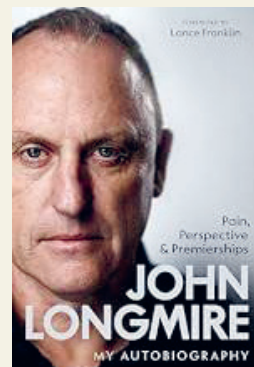
The story does not end there. As VP of the Players Association, John led the union's collective bargaining agreement, negotiating pension rights and securing a lasting commitment to player welfare. He then dabbled as a sports agent before being lured onto the coaching staff at the Sydney Swans.

An 11-year apprenticeship under the legendary Paul Roos ensued. This tutelage placed Longmire as the perfect candidate to take on the head coaching role in 2011, culminating in a Grand Final triumph the following year.

The Swans returned to the finals four more times under Longmire, all ending in defeat. Yet along the way, Longmire provides insight into the tactics and game management that delivered three minor premierships. The book also delves into behind-the-scenes dramas: the appalling Adam Goodes racism saga, the Lance Franklin signing subterfuge, the travails of COVID, and his ongoing battles with AFL management who, to this day, continue to go out of their way to hamper Sydney's success.

Resilience is a much-spoken commodity. Longmire has it in abundance. His image should appear in the dictionary next to the word 'loyal.' A playing career spanning 11 years for one club, the Kangaroos. An assistant coach for nine years at one club, the Swans. And then 14 more as head coach. It was the Kangaroos who offered Longmire a \$10 million payday to return to the club. He turned it down, staying true to the Bloods.

Longmire enjoyed healthy relationships with both his playing staff and upper management. He stressed that he was coaching men for life, not just a footy career. And he relished the opportunity to present to the board, enlightening them on his vision for the future of the Sydney Swans. Because, for over 20 years he has been the Sydney Swans.



ANNA LODER

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





100 WORDS

The leaves of the maple tree, on our nature strip, had turned colour, ablaze in rust and gold, its branches creaking in the icy wind, heralding Halloween season.

Gathering inspiration from my favourite comic books, Casper the Friendly Ghost and Hot Stuff Devil Kids, I settled on a skeleton costume, while my big sister went with Wendy the Witch.

At twilight, we began our annual neighbourhood treat trek, collecting all the candy we could carry.

Back home, we proudly inspected our haul. Now the real fun began, armed with shaving cream, chalk and eggs, it was time to play tricks.

Perihan Bozkurt, Lane Cove

Music

He wakes up, eyes blink
Pulls himself up by the slats
A tiny whimper soft as pianissimo
His hands swing at the bird mobile
Whimpers turn to piano, still
no one comes

The birds are flying above him, cries
now allegro
Streams of tears run, wails rise
like a crescendo, forte!
Decibels climb, fortissimo!!

The door flings
Open
Hush, sweetie, mama's here
There, there, mama's sweetie
Pats his back, andante
Cries turn to diminuendo
Chubby hands flail no more
A staccato of hiccups
Hush, sweetie, mama's here

Rallentando...
Snivels turn to pianississimo
He rubs his eyes with his fist, suddenly
beams

Lydia Teh, West Pymble

Spring

The days have turned to spring
The bronze skinks bask in the sun
On the margins of the pool behind the safety
of a glass fence

Buds are forming, the birds are lively
As they protect their nests from feline prowls

Soon the cat will shed her winter coat
And spring allergies will tickle noses
I wait for the bees to visit the banks of
Magenta to lilac salvia

Cloudless skies delight and worry
The gardener, both sun and rain requires
Time to weed, the desire to feed
The patches of nature we live alongside

Tracy Ayres

Do you have a 100 word story?

Email: editor@thevillageobserver.com.au

JOHN CHAPMAN

Your Local Mobile Solicitor
I can come to you



FIRST CONFERENCE FREE!

0419-005-949

legal@johnchapman.com.au



1. YOUR WILL

Executors, special gifts, and funeral wishes.



2. GUARDIANSHIP APPOINTMENT

Who makes decisions for you, and your "Living Will"?



3. ENDURING POWER OF ATTORNEY

Money, assets, and getting help when you need it.



4. SUPERANNUATION

Who owns your Super? Trustee role, 'Binding Death Nominations'.



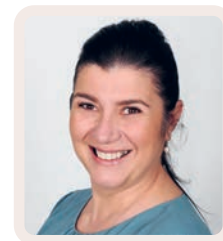
5. FAMILY LAW SETTLEMENT

If the parties fundamentally agree, there is a cheaper way under Australian Federal Law.



Sydney Community Services

A MESSAGE FROM **BRANKA IVKOVIC, CEO**



As spring unfolds across our local neighbourhoods, many of us are looking forward to spending more time outdoors, reconnecting with friends, or participating in community events. October is a wonderful time to reflect on the importance of staying connected and the positive impact community involvement can have on our health, wellbeing and sense of belonging.

Research consistently shows that strong social connections contribute to better physical and mental health. Whether it's joining a local group, attending an event, volunteering, or simply meeting new people, participation in community life helps reduce loneliness, builds confidence, and creates opportunities for meaningful relationships.

One of the greatest strengths of our local area is the range of opportunities available to get involved. Community groups, hobby clubs, exercise programs, volunteer roles and local events provide countless ways for people of all ages to meet others and contribute to their community. Often, taking that first step can lead to lasting friendships and a stronger connection to the place we call home.

Sydney Community Services recently had the pleasure of participating as a charity partner in the Lane Cove Fun Run. Events like this are much more than opportunities for physical activity. They bring people together, foster community spirit and create a sense of shared purpose. Whether participants were running, walking, volunteering or cheering from the sidelines, they all played a role in strengthening community connections.

Importantly, the impact of these events extends far beyond race day. Funds raised through the Lane Cove Fun Run will help Sydney Community Services continue supporting some of the most vulnerable members of our community by strengthening our volunteer programs and assisting the operation of our Food Pantry. At a time

when many households are experiencing cost-of-living pressures, this support enables us to provide practical assistance to people who are struggling, while also ensuring volunteers remain equipped to deliver essential community services. The event is a great example of how community participation can create meaningful outcomes, helping local people access the support, resources and opportunities they need to thrive.

The momentum continues throughout October with another much-loved local event, the Lane Cove Rotary

Fair. This annual community celebration attracts residents from across the area and offers a fantastic opportunity to learn about local organisations, services and activities. Sydney Community Services staff will be attending the fair to provide information, answer questions and discuss the many programs and supports available within our community.

Sometimes a conversation at a local event can lead to practical assistance, a new social group, a volunteer role or even an employment opportunity. In fact, one of our valued team members first connected with Sydney Community Services

at the Rotary Fair last year. With qualifications and experience in support work, she later joined our team and recently participated in our aged care audit, where auditors commended her empathy, professionalism and genuine commitment to supporting older people.

This is a wonderful reminder that you never quite know where a conversation might lead. A chat at our stand could introduce you to a new activity, connect you with support services, inspire you to volunteer, or perhaps even open the door to a rewarding career opportunity. So, if you see the Sydney Community Services team at the Lane Cove Rotary Fair, please stop by and say hello. We'd love to meet you and help you discover what's possible through community connection.



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



Registered
NDIS Provider



Supported by the Australian Government
Department of Health and Aged Care

Veteran Support at Home



Nursing & Personal Care for DVA Card Holders

Could you, a family member, friend or patient benefit from extra support at home?

Sydney Community Services provides professional Nursing and Personal Care services for eligible veterans, war widows and widowers, and DVA White and Gold Card holders, helping people remain safe, independent and comfortable in their own homes.

Our experienced Registered Nurses and Support Workers can assist with:

- Medication support
- Post-hospital care
- Wound and skin care
- Diabetes monitoring and insulin support
- Continence advice
- Showering, dressing and grooming

We work closely with clients, families, GPs and health professionals to provide coordinated, person-centred care.

GP referrals are required.

Family members, carers and health professionals are encouraged to contact Sydney Community Services to learn more about eligibility and available support.

 **1 Pottery Lane, Lane Cove**

 **9427 6425**

 **support@sydneycs.org**

*Supporting those who have
served our country
with quality care at home.*



Sydney Community Services

www.sydneycs.org



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 19 October, 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.

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.



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

Young at Heart

Starring Frank Sinatra and Doris Day, enjoy this movie as romance and music upend a talented sister trio.

- Wednesday 28 October
- 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.

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



Lane Cove Council

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.



Yoga with Sinead Costello

Now offering a **NEW** Monday class!

- **Monday** 9am - 10am
- **Wednesday** 9.30am - 10.30am

- Gentle yoga
- All welcome
- Term or casual attendance

Call for details.



Friday Group at the Seniors Hub*

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

Contact us for details.





Sydney Community Services

Staying Connected @ The Hubs 2026



Mental Health Month Passport Stop!

This October, drop into Sydney Community Services and discover what's happening right here in your local community!

- Explore social groups, activities, classes, volunteering opportunities and support services
- Pick up a FREE wellbeing goodie bag and **collect your Mental Health Month Passport** stamp
- Meet our friendly team and connect with your neighbourhood hub

Location: Sydney Community Services, 1 Pottery Lane, Lane Cove. **No bookings needed.**



New Yoga Class at Hunters Hill Hub!

Looking to stretch, strengthen and unwind? Join our brand-new Yoga Class at Hunters Hill Hub, 44 Gladesville Road.

- Suitable for all levels
- Relaxed and welcoming atmosphere
- Bring your own yoga mat

FREE TRIAL CLASS

Date: Friday 16 October

Time: 10.30am - 11.30am

Classes commence: 23 October and run weekly



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



Memory Cafe

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

Date: Wednesday 21 October

Time: 10.30am - 1pm

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

Cost: FREE

BOOKINGS ESSENTIAL: P: 9427 6425 E: support@sydneycs.org



ANTHONY ROBERTS

MP

P: 9817 4757

E: lanecove@parliament.nsw.gov.au



TRENTON BROWN

CITY OF RYDE MAYOR

P: 9952 8222

E: TMayor@ryde.nsw.gov.au

A Day That Brings The Lane Cove Electorate Together

One of the things I value most about the Lane Cove Electorate is the way people turn up for their community.

Whether it is volunteering at a local club, helping at a school, supporting a neighbour, caring for our bushland or simply getting involved in what is happening around the village, that willingness to participate is a big part of what makes our Electorate such a great place to live.

We will see plenty of that spirit on Sunday 11th October when the Lane Cove Rotary Fair and Sustainability Lane return for another year. Sustainability Lane will run at The Canopy from 9am to 4pm alongside the Rotary Fair.

For many families, the Rotary Fair has become one of those days when you run into people you know, stop for a chat, discover a local organisation you had not heard about before and spend a few hours simply enjoying being part of the community.

That is what I think makes these events important.

They give our local organisations, volunteers, businesses and community groups a chance to be seen and supported, while giving the rest of us an opportunity to reconnect with the people and places around us.

This year, following on from the success of last year, Sustainability Lane adds another dimension to the day.

Sustainability can sometimes sound like something distant or complicated, but most of us experience it in much simpler ways: what we throw away, how we use energy at home and how we look after the local environment we all share.

Across the Lane Cove Electorate, we already see people doing exactly that.

They happen because people care enough about where they live to get involved.

That same idea sits at the heart of the Rotary Fair.

Rotary's work is built around service, and the proceeds of this year's Fair will support local and international community projects.

Last year, more than 18,000 people attended the Rotary Fair.

That is a lot of people in one place, but what matters more is what those numbers represent: families, neighbours, volunteers, stallholders, community organisations and local businesses all sharing the village for a day.

So, if you are free on Sunday 11 October, I encourage you to come down and enjoy it.

Bring the family, visit the stalls, support our local groups, have a look through Sustainability Lane and perhaps take home an idea you had not considered before.

Most of all, enjoy being part of the community around you.

Events like this remind us that the Lane Cove Electorate is at its best when people get involved.

Granny Smith Festival

All roads lead to Eastwood on Saturday 17 October for the famous Granny Smith Festival, with another bumper crowd expected for a wonderful day of great food, thrilling rides and amazing entertainment.

The Festival is not only the City of Ryde's biggest event of the year, but also one of the largest annual street festivals to be held across Sydney.

Held in honour of Maria Ann 'Granny' Smith - the Eastwood local who in 1868 accidentally cultivated the first of the tangy green apples that bear her name - it's a day full of family fun.

What truly sets the Granny Smith Festival apart is its strong community spirit, bringing together over 2,000 talented performers and more than 700 participants in the iconic street parade that begins the day.

Festival favourites include the famous pie eating contest, amusement rides, six Festival stages, the Harvest Garden bar, and over 200 stalls to explore.

New attractions include the GSF Play zone in Eastwood Public school with a 'Parkour' obstacle course, a new mobile sensory area on West Parade, and an event shuttle bus to help our Festival goers get to and from the event.

Our Finale Concert includes 2026 *Australia Idol* Winner Kesha Neve performing at 7.00pm, followed by a fireworks spectacular.

The Granny Smith Festival, which runs from 9.00am-8.30pm in the heart of Eastwood, is proudly supported by the NSW Government in partnership with Multicultural NSW.

I'd also like to thank our Platinum sponsor - Community Bank Homebush and North Ryde, part of Bendigo Bank - for its incredible support.

Moon Festival

There's a second fantastic Festival taking place in our City this month, with the always popular Moon Festival being held on Friday 16 October at the North Ryde School of Arts Community Centre from 6.00-8.00pm.

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

It will be a joyful evening of community connection and festive spirit featuring a colourful program showcasing traditional and contemporary performances from a range of cultures, including Chinese, Korean, Thai, Mongolian, and more.

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



TIM JAMES

MP

P: 9439 4199

E: wiloughby@parliament.nsw.gov.au



ZAC MILES

HUNTERS HILL MAYOR

P: 9879 9400

E: mayor@huntershill.nsw.gov.au

For almost 50 years, Talus Street Reserve at Naremburn has been part of the fabric of our local community. Generations of children have learned to play tennis there, families have booked courts, local competitions have been held and some of the great names of Australian tennis have played on the site. The courts have recorded more than 62,000 player visits a year, making Talus Street one of the busiest community tennis facilities of its size in Sydney. That is why the loss of this reserve from public ownership matters so much.

The Northern Suburbs Tennis Association, which operated Talus Street for almost half a century and helped build the facility into what it is today, has now been evicted. Tennis is said to be continuing under a new operator, but it does not resolve the much bigger question about the future of the land itself. Talus Street has long been zoned for public recreation, and in my view, that must be retained. Our local population is growing rapidly, and more families are relying on shared parks, sporting facilities and open space. Land for public recreation is precious, in short supply and must be protected.

The current owner, the Metropolitan Local Aboriginal Land Council has already submitted a proposal involving a rezoning of the site and apartment towers of up to 18 storeys and over 300 apartments. That proposal was not recommended through the fast-track pathway but it showed clearly what could be at stake. Once land such as Talus Street is rezoned and developed for high-rise housing, it is effectively lost to the public forever. We need more housing across Sydney, including in well-located areas, but good planning also requires us to protect the open space, sporting facilities and community infrastructure that make growing neighbourhoods liveable.

What makes the Talus Street story particularly frustrating is that this was Crown reserve land being actively used for a clear public purpose. It had not been abandoned or fallen into disuse. It had been continuously used for community tennis for decades. Yet because of technical deficiencies in the legal arrangements governing the reserve, the land became claimable. The problem is that the system allowed an actively used community recreation reserve to be lost in circumstances that, in my view, were never the intended outcome of the legislation.

The focus now must be on protecting what remains. I am calling for the recreation zoning to be retained, for the courts to remain genuinely accessible and affordable to the public, and for the community to be given long-term certainty that Talus Street will not become another high-rise development site. I also support the Northern Suburbs Tennis Association's call for the State Government to help identify an appropriate Crown land site on the North Shore so it can continue its invaluable work.

Council appointed Crown Land Manager

I am pleased to share that Council has formally been appointed the Crown Land Manager for Buffalo Creek Reserve, marking an important milestone in the future care and management of this valued natural area.

Council is now preparing a draft Plan of Management to guide the future use, care and enhancement of Buffalo Creek Reserve. This important document will help protect the Reserve's environmental values while ensuring it remains accessible and enjoyable for the community.

To help shape the Plan, I encourage residents to share their thoughts and experiences. Community feedback will help ensure Council's priorities reflect local needs and aspirations for the Reserve. Complete the survey at connect.huntershill.nsw.gov.au and let us know what Buffalo Creek Reserve means to you. Feedback closes **Sunday 11 October 2026**.

Young in Art Exhibition for students

I am always impressed by the creativity and talent of our young people, and the annual Young in Art Exhibition is a wonderful opportunity to celebrate their achievements.

The exhibition showcases the artistic talents of local students from Kindergarten to Year 12. It not only highlights the creativity and vision of our young artists, but also recognises the passion and dedication of their teachers who help nurture and inspire that talent.

The exhibition is free to attend and will run from **Thursday 22 to Sunday 25 October 2026** at Hunters Hill Town Hall. Shortlisted works are selected by teachers, with independent judging taking place to award category prize winners. For more information, visit huntershill.nsw.gov.au/Community/Art-and-Culture/Young-In-Art

Spring Garden Open Day

There is not long to go until the Spring Garden Competition Open Day on **Sunday 1 November 2026** from 10am.

Presented by the Rotary Club of Hunters Hill in partnership with Council and proudly sponsored by Binet Homes, the day offers a rare opportunity to experience some of our area's most beautiful gardens during jacaranda season, and celebrate the passion and creativity of our local gardening community.

Tickets are now on sale for \$30 per person and include access to the winning gardens and other iconic local properties, with a free shuttle bus available between participating gardens. Importantly, all funds raised will support the restoration of the stone stairs at Kelly's Bush. **For more information, visit huntershill.nsw.gov.au/garden.**

PROPERTIES OF THE MONTH



SOLD

23 Fox Street, Lane Cove 4 bed 2 bath 3 car

Offered for the first time in more than 50 years, this freestanding double brick home is tucked away on approx. 1,141sqm delivering generous single level living and superb indoor/outdoor flow in a lush leafy setting.

Tim Holgate 0400 802 888 tim.holgate@belleproperty.com
Charlotte Graves 0448 721 642 charlotte.graves@belleproperty.com



SOLD

67 Kallaroo Road, Riverview 5 bed 2 bath 2 car

Positioned on the elevated side of a peaceful Riverview cul-de-sac and adjoining the natural beauty of Tambourine Bay Park, this impressive residence delivers an exceptional standard of family living in one of the area's most tightly held pockets.

Simon Harrison 0433 100 150 simon.harrison@belleproperty.com
Nicola Farrell 0488 027 701 nicola.farrell@belleproperty.com



SOLD

31 Payten Street, Putney 4 bed 2 bath 3 car

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

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



SOLD

4/25 Greenwich Road, Greenwich 3 bed 2 bath 2 car

Enhanced for stylish contemporary living, this spacious dual level townhouse is defined by its remarkable outlook featuring a wraparound northeast garden plus an elevated rear terrace capturing panoramic district and water views.

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



belle
PROPERTY

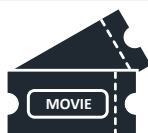
**Improve your health
Expand your mind
Make new friends**



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

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

crowsnestcentre.org.au
Phone: 9439 5122



**Pizza + Movie nights
@ Longueville UC Hall**

47A Kenneth St, Longueville
Time: 6.30pm Pizza; 7.15pm Movie

Tuesday 6th October - Churchill's Secret (2015). A biographical drama set in 1953, soon after Churchill's third election as PM. Starring Michael Gambon, Romola Garai and Lindsay Duncan.

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

PURE PLUMBING
THE PIONEERING PLUMBERS SINCE 2011

SPENDING TOO MUCH ON YOUR POWER BILLS?
We can help!

FROM **\$10 PER WEEK***

Supply and Installation of an Energy-saving Heat Pump or Solar Hot Water System

USE UP TO **76%** LESS ENERGY* UP TO **\$1,600** IN COMBINED INCENTIVES*

110% MONEY-BACK SAVINGS GUARANTEE

Call us! **0468 026 104** WWW.PUREPLUMBINGPROS.COM.AU

SCAN TO BOOK

ASPECTS

Miki Oka



WHAT: NORTH SYDNEY OLYMPIC POOL REOPENS

WHERE: MILSONS POINT **WHEN:** 7 AUGUST, 2026