

# THE Village

OBSERVER

**FREE**

COMMUNITY  
MAGAZINE

**pick me up**

AND TAKE  
ME HOME

IN THIS ISSUE:

*Pets feature  
plus our vibrant  
arts community*

AND 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 363 **NOVEMBER 2026**

# You're invited to the Park Meadows by Uniting **SPRING GARDEN PARTY**



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\*Uniting operates under the Retirement Villages Act. You may have to pay a departure fee when you leave. Services via Village Services or within the café and beauty salon are provided on a fee-for-service basis where applicable and the availability, operation and services offered may change from time to time.

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

### **POWERING OUR COMMUNITY**

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

### **LOCAL SUPPORT FOR LOCAL PEOPLE**

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

### **THE VILLAGE OBSERVER**

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**Sydney Community Services**

## Welcome to the November edition of TVO!



### A CELEBRATION OF COMMUNITY

Our November issue celebrates the people, passions and connections that make our community so special.

Our pets feature explores the joy, companionship and unconditional love our furry friends bring to our lives, along with the many ways we can help them thrive.

We also shine a spotlight on our vibrant arts community, with stories celebrating the creativity and talent flourishing across our local area.

This issue, we pay tribute to two much-loved community members, Associate Professor John Overton and Dee Perry. Their contributions have left a lasting mark, and we are honoured to share stories that recognise their lives and the difference they made.

As always, thank you for reading and for supporting your local community magazine.

## 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.



### FRONT COVER IMAGE:

Daisy, the red Cavoodle, is TVO's designer Sharon's 3 year old dog.

Thank you to all our supporters this month.  
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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.

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## New bioanalytical laboratory opens in Macquarie Park

A new laboratory in North Ryde is set to strengthen Sydney's clinical research capabilities, with bioanalytical company 360biolabs opening a facility in the Macquarie Park Innovation District.

The laboratory expands the company's Australian network to four facilities and brings specialised scientific expertise closer to researchers and clinicians in NSW.

The facility includes dedicated laboratories for sample reception and storage, flow cytometry and the processing of time-sensitive clinical samples. Its temperature-monitored storage operates 24 hours a day, helping maintain critical samples under controlled conditions.

The laboratory has achieved accreditation from the National Association of Testing Authorities (NATA) for compliance with ISO/IEC 17025.

360biolabs supports the development of therapeutics, vaccines and diagnostics, providing laboratory services for clinical research. The company says its Sydney expansion will strengthen collaboration between researchers, industry and clinicians while supporting the growth of Australia's clinical research sector.

## North Ryde RSL redevelopment approved

North Ryde RSL Community Club has secured development approval for a \$40 million-plus redevelopment aimed at creating a more accessible and contemporary venue for members and the wider community.

The plans include new and upgraded restaurant and café facilities, an upgraded sports bar, refreshed lounge and social areas, improved children's spaces and family-friendly facilities. The redevelopment will bring the Club's main services and facilities together on one level.

The design draws inspiration from the natural surroundings of Field of Mars Reserve and the Lane Cove River, incorporating earthy tones, layered greens and bushland textures.

North Ryde RSL CEO Joe Kelly said the approval was an important step in the Club's future, while retaining its history and community connections.

Construction is expected to commence in mid-2027, subject to completion of pre-construction planning. Works will be staged to allow the Club to continue operating, with efforts made to minimise disruption to members.

## Soldier On launches Remembrance Day appeal

National not-for-profit organisation Soldier On has launched its 2026 Remembrance Day appeal, calling on Australians to support veterans, serving personnel and their families.

The appeal highlights the often-unseen challenges faced by Defence families, including isolation, frequent relocations and the difficulty of rebuilding support networks.

Michelle, whose husband serves in the Royal Australian Navy, is featured in this year's campaign. After relocating to Australia, she struggled with isolation and a loss of confidence as she adjusted to life away from established support networks.

Soldier On provides mentoring, social connection, employment assistance and wellbeing services to help Defence personnel, veterans and their families strengthen relationships, build confidence and access opportunities.

CEO Paul Singer said Remembrance Day was an opportunity to honour those who served while recognising the ongoing impact of military service on families.

Funds raised through the appeal will help sustain these support services.

To contribute, visit [www.soldieron.org.au](http://www.soldieron.org.au)

## ADHD

**Attention Deficit Hyperactivity Disorder, Diagnosed & Treated by GP at BV Circa Medical Centre.**

*Following NSW Health intervention in November 2025, certain trained GPs can diagnose and initiate stimulants to treat undiagnosed adults and children with ADHD.*



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- Undiagnosed children can lose interest in studying and drop out of school or poor performance at exams.

**Diagnosing early and treating with stimulants can help them thrive in their lives.**

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# PATHWAYS

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## The dog who got four yes votes

**I'll never forget the day we chose our dog Sid. Our name was down with a pet shop in Avalon that worked with a spoodle breeder. We slipstreamed friends who were getting their own spoodle and waited for the phone to ring.**

There were three to choose from. Two were generic oodles from the same litter, extremely cute, curly and non-shedding. The third was pure spaniel, like a tiny golden retriever. He'd been rejected by another family as long haired and shedding. We looked into each other's eyes. It was, literally, love at first sight.

The hour-long drive from Avalon to Lane Cove was spent with our four family members workshoping his name. There had to be four yes votes. Three wasn't good enough. We pulled into our drive and landed on Sidney (as in Nolan, not the city).

A week later Sid moved in. The children were seven and nine and we were determined to follow The Rules. He needed to sleep inside for the first eight weeks and then move into a new kennel in the backyard.

Two very noisy, scratchy nights in the laundry later, The Rules were history. He slept outside for the next eight years until his indoor promotion to a beanbag. No harm done. Except for the one time when I came home and couldn't find him. The yipping led me under the house, where he was wedged between the brick piers.

It wasn't his fault if the odd bit of wee came out when Dad came home — he was just pleased to see him. He perfected the knack of wild barking at possums before nipping back into his kennel, the picture of innocence, by the time my husband stamped down the stairs to tell him off.

I installed Willy Weather to check the tides at Longueville, a top swimming spot for him. His favourite pursuits, chasing bush turkeys and digging up the garden beds, were conducted with vigour.

He adored bushwalks, but vigilance was the watchword. Like a hunting dog, the whiff of fox poo from a hundred metres sent him wild. You could only watch with horror as he skirted the opposite bank of the stream and dropped his shoulder, ready for the best fun ever. Better still if it was fresh, because it stuck. Three washes couldn't get the stink out and more than one collar had to be incinerated.



*Illustration by Grace Kopsiaftis*

But his true calling came when I was diagnosed with breast cancer. During a long period of treatment and recovery, it was often just the two of us. A kind neighbour offered to walk him, but he refused to leave me. Through my darkest moments he was there, chin on my knee.

The last fifteen years of family Christmas photos, an annual tradition since 1999, all feature Sid. From golden to grey muzzle, they show a time-lapse of a dog ageing. He and I turned fifty together (his in dog years), and now he's a centenarian. His bushy tail is thinner, his hind legs are splayed, and his back obviously gives him gip. His meal supplements resemble a pharmacy shelf. His eyesight is so poor, we can't leave trip hazards on the floor. A daily walk is a brief shuffle to the local park. But smell is his last strong sense, and that still gives him joy.

Every night I encourage him into the garden. The odd possum passing through no longer rouses a bark, but their scent is enough of a fix. I help him back onto his beanbag and he lowers himself down slowly. I take his face between my hands and stroke his still silky ears and look into his cloudy eyes.

For now, he's still with us.



**LIZ FOSTER IS A LOCAL WRITER.**

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



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

# Talking Dentistry

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

## READER'S QUESTION:

*"Are there any problems with having missing back teeth? You can't see them anyway?"*

**DR SEE SAYS:** I get asked about missing back teeth and if it's a problem all the time! Back teeth often take a back seat to front teeth (excuse the pun). Back teeth are not particularly flashy as they, for the most part, can't be seen and hence can become neglected.

First and foremost, our front teeth are pretty important for aesthetics and confidence. On the contrary, our back teeth are critical for how the jaws come together and long-term function and stability of our bite (occlusion). Long term stability of our bite requires stable and consistent contacts of equal intensity. When a back tooth is lost, it disturbs this stability and can be similar to losing a leg from a table. Without this stability, patients often start experiencing:

- Pain in teeth and jaws
- Tooth wear
- Teeth and fillings constantly chipping and breaking
- Other teeth becoming loose and moving, resulting in spaces

A significant concern is the shifting of forces to the front teeth. Fundamentally, front teeth were not made to take all the bite forces and this results in severe tooth wear. This is when I often see patients seeking treatment because their front teeth become shorter and their smile starts appearing less aesthetic.

Let's look at a case that we completed to treat missing back teeth and aesthetics. Cristiano was referred to us because gradually over the last few years he had lost a lot of back teeth and he could only eat soft foods. We used specialised techniques to precisely analyse his bite and the amount of bone available to plan the appropriate treatment for him.

To achieve the ideal result that was harmonious with his bite and facial aesthetics, we placed dental implants and crowns to replace the missing back teeth and restore stability to his bite.

## THE PROBLEMS:

- Multiple missing back teeth
- Severe tooth wear on the front teeth
- Limited to eating soft foods

## THE SOLUTION:

- Placement of dental implants
- Porcelain crowns and veneers

Cristiano's bite and smile is now more stable and harmonious. Advanced qualifications and experience ensured we achieved the results that Cristiano wanted.



WATCH HIS VIDEO HERE:  
<https://www.advanceddentistrysydney.com.au/cristiano>  
 OR SCAN QR CODE



## 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**



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

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# COLOMBIA



Colombia. It's probably not a destination high on your bucket list. It certainly wasn't on mine until David and I were again awarded Icon status for being in the top 1% of cruise salespersons in the Virtuoso network within Australia – and the Virtuoso Icon celebratory and collaboration trip was an AmaWaterways cruise on the Magdalena River between Cartagena and Barranquilla. **By Adrienne Witteman**

We've only recently returned from what was a fascinating trip, one I would happily prescribe for those looking for something out of the ordinary, those who enjoy soft adventure, and journey makers prepared to leave their preconceptions behind and be open to change.

Mention travel to Colombia, and most think only of its reputation for drugs, violent crime, murders, Pablo Escobar and general instability. I'm pleased to report I returned safe and well, did not get sick, witnessed no violence, was not offered any drugs and enjoyed a great trip. There was not a skerrick of malevolence – unsurprisingly most Colombians just want to feed, clothe and educate their children, lead meaningful lives and live in harmony just like you and me.

Ventures such as AmaWaterways' new Magdalena River cruises turn these wishes into reality. Feasibility studies and government negotiations started back in 2018, the ship building commenced in 2021 and it wasn't until 2025 that the first of two ships was launched. It was a huge effort, with the vessels being built in Colombia, and all the tradespeople being employed locally. Several remain among the 930 locals now employed by AmaWaterways. The financial flow-on effects have changed many lives.

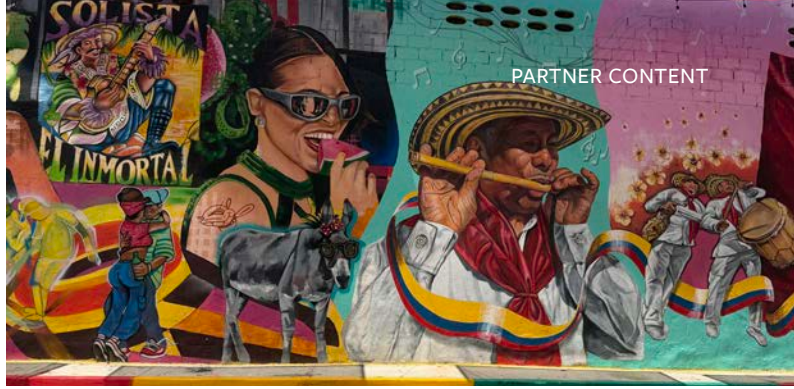
Both AmaMagdalena and AmaMelodia are lovely ships, just perfect for their location and I can share more information

about life onboard on an as needs basis. You probably care more about the shore experiences and activities, too many to detail here sadly.



Mompox, or more correctly Santa Cruz de Mompox, is an historic, UNESCO World Heritage listed town, with much of its colonial character preserved. Nostalgia and romanticism is everywhere. A highlight of our too-short visit was a filigree workshop where I crafted my own silver heart – not as beautiful as the famed artisans produce but a treasured memory nonetheless and now gifted to my daughter.

By way of contrast, the less pretty town of Palenque, the first free African town in all of the Americas, appealed for its raw grittiness. In 1599, a small group of African slaves ran away, set up their own village here and continually managed to defeat the teams of armed men sent to recapture them. The village thrived and grew, and over centuries became a bastion of freedom, encouraging, welcoming and supporting other black slaves who broke away to join them. Today the locals are proudly African Colombians with food and music and dancing firmly rooted in their African origins. We toured a typical home, simple and windowless to capture the breezes, learnt how hair was braided to serve as defacto maps known only to locals, met the volunteer police force at the local lockup and more. Endlessly fascinating.



On another morning, we walked 3km to the nearest village, and learned to make cigars, saw how the special fishing nets are handmade and thrown and enjoyed a performance of Cumbia dancing. It's very flirtatious, and unique, blending indigenous Colombian, Spanish and African rhythms.

In fact, we were treated to quite a bit of dancing and music, with the undoubted highlight being our final day, in Barranquilla. This city has the second largest Carnevale in the world after Rio but who knew? Not me, until we visited the gorgeous Carnevale museum, repository for many of the extravagant Carnevale Queen's gowns and crowns. Unlike Rio, the dress code appeared quite chaste. And oh so much fun to watch in a city that has so much more to celebrate: Shakira,

born and bred here, and still devoted to the city, some beautiful modern architecture contrasting with treelined streets, gracious neo-Mediterranean Spanish style homes, murals galore and more. I loved it.

On our final night AmaWaterways entertained us with a mini Carnevale. It was a fitting finale to a cruise and country that promised much but was largely unknown to many of us. It certainly changed my vision of Colombia, and along the way reminded me of Vietnam's tourism industry, in its infancy 30 years ago and now a major economic plank enabling benefits for so many. I'm happy to endorse it as a new destination to consider.



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**ADRIENNE WITTEMAN**

*Managing Director*

## Deirdra (Dee) Elizabeth Perry, OAM

24th October 1934–11th September 2026

### A Life of Family, Community and Friendship in Lane Cove

For more than 68 years, Dee Perry was proud to call Lane Cove home. She first moved to the area as a young mother and went on to raise her seven children here, living in Mowbray Road, Sutherland Street, 30 Cope Street and later 25 Best Street. Lane Cove was much more than the place where she lived. It was a community she loved and contributed to throughout most of her life.



Dee had an extraordinary ability to connect with people. She was often seen chatting with people in Lane Cove Plaza and was genuinely interested in their lives, their families, their achievements and their challenges. She listened, remembered the important details and always followed up. Whether she had known someone for decades or had only just met them, Dee made people feel welcome, valued and cared for.

Her contribution extended well beyond her immediate family. Dee devoted enormous time and energy to helping others through her involvement with schools, hospitals, charities and community organisations. Her work included serving as President of the Mater Lives Committee, supporting the Brown Nurses and assisting families experiencing illness, homelessness or difficult circumstances.

In 2007, Dee was awarded the Medal of the Order of Australia for her 38 years of service to the Mater Hospital, charitable organisations and the wider community. In 2022, her lifelong connection and contribution to Monte were recognised with the Catherine McAuley Alumna Mercy Award.

Dee maintained a lifelong connection with her much-loved Monte Sant' Angelo Mercy College. She served as President of the Parents and Friends Association and was involved in the Blue and Blue Committee, supporting families in need. From the 1960s until the mid-1990s, she was closely involved with Monte's debutante balls, training many students in formal dancing over several decades.

Above everything else, Dee was devoted to her children, her friends and her community. She was generous, non-judgemental and always present for life's celebrations and its most difficult moments.

Her impact on Lane Cove could not be measured simply by the positions she held or the awards she received. It lives on through the many people she supported, encouraged and brought together.

Lane Cove was Dee's home for more than six decades, and her family will always be immensely proud of the contribution she made to the community she loved. She will be dearly missed by all who knew and loved her, including her beloved children Michael, Di, Mark, James, Andrew, David, and Kate.

## Vale Associate Professor John Herbert Overton AM



*This article is an extract from "Vale: Associate Professor John Herbert Overton AM – A True Gentleman" by Jacky Barker, published by In the Cove on 28 September 2026. Reproduced with permission.*

Longueville resident **Associate Professor John Herbert Overton AM** has died peacefully, surrounded by his family, at the age of 88.

Dr Overton was the father of Nine News Sydney presenter Peter Overton, who grew up locally.

Peter Overton released the following statement:

"Dad loved Lane Cove, loved the plaza, the shop keepers and chatting with the locals. A resident of nearly 60 years, Lane Cove and Longueville will always be in his heart."

Born in Sydney in 1937, Dr Overton went to North Sydney Boys High School and graduated from the University of Sydney Medical School in 1962. He began his residency at Royal North Shore Hospital that year, finding his path in anaesthesia and critical care.

### Thirty-three years with sick children

In 1967, Dr Overton began a 33-year association with the Royal Alexandra Hospital for Children in Camperdown.

As a staff specialist he played a major part in cardiopulmonary perfusion and intensive care. In 1978 he became Director of Anaesthesia, and in 1991 the University of Sydney appointed him Clinical Associate Professor of Paediatric Anaesthesia.

Under his leadership, the department developed cardiac anaesthesia and bypass, the paediatric anaesthesia arm of the National Liver Transplant Unit in 1986, and the Vincent Fairfax Pain Unit in 1990.

As Director of Clinical Outreach, he worked with other hospitals and health services across NSW on paediatric care.

### Order of Australia

Dr Overton was appointed a Member of the Order of Australia in the Australia Day 2014 Honours "for significant service to medicine, particularly in the area of anaesthesia, through clinical, administration and advisory roles, and to professional organisations."

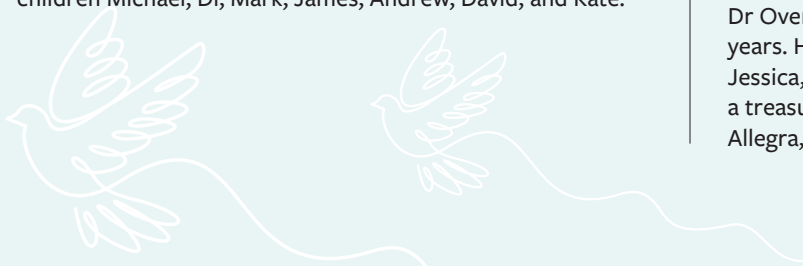
He had earlier received a Medal of the Order of Australia (OAM) in the 1999 Queen's Birthday Honours for his services to medicine and to the welfare of children as a paediatric anaesthetist.

### A soldier's doctor

Dr Overton had a lifelong interest in the Australian armed forces. He was Consultant in Anaesthesia to the Royal Australian Navy and the Army, rose to Colonel in the RAAMC, and advised the Surgeon General of the Australian Defence Force.

### A local face

Dr Overton was the adored husband of Charlotte for 62 years. He was a loving father and father-in-law to Peter, Jessica, Annette, Mark, Duncan, Tina, Rebecca and Mike, and a treasured grandfather to James, Sam, Max, Sophie, Olivia, Allegra, Charlotte, Tom, Emily and Giselle.



## Swimming for life at Lane Cove Masters



*Lane Cove Masters Swimming Club President Michael Ferguson*

It's never too late to get back in the pool, improve your fitness and make new friends. At Lane Cove Masters Swimming Club, the emphasis is on having fun, staying active and enjoying the camaraderie, with competition available for those who want it.

The club, which has members ranging in age from their twenties to 99, meet at Lane Cove Pool on Tuesday evenings at 6.30pm.

Originally established as an offshoot of an amateur swimming club, Lane Cove Masters has been bringing people together through swimming since the late 1970s.

Members can choose from slow, medium and fast lanes, with qualified coach John DeVries overseeing a general training program to suit the group's varied abilities. He says the regular sessions give swimmers structure and an opportunity to work on their fitness and technique.

Nigel van Reyk returned to swimming after 50 years out of the water.

'It's about giving those of us that enjoyed swimming as kids an opportunity to continue to swim through life,' he said. 'And it's about being part of a community as much as it is about physical fitness.'



The club's social calendar includes Christmas celebrations, dinners and outings.

Older members value the exercise, which is gentle on the joints, while everyone benefits from the satisfaction of continuing to improve. Club President Michael Ferguson, 78, returned to the pool as retirement approached and has enjoyed success in competition, ranking best in his age group in NSW for three years running.

For those who enjoy a challenge, the club competes at events around the state. Five members recently travelled to Canberra to swim at the Australian Institute of Sport. But racing is entirely optional, and progress can be as simple as swimming further or feeling fitter.

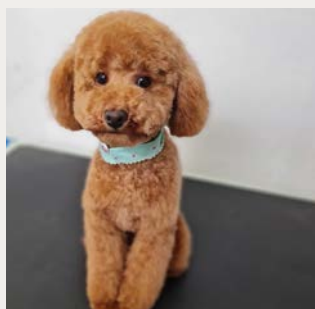
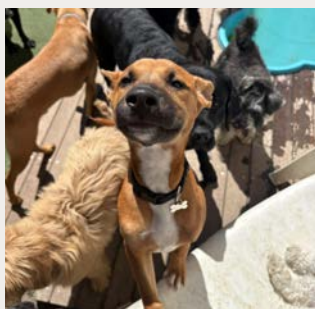
New members are welcome to try two sessions free of charge (pool entry is still payable). You need to be able to swim 50 to 100 metres competently in any stroke, but you don't need to be fast or interested in competing.

Whether you're returning after years away from the water or looking for a regular weekly activity, Lane Cove Masters offers fitness, friendship and plenty of encouragement.

For more information visit [www.lanecovemsc.org.au](http://www.lanecovemsc.org.au) or find Lane Cove Masters Swimming Club on Facebook.

## Bloomingtails Fetches Four Awards!

Lane Cove business celebrates 11 years of caring for our four-legged friends



Bloomingtails has plenty to wag its tail about, taking home four accolades at the 2026 AusMumpreneur Awards, including Gold for Animal Care Business of the Year.

Owner Candice Wilson was also awarded Silver for Service Business of the Year, Customer Service People's Choice and Business Making a Difference People's Choice.

For Candice, the recognition is a special milestone after 11 years of building Bloomingtails into a trusted,

one-stop destination for dog care. From doggy daycare and grooming to dog walking, pet taxi transport, premium food and treats, and luxury five-star farm stays in the Hunter Valley, Bloomingtails offers seven services designed to keep dogs happy, healthy and loved.

At the heart of the business is a passionate team of dog enthusiasts who believe every dog deserves exceptional, ethical care in a safe and loving environment.

More than just a pet care business, Bloomingtails has grown into a community that celebrates the special bond between people and their dogs.

*"These awards recognise the hard work, passion and dedication that goes into the business,"* says Candice.

***Congratulations, Candice and the Bloomingtails team!***



# PETS: THE LOVE, THE LAUGHS AND THE LITTLE THINGS



From four-legged fashionistas to wonderfully wonky portraits, our pets have a knack for making themselves indispensable. We meet some local animals - and the people who adore them.

WORDS: MELISSA BARKS

*Sprinkles proudly shows off  
her winning costume*

There are the things we do for our pets, and then there are the things we do because of our pets. We rearrange our homes around their favourite sleeping spots, take the long way home so they can enjoy an extra sniff, and find ourselves having entire conversations with creatures who rarely answer back.

We also take an extraordinary number of photographs of them. And why not? A cat squeezed into a box far too small, a dog caught mid-sneeze or a rabbit looking thoroughly unimpressed can provide as much entertainment as anything on television.

For many of us, pets are much more than companions. They are members of the family, confidants during difficult days and enthusiastic greeters when we walk through the door. They bring routine, laughter and affection into our lives - usually on their own terms.

In our local area, that love takes many forms. It might mean dressing a dog as a Pokémon character for the local fun run, turning a beloved pet's photograph into a deliberately wonky work of wearable art, or making thoughtful adjustments to keep an ageing companion comfortable.

Our pets might not understand just how much they mean to us. But from their muddy paws to their greying whiskers, they give us plenty of reasons to show them.

This month, we celebrate the animals who share our homes, steal our hearts and occasionally take over the couch. And, of course, the wonderfully quirky things we do for them.

# Lane Cove Fun Run's Best Dressed Dogs steal the show

While thousands of runners took to the streets for the 2026 Lane Cove Fun Run, some of the most memorable participants were those on four legs.

The annual Best Dressed Dog competition once again proved a crowd favourite, bringing together local families and their beloved pets for a fun and light-hearted celebration of community spirit.

**This year's winners impressed judges with their creativity and enthusiasm:**



**FIRST PLACE:**  
*Sprinkles from the Pokémon Family,  
dressed as a Poké Ball*



**SECOND PLACE:**  
*Luna, who wowed the crowd  
as a dragon*



**THIRD PLACE:**  
*Mr Darcy, another very  
dashing dragon*

The competition was proudly supported by local businesses Advanced Vet Care Lane Cove and Bloomingtails Dog Grooming, whose involvement helped make the event extra special for our canine participants and their owners. Visitors to the event enjoyed activities including Advanced Vet Care's popular 'slush puppies' for thirsty dogs, while Candice from Bloomingtails had the honour of announcing this year's winners.

The Lane Cove Fun Run is all about bringing the community together, and the Best Dressed Dog competition continues to be one of the day's most loved traditions. Judging by the smiles on the faces of participants and spectators alike, this year's costumes were among the best yet.

The Lane Cove Public School P&C thanks everyone who took part and helped make the event such a success.



*Bloomingtails Team*

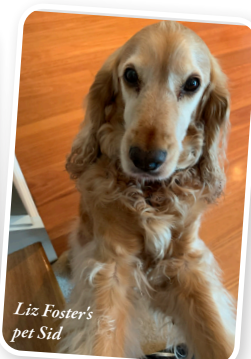


*Advanced Vet Care Stall*



*Judges Bloomingtails and Advanced Vet*

## HAPPY PET SNAPS





## Helping Your Pet Age Well

BY DR NATALIE, SWIFT VETS

*Dr Natalie with Cooper, a 90kg Leonberger whose monthly arthritis injections help him move more comfortably in his senior years.*

### How to keep an older pet comfortable, and how to know when it is time to ask the harder questions

Our pets are living longer than ever, which means more years of companionship, but also more years in which age-related conditions can quietly take hold. Because changes creep in slowly, they are easy to put down to 'just getting old.' Often they are not, and many can be managed well when caught early.

**Keep an eye on weight and appetite.** Weight loss and a reduced appetite are important clues to your pet's health and should never be dismissed as ageing. Unexplained weight loss can signal kidney disease, thyroid problems or other conditions, and always warrants a vet check. Keeping a healthy weight also has general health benefits, including easing pressure on ageing joints.

**Look out for signs of arthritis.** Arthritis is common in older pets, but there are many ways to keep them comfortable, active and enjoying life. You might notice your pet becoming stiff after resting, taking shorter walks, struggling with stairs or hesitating to jump. In cats, the signs can be subtle. Simple changes such as soft bedding and non-slip flooring can improve comfort and mobility, and if your pet is struggling, vets can help with providing suitable pain-relief.

**Keep up with check-ups.** Senior pets benefit from regular veterinary examinations, even when they appear healthy. Dental, kidney and heart disease can develop gradually, and early detection greatly improves quality of life. Blood or urine tests may also be recommended.

**Knowing when it is time.** This is the hardest question owners face, and there is rarely one clear moment. Ask yourself: is my pet still eating, and showing interest in the things they love? Can they get comfortable, move around and toilet without distress? Are there more bad days than good? Marking each day on a calendar as good or bad can make patterns clear. Your vet can assess pain and discuss options, including palliative care. Choosing a peaceful goodbye before suffering becomes severe is an act of love, not failure.

**Care at home.** For older pets, and for owners who find travelling difficult, an in-home visit removes the stress of car trips and waiting rooms. Seeing a pet move in familiar surroundings often reveals more than a clinic can. When the time does come, a farewell at home allows a pet to be peaceful in their favourite spot, with family close by.

**Ageing is natural, but discomfort does not have to be.** With observation, regular care and thoughtful changes at home, we can help our pets enjoy their senior years with comfort and dignity.

If an in-home visit would suit you or your pet, please contact Swift Vets. Run by Dr Natalie, Swift Vets is a local business providing caring and compassionate in-home care for pets, including health checks, vaccinations, blood tests, end-of-life care and more.

## Much-loved pets, badly drawn in Artarmon

A dog in white sunglasses is an unlikely fashion muse. But in an Artarmon studio, a photograph of just such a dog has become a deliberately wonky portrait on a T-shirt.

The project is called Badly Drawn Pets. Customers send photographs of their pets to Lonely Kids Club, where the in-house illustrators draw them by hand before the designs are printed onto clothing. Dogs, cats, birds, horses, lizards and rats are all welcome.

'People seem to really enjoy seeing their beloved animal looking slightly ridiculous,' says founder Warwick Levy.

The independent clothing label turns 15 this year. Levy started it in 2011, with early days spent selling shirts at markets and outside gigs. Artarmon has been its home since 2020, following earlier bases in his bedroom and St Leonards.

Today, there are four people in the business, including Levy, and orders are printed and packed at the studio.

Behind the silly portraits is a practical approach to staying small. The team holds blank garments and prints them when an order arrives, rather than making hundreds of finished shirts in each design and hoping they sell. The garments are made overseas; the illustration, printing and packing happen here.

For Levy, clothing has always been a way to connect. Wearing something a little weird helped him feel more like himself and gave him a way to start conversations.

Fifteen years later, a drawing of someone's beloved pet carries on that idea. It also offers a glimpse of the people behind an online order: an illustrator studying a pet photograph, a shirt being printed, and a parcel leaving Artarmon.

The portrait might be wonky. The affection is easy to recognise.



*A customer's dog in sunglasses beside its hand-drawn portrait printed on a grey T-shirt. Image supplied by Lonely Kids Club. Illustration by the Lonely Kids Club in-house team.*

# COMMUNITY CONNECTIONS

## SawasdeeLife

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



Settling-in support



Social activities



Local guidance



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

Vanisa Bulpakdi

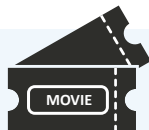


Arrange a friendly chat >

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PEOPLE | PLACES | A BRIGHTER TOMORROW

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



Pizza + Movie nights @

Longueville UC Hall

47A Kenneth St, Longueville

Time: 6.30pm Pizza,

7.15pm Movie

**Tuesday 3 November - The Grand Budapest Hotel** (2014).

Wes Anderson's comedy-drama following a legendary hotel concierge and his most trusted friend. *Starring Ralph Fiennes, Tony Revolori, Adrien Brody and F. Murray Abraham.*

**Tuesday 1 December - Soul on Fire** (2025)

An inspirational biographical drama based on the true story of a 9-year-old boy's miraculous recovery from a near fatal fire through his faith, determination and resilience. *Starring Joel Courtney, John Corbett, Stephanie Szostak and William Macy.*

**Bookings essential 9428 4287  
Cost \$15 cash only BYO drinks**



## Vet Care That Comes to You

Professional, in-home care for pets

Is getting out and about difficult? Skip the car trip and waiting room. Dr. Natalie visits you, so your pet stays calm and you stay comfortable.

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- ✓ Caring and Compassionate
- ✓ Local Lane Cove Business



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A Vet To Your Doorstep

**0421 177 725**

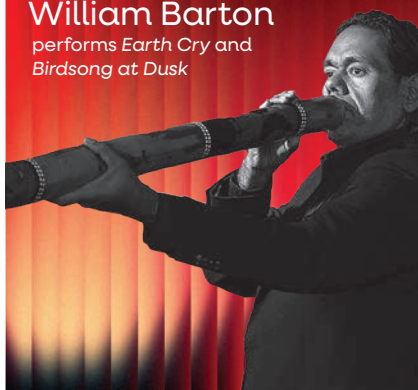
[hello@swiftvets.com.au](mailto:hello@swiftvets.com.au)

**Book a home visit. Call now.**

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**  
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Lane/Cove  
MUSIC

*Le Basque Trio performs  
Beethoven & Friends*

**CONCERT No.6**

**7.30PM TUESDAY 24 NOVEMBER**

**VENUE:**

Longueville Uniting Church Hall  
47A Kenneth Street,  
Longueville 2066

*Le Basque Trio, a partnership between tenor Ben Oxley, horn Robert Johnson and piano Cheryl Oxley, explores over a century of music for voice, horn and piano, from the Classical elegance of Beethoven through the Romantic era to the rich colours of the twentieth century.*

- Bookings open 3 November 2026 [www.lanecovemusic.org.au](http://www.lanecovemusic.org.au)
- Online bookings preferred.
- Adults \$30 cash, School Students \$10 cash
- Enquiries welcome: 9428 4287



Lifeline  
Become a  
Telephone  
Crisis Supporter

## Do you want to make a difference in your community?

We are currently looking for volunteers interested in becoming a Lifeline Telephone Crisis Supporter.

Our volunteers support callers to ensure that no person in Australia has to face their darkest moment alone.

**Apply Now and Volunteer at the New North Sydney Centre**



9498 8805

[lifelineh2hsydney.org.au](http://lifelineh2hsydney.org.au)

## Galuwa Dining opens its doors to the community

A new spot to catch up with friends, enjoy a meal or celebrate a special occasion has arrived in Lane Cove, with Galuwa Dining now open at the redeveloped Galuwa Recreation Centre.

Overlooking Lane Cove Golf Course, the restaurant, bar and function venue is owned and operated by Malek Aani and Nabil Bisher, the hospitality partners behind Lusso Kitchen. Their local venues include The Diddy in Lane Cove, Club Bradley Mosman, Cammeray Golf Club, Neutral Bay Club and Northbridge Golf Club.

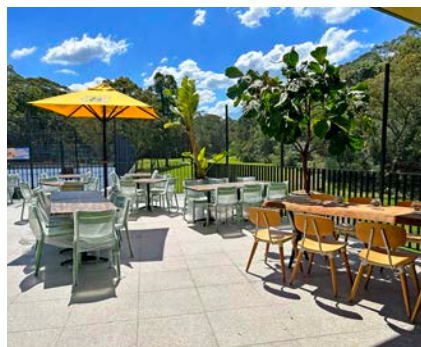
Open to everyone, not just golfers or members, Galuwa Dining offers breakfast, lunch and dinner, barista-made coffee and a contemporary bar. Its modern Australian menu focuses on fresh, seasonal ingredients, complemented by premium wines and cocktails.



The venue also offers flexible event spaces for corporate functions, school events, community groups, sporting clubs, birthdays, weddings and private celebrations. The spaces can accommodate up to 300 guests seated or 500 standing.

Galuwa Dining will soon launch weekly dining specials, live entertainment and community events. Its inaugural Melbourne Cup Lunch will be held on Tuesday 3 November.

For menus, bookings and more information, visit [galuwadining.com.au](http://galuwadining.com.au).



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MD032436

# THE BAYTREE EXPERIENCE THE ART OF EXTRAORDINARY LIVING



Float I, 2016 Michelle Hungerford

Presented in Partnership with Mosman Art Gallery

DISCOVER A UNIQUE CELEBRATION  
OF ART, CULTURE AND COMMUNITY  
AT THE BAYTREE ARDENY.

Join us for an exclusive two-day event series featuring a curated exhibition and guest speakers from Mosman Art Gallery, alongside the opportunity to experience the exceptional lifestyle, hospitality and beautifully appointed spaces that define life at The Baytree.

Complimentary coffee and refreshments will be served.

Event Program

**Friday 27 November**  
**9.30am – 11.00am**

**Curator Lecture with Jeremy Eccles**

Renowned arts writer and journalist Jeremy Eccles will share insights into the exhibition and the stories behind the works.

**Saturday 28 November**  
**10.00am – 1.00pm**

**Art Walk & Talk Tours**

Enjoy guided hourly tours led by Sabine Jamieson, Gallery Cadet, Mosman Art Gallery.



**Places are limited.**  
**RSVP via the QR code**

The Baytree, 6 Ulonga Avenue, Greenwich  
1800 723 723 | [ardency.com.au](http://ardency.com.au)

**MOSMAN**  
**ART**  
**GALLERY**



**Maggie Lawrence** chats with Willoughby local Ralph Kerle about his artistic journey, culminating in a career capturing beautiful reflections in the water, and a new sense of purpose.



**Blue Mood** - looks at the relationship between water and human health and wellbeing



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

## Capturing the brush strokes of nature in Middle Harbour

Ralph Kerle was born in Chatswood and went to North Sydney Boys High school. His father worked for the Commonwealth Bank.

‘We moved around a lot due to dad’s work. But I’ve lived in Willoughby for 28 years,’ Ralph told me.

‘My maternal grandfather came to Australia in the early 1900s as Managing Director of P&O. In the late 1930s he wrote a bestseller called *The Jangler*, which was syndicated in the United States, and he resigned from P&O to focus on his writing. He’d invested in property, but after he died relatively young from tuberculosis, the family’s financial position changed substantially.

‘My mother associated that loss of security with her father’s decision to leave a stable career for a creative one. So, anything involving the creative industries represented instability to her and growing up I was never encouraged to develop an artistic career. The creative lineage may have come from my grandfather,’ he said.

After finishing high school, Ralph obtained a degree in theatre from the Victorian College of the Arts. He married Hilary, a graduate of North Sydney Girls High.

‘I was very interested in the relationship between live performance, imagery, sound and technology. That work eventually led me towards photography and the creation of digital images,’ he said.

### A pioneer in multimedia productions

At college, Ralph’s focus was theatre and multimedia, and his first career was in theatre, transferring later into television and then into an events company producing live shows. During the 1980s he became one of Australia’s early multimedia pioneers, culminating in a contemporary opera called *Soul*.

‘*Soul* starred Tina Arena, Marcia Hines and Mark Williams and became the major cultural attraction during the final week of World Expo 88. It was the first time in Australia that backing tracks with a synthesiser were used in a production where a live orchestra would normally have been expected,’ he said.

Despite his interesting creative career in multimedia, there was a point in Ralph’s life when he lost his sense of purpose.

‘In any creative life there are highs and lows, and during the low times I had stress, anxiety and ultimately depression,’ he said.

### The darkness began to lift when out on the water

Ralph and Hilary had kayaks belonging to their sons that were stored at Castlecrag. One day, almost on impulse, he decided to take one out simply to escape from everything for a while.

‘After about four hours on the water at Middle Harbour, something had changed. It felt as though a darkness had lifted. From then on, I went kayaking regularly.

‘As I paddled, I began noticing these beautiful, fully formed images appearing on the water’s surface. Initially I simply photographed them to share with friends on Facebook. People told me they found the images meditative, colourful, beautiful and joyous, and that I should do something with them.

‘One of the people who encouraged me most strongly was Rory O’Donoghue, best known as ‘Thin Arthur’ from *The Aunty Jack Show*. Rory was also an accomplished photographer and became an important mentor. He wanted me to continue with the work. That was really the beginning: the kayaking, the exercise, being surrounded by nature and then the act of creating became intertwined.

‘Middle Harbour became my working environment because it was where I was kayaking and where I first began seeing these images. Over time I came to know Middle Harbour inside out and back to front.

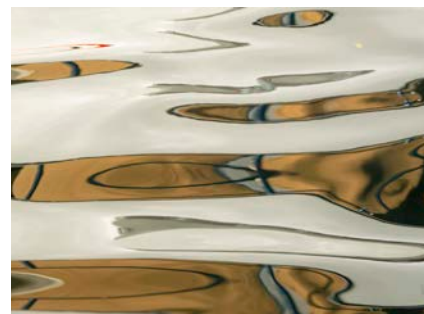
‘The practice I developed is built around what I think of as nature and its technology: light, water, wind and movement. Before I go out, I look at the wind conditions because they help determine where on Middle Harbour I might find the



**Clearing the Inner Blueness** - one of Ralph's first artworks representing his new sense of peace, happiness and tranquility when capturing reflections in the water of Middle Harbour.



**Emerging Warmth** - a commissioned piece by Louis Vuitton for the new David Jones store in Sydney



**Desert Water Dreaming** - connecting with the spirit of the Indigenous peoples who lived around Middle Harbour.

right conditions. I now know the areas where particular kinds of reflections may appear.

'The work is not about reproducing something I have imagined. It's about recognising and capturing something that nature has created for an instant on the surface of the water.'

### Capturing the moment - photography based on serendipity

Ralph started photographing water images around 2010.

'I realised if I wanted to take the work seriously, I needed to learn a completely new set of photographic skills and develop a practice of my own. I had to learn how to use my camera as a creative tool, almost like learning a new musical instrument,' he said.

'When I'm out on the water there are several things happening at once: I cannot stop the kayak and the surface of the water from moving. I'm working in a situation where I have very little control over the subject, unlike studio photographers that have complete control over their environment. There are other photographers who control the camera and lenses but work outdoors in an environment they cannot control. Then there is photography based on serendipity - quickly capturing the moment where one second later there may be a completely different image.'

Ralph told me that what fascinates him is the temporary nature of these images as they appear and disappear in the water, and that they already exist in nature. He's not constructing them afterwards using Photoshop.

'I use a digital camera, but I don't change anything once I've captured the image. They are abstractions but they are photographs in real time. What the

viewer sees is essentially the moment that existed on the surface of the water when I pressed the shutter. If I do not take the image at that particular instant, it may disappear completely. I'm also never entirely sure what I have captured until I return to the studio and download the images.'

The skill that Ralph has developed is learning to recognise a possibility that may be there reflected in the water. To be ready to respond in the moment.

'I work closely with Graham Maslen of Spitting Image, one of Australia's leading fine-art pre-press printmakers. I take the image; Graham brings enormous expertise to the printing of the finished artwork. It has become a real partnership,' he told me.

### The Water Spirits of Aveiro - a six-month cultural exhibition

Ralph's first exhibition happened almost by accident.

'I'd prepared about 16 artworks for a proposed exhibition connected with the idea of depression, exercise and creativity. That exhibition did not proceed, so I approached Frame 88 in Willoughby. An artist had unexpectedly dropped out of their exhibition schedule and I was offered the space three weeks later. I sold 11 of the 16 works, which completely surprised me.'

Much like the subjects of his photographs, opportunities for Ralph's art often emerged serendipitously. Through his earlier work with creative leaders, he was invited to Portugal, where an introduction led to an exhibition in Lisbon.

'I worked around the canals of Aveiro. Over four or five years that developed into a six-month cultural exhibition based on my response to the visual culture of the city called *Water Spirits of Aveiro*. It became a major tourism attraction for the city,' he said.

Ralph was also selected for the Enter Art Foundation's 42 Contemporary Artists exhibition during Berlin Art Week in 2018. In 2023, *The Indeterminate Sublime* was exhibited at the Rothko Museum, in Daugavpils, Latvia.

### People perceive things differently with abstract images

Ralph says that audience response is one of the most interesting parts of his work.

'Our brains naturally find forms and associations within abstraction. I love hearing what viewers see because it can be similar or completely different to what I see,' Ralph said.

'Their response creates a kind of triangulation between nature, my own perception of the image and the viewer's perception.'

So, what advice does Ralph have for people interested in an artistic career?

'I've learned that you need to remain open and curious. You need to meet and talk to people and be receptive to opportunities. It's not necessarily a life in which you make a great deal of money but I've been extremely fortunate to have lived my life working creatively and to have been able to survive doing it,' he concluded.



**Brush Strokes of Nature** - the canvas of nature making brush strokes in the water

# WHAT IS AI?

BY RISHIT VASUDEVA

Have you ever wondered how Google Maps knows there is traffic ahead and finds you a faster route? Or how your phone recognises your face? What about Netflix suggesting a movie you might enjoy?

AI has probably been helping you for years, without you knowing it.

Artificial intelligence, or AI, is technology that allows computers to analyse data, recognise patterns and make predictions or recommendations. Think of it as a computer brain. It constantly analyses information to find patterns and work out what is most likely to be useful.

So, when Google Maps predicts traffic, your email identifies spam, or a bank notices an unusual transaction, AI is working in the background. This type of AI was already part of everyday life long before ChatGPT became popular.

Now AI has moved one step further.

Imagine planning a family holiday. Instead of spending hours searching online, you could ask a generative AI tool to plan a five-day trip to Japan. Tell it you are travelling with grandparents, teenagers and young children, and prefer quieter places. Within minutes, it can suggest an itinerary around those requirements.

This is generative AI, or Gen AI. It can create new content, including text, images, music, video, audio and computer code. ChatGPT, Google Gemini and Microsoft Copilot are

commonly used generative AI tools. DALL-E can create images from text, while Suno can generate music.

The key to using these tools is the prompt, which is simply the question, instruction or information you give the AI. You can keep refining your inputs to get a more useful and accurate output.

AI, however, is not perfect. It does not think or understand the world like humans do. It is not self-aware and does not have human instincts or independent judgement. It can misunderstand a request, make mistakes or confidently provide incorrect information.

It is also important to think about privacy and cybersecurity. Avoid putting passwords, financial information or sensitive personal information into AI tools. There is already a global discussion about the risks of increasingly powerful AI and how much human oversight these systems should have.

At the same time, AI is helping us become more efficient in everyday life: fitness watches, weather forecasting, language translation, smart cameras, accessibility tools, hearing aids, fall detection, wildlife monitoring,

sports analysis, medical imaging, appointments, shopping lists and helping senior citizens stay connected.

AI is here to stay. The opportunity is to understand it, use it wisely and incorporate it into our lives, making AI work for us while keeping human judgement at the centre.

## COMING UP...

*In future columns, Rishit will explore how AI can help with communication, hobbies and everyday planning, explain how to get better answers from AI tools, and look at important issues such as privacy, misinformation, cybersecurity and the future of AI.*

**Have a question about AI? We'd love to hear from you!**

Send your questions to **editor@thevillageobserver.com.au** and Rishit may answer them in a future column.

## Introducing our new AI column

Artificial intelligence (AI) is changing the way we live, work and communicate – but how much do we really know about it? In a new regular column, local student Rishit will help demystify AI and explore how it can be used in everyday life. From choosing the right AI tools to protecting your privacy and spotting scams, Rishit will explain the technology in practical, easy-to-understand terms, helping readers make the most of AI while using it wisely.



RISHIT VASUDEVA

## Mayor's Message

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



The recent withdrawal of Goodman's proposed Project Mars data centre was a huge win for our community and I want to sincerely thank everyone who took the time to advocate for Lane Cove West. The proposal prompted an extraordinary response and your engagement and determination have made a real difference. While we welcome this outcome, our work is not over and Council will continue advocating for stronger planning controls and a meaningful say for our community.

As we celebrate this community achievement, it is also time to look ahead to the festive season and the many ways we can bring joy to others.

Our much-loved Trees of Joy donation drive will return this year, inviting you to donate a gift and help make Christmas a little brighter for those who need it most, together with the help of Delvena Women & Children's Refuge and Catholic Care.

Before we know it, December will be here, and I am delighted to kick off our Christmas celebrations on Friday 4 December with the Bluey Live Christmas Experience, followed by our traditional Lighting of the Christmas Tree at Lane Cove Plaza.

These much-loved events are a wonderful opportunity to gather with family and friends and enjoy the festive atmosphere – I look forward to celebrating with you!



## Celebrate Christmas in Lane Cove!

Get into the festive spirit and join us as we kick off the Christmas season on Friday 4 December, with a fun-filled afternoon and evening of family entertainment and Christmas celebrations!

Join Bluey and Bingo at The Canopy for the Bluey Live Christmas Experience, with three shows happening at 4:00pm, 5:00pm and 6:00pm. Get ready to play Verandah Santa, Keepy Uppy and more! No bookings are required but get there early to secure a spot on the grass.

Festivities will also be at Lane Cove Plaza from 3.30pm to 8:00pm with the Lighting of the Christmas Tree. Enjoy free children's activities, live entertainment and special performances before the Mayor lights up the Plaza Christmas Tree. You can also get your photo with Santa and take home a free fridge magnet photo frame, thanks to our Lane Cove Plaza event sponsor Select Property.

Bring the family, gather your friends and join the community for a magical start to Christmas in Lane Cove.



## Turn Your Old Phone into a Lifeline

Lane Cove Council is proud to participate in the 16 Days of Activism Against Gender-

Based Violence, a global campaign running from 25 November to 10 December 2026.

As part of this year's campaign, Council is supporting DV Safe Phone, an initiative that collects, refurbishes and redistributes mobile phones to people who may need them to stay connected, access support and seek help safely.

If you have an old mobile phone you no longer use, consider giving it a new purpose by dropping it off at the collection pods at Lane Cove Library or Lane Cove Civic Centre between 25 November and 10 December. Your old phone could make a real difference to someone that needs it.

For more information, visit [www.dvsafephone.org](http://www.dvsafephone.org)



## Introducing Flicks by the River!

We're excited to launch Flicks by the River, a brand-new Council event bringing movies, food and summer fun to the beautiful riverside setting of Burns Bay Reserve.

Join us on Saturday 14 November, 4:00pm–8:00pm for an evening under the stars, with screenings of two classic favourites; ***Toy Story 5*** and ***Mamma Mia***, as well as food trucks and great vibes. Bring a picnic, gather your family and friends, and settle in for a relaxed night of outdoor entertainment.

Best of all, it's free, accessible and open to all ages, so bring a picnic rug or chair and come along to experience this exciting new community event!



## Waste Less This Christmas

Christmas celebrations often mean plenty of food – and plenty of leftovers! With a little planning, you can reduce food waste and make the most of what you have.

Plan your menu, shop to a list and get creative with ingredients. And when there is leftover food waste, your maroon-lid food waste bin will take care of it.

Prawn heads, oyster shells, ham and turkey bones, mango and avocado seeds, leftover pavlova and trifle? Yes, they can all go in!

Just remember: food waste and certified compostable caddy liners only. Paper towels, napkins and food packaging (even if they're labelled compostable) don't belong in the food waste bin.

*For more tips on managing food waste over the festive season, visit [lanecove.nsw.gov.au/foodwaste](http://lanecove.nsw.gov.au/foodwaste).*

## Shop Local this Christmas with Lane Cove Gift Cards

Support our local businesses this Christmas with a Lane Cove Gift Card! Available for purchase at The Canopy on Friday 4 December, 5:00pm–7:00pm, and then every Saturday and Sunday 10:00am–2:00pm in the lead-up to Christmas. Plus, receive a free gift when you purchase a \$100 Lane Cove Gift Card! Shop local, give generously and help our community thrive!

## The Trees of Joy Are Back!

The Trees of Joy will light up from Thursday 19 November 2026, bringing the community together to support local children and families in need.



Drop off your unwrapped gifts from 19 November to 11 December at the Civic Centre customer service counter, Lane Cove Library, St Leonards Library

# The Perfect Christmas Gift A Lane Cove Gift Card



Help support your favourite local businesses this Christmas by purchasing a Lane Cove Gift Card that can be redeemed at more than 75 local stores and restaurants.



For participating businesses and details visit [lanecoveshopping.com.au](http://lanecoveshopping.com.au)

# What's on in Lane Cove November 2026

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



and Greenwich Library. If you're looking for inspiration, the tags on the trees offer suggestions for gifts and who they could help.

Kindy Cove children and families can also leave gifts under the Kindy Cove tree from 19 November to 3 December.

A small gift can make a big difference for someone. Let's fill the Trees of Joy and help make Christmas brighter for local families!

For more information, including the charities receiving your gift, visit [www.lanecove.nsw.gov.au/Council-News/Trees-of-Joy-are-back](http://www.lanecove.nsw.gov.au/Council-News/Trees-of-Joy-are-back)

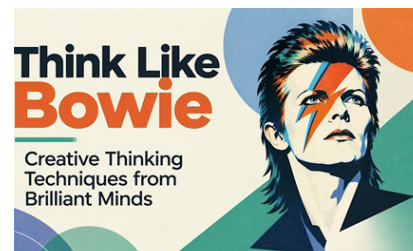
## Council's Apartment Social Cohesion Project

Living in an apartment is about more than sharing a building – it's an opportunity to build a connected and supportive community.

If you live in an apartment building, we're inviting you to take part in a new Social Cohesion Project, with activities and events designed to help residents meet their neighbours, build connections and explore ways to strengthen resilience within their community.

If you'd like to learn more or submit an Expression of Interest (EOI), visit <http://haveyoursay.lanecove.nsw.gov.au/MUD-social-cohesion>

## EVENTS



### Think Like Bowie – Small Business Networking Breakfast

**Wednesday 4 November,  
8:00am–9:45am, Pottery Lane  
Performance Space**

In this interactive session, creativity expert Nicole Velik from Ideas Bodega will share practical techniques inspired by iconic thinkers to help you challenge habitual thinking, generate fresh ideas and tackle business and innovation challenges.

*Free to attend, bookings essential.*

### Remembrance Day 2026

**Wednesday 11 November,  
10:30am–11:30am, Lane Cove Plaza**

Join us for a special Remembrance Day Service as we pay tribute to and remember all those who sacrificed their lives in service to their country.

### Car Maintenance Workshop

**Saturday 21 November,  
11:00am–1:00pm,  
Lane Cove Council car park**

This practical workshop teaches you how to look after your car, perform basic car maintenance and how to choose a mechanic. Lane Cove residents only.

*Free to attend, bookings essential.*

### Bicycle Check & Tune

**Saturday 21 November,  
10:00am–1:00pm,  
Lane Cove Council car park**

Bring your bicycle along to have it tuned and learn how to maintain your bike.

*Free to attend, bookings essential.*

### Help Learner Drivers Become Safer Drivers (GLS) Online Workshop

**Wednesday 25 November,  
6:00pm–6:30pm, Online**

Gain skills to help you supervise your Learner Driver to navigate the roads with confidence.

*Free to join, bookings essential.*

## CONSULTATION CORNER

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



### Have Your Say on Lane Cove's Future

How Lane Cove grows and changes is shaped by its Local Environmental Plan (LEP) – the planning document that guides land use, development, building heights and the protection of heritage and environmental areas.

Council is proposing a range of updates to the LEP, including changes to better support sustainability, and wants to hear from you.

For more information, to review the proposed amendments and share your views visit <https://haveyoursay.lanecove.nsw.gov.au/local-environmental-plan>. Submissions close 5:00pm, Monday 16 November 2026.



### Lane Cove Bike Plan 2026

How can we make cycling safer, easier and more accessible in Lane Cove? Have your say on the Draft Lane Cove Bicycle Plan 2026, now on public exhibition until Monday 9 November 2026.

Building on more than 500 contributions from the community, the draft Plan outlines a vision for a connected network of bike routes, safer crossings, separated bike lanes, calmer local streets and improved bike parking.

You can review the draft plan and complete the survey at <https://haveyoursay.lanecove.nsw.gov.au/bikeplan2026> or email a written submission to [service@lanecove.nsw.gov.au](mailto:service@lanecove.nsw.gov.au) or post to **48 Longueville Road, Lane Cove NSW 2066**, quoting "Draft Bicycle Plan".

# What's on in Lane Cove November 2026

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



COMING UP @

**THE CANOPY**

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

## The Plastic Country - Film Screening

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



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. In case of rain, screening will take place at Pottery Lane Performance Space. **Free to attend, register at [lanecove.nsw.gov.au/The-Plastic-Country](http://lanecove.nsw.gov.au/The-Plastic-Country)**

## Riverview – St Ignatius College band

- Friday 6 November, 4:00pm–8:00pm

## Shara Rose & The TailGators

- Saturday 7 November, 6:00pm–8:00pm



Dust off your boots and get ready to kick, shuffle, spin and two-step the night away. Expect big country tunes, crowd favourites, line-dancing fun and plenty of good vibes. Whether you're a seasoned boot-scooter or a total beginner, everyone's welcome! **Tickets \$15+bf.**

## Lighting of the Diya

- Sunday 8 November, 4:00pm–8:00pm

## Makers Market

- Sunday 15 November, 9:00am–3:00pm

## Open Mic Night

- Thursday 19 November, 6:00pm–8:00pm

## Born Jovi

- Friday 20 November 6:00pm–9:00pm, Tickets \$15+bf.

## The Rusted Band

- Sunday 22 November, 2:00pm–4:00pm

## Picnic Rug Toy Sale

- Sunday 29 November, 11:00am–3:00pm

## LIBRARY EVENTS

[www.lanecove.nsw.gov.au/Library-News-Events](http://www.lanecove.nsw.gov.au/Library-News-Events)

## Wild Neighbours with Ann Goth

- Thursday 5 November, 6:15pm–7:30pm.

Join us for an exciting night in conversation with Ann Goth about the habits, personalities, quirks, ingenuity and everyday dramas of the animals and plants that live among us. Books will be available to purchase at the event. **Bookings essential.**



## BookChat @ Greenwich Library

- Monday 9 November, 9:30am–10:30am.

Meet up on the second Monday each month and discuss your favourite books or find a new one! Each month has a different theme to discuss. November's theme: Garden stories and botanical books. **No Bookings required.**



## Art for Life: Mindful Mandala

- Monday 9 November, 2:00pm–3:00pm.

Find ways to fit art back into your life and enjoy a relaxing afternoon while you listen to mindful music and create a beautiful mandala. Ages 16+. **Bookings essential.**

## Sydney International Poetry Festival @ St Leonards Library

- Friday 13 November, 2:00pm–4:00pm.

Join the Australian



International Elite Cultural and Arts Centre for an afternoon of poetry readings, discussion and cultural exchange. Visiting poets will share their work and the ideas behind it, with opportunities for audience conversation. In English with Chinese translation. **No bookings required.**

## NEW TIME – Writers in Residence Group

- Thursday 19 November, 1:00pm–3:00pm.

Join our Lane Cove Writers in Residence group who meet monthly to share stories, discuss creative writing ideas and writing methods. **No bookings required.**



## Practical Guide to Conflict in Family Law

- Thursday 19 November, 6:30pm–8:00pm.

Experienced Family Lawyer Joshua Maloof, Solicitor from Tiyce & Lawyers, discusses different types of conflict experienced in family law disputes, offering practical tips on how to create stability and clarity. **Bookings essential.**



## Moments in Music: Brief History of Opera

- Wednesday 25 November, 10:00am–12:00pm.

Local musician Graham Ball takes you through the development of opera, beginning in Italy during the Renaissance and traveling around the world to the present day. **Bookings essential.**



## Tech Savvy Seniors: Transport Apps @ St Leonards Library

- Thursday 26 November, 2:30pm–4:30pm.

Develop your digital literacy in this training session for adults on using transport apps, including downloading apps, planning trips and finding real-time travel information. For more hands-on experience, please bring the smartphone, tablet or laptop you normally use. **Bookings essential.**



# One woman's legacy, more than 100 procedures: Alexis surgical robot changes lives one year on

***A year after a significant bequest from the Estate of Alexandria 'Alexis' Phirros brought advanced robotic-assisted surgery to Royal North Shore Hospital (RNSH), the Alexis surgical robot has now been used in more than 150 procedures across six surgical specialties. For 36-year-old Stephen Davies, that impact is not a statistic.***

Earlier this year, Stephen needed bowel surgery after a previously removed growth required further investigation. During the procedure, Consultant Colorectal Surgeon Associate Professor Kah Hoong Chang and the RNSH surgical team found and removed two additional small tumours.

Stephen did not have the level of private health insurance that might otherwise have made robotic-assisted surgery available to him. Because Alexis is available within the public system at RNSH, he could access the technology for his surgery. He chose to wait for a robotic theatre slot because a faster recovery was more likely.

When his original operation date was postponed, the extra month gave Stephen time to learn more about the machine. He discovered that it had been funded by a significant bequest from Alexandria Phirros and named Alexis in her memory.

'When I was wheeled into the room, I looked over at the machine and thought about this woman I would never meet, but whose generosity was directly helping me at one of the most frightening moments of my life,' Stephen said.

Stephen's surgery and recovery went well, and he was back at work within a few days. He later wrote to the people who knew and loved Alexandria to thank them and tell them what her legacy had meant to him.

'Alexis' gift was not just a large and generous donation. It became something very real: less disruption, a faster recovery, and a better chance to get back to normal life,' Stephen wrote.

Associate Professor Kah Hoong Chang, Consultant Colorectal Surgeon



*Alexandria Phirros' bequest has brought advanced robotic-assisted surgery to public hospital patients at RNSH*

at Royal North Shore Hospital, said Alexis provides surgeons with another important tool for complex procedures.

'Alexis gives us improved 3D vision, unrestricted instrument movement and pinpoint precision. In Stephen's case, that gave us an extra advantage in a highly specialised operation and contributed to an excellent surgical outcome and recovery,' Associate Professor Chang said.

The Da Vinci Xi (or Alexis) system is controlled by the surgeon from a console, with four articulated robotic arms and high-definition

3D magnification. RNSH now uses Alexis across upper gastrointestinal, colorectal, urology, cardiothoracic, gynaecology and ENT surgery.

Dr Kai Brown, Head of Department of Robotic Surgery at Royal North Shore Hospital, said the first year had shown both the clinical value of the program and the importance of making advanced surgical options available to public patients.

'The point that matters most is equity. Robotic surgery has been standard care for almost a decade, but uninsured patients in our catchment could not reliably access it in the public system. Alexis exists because of philanthropy, helping make this technology available to patients who might otherwise not have been able to access it.'

The next phase is focused on increasing robotic theatre capacity, expanding dual-console training for future robotic surgeons, and building evidence on public-sector implementation and cost-effectiveness.

Alexandria Phirros died at 89 after pancreatic cancer. Years earlier, she had been successfully treated for throat cancer at RNSH and remained deeply grateful for the care she received. Through the NORTH Foundation, her bequest enabled RNSH to acquire the Da Vinci Xi surgical system, which was named Alexis in her memory.

For Stephen, Alexandria's legacy remains intensely personal.

'I hope her family and friends know she is so much more than just a name on a plaque. She's in the room. She's part of how that hospital works now, week after week, for people she never got to meet,' he said.



*Patient Stephen Davies with Consultant Colorectal Surgeon Dr Kah Hoong Chang, and Alexis surgical robot in background.*

# Men's Health

DR CARL WONG

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



Last month I participated in the Gold Cup Challenge, an alma mater inter-high school sports competition where middle-aged men came together to rekindle decades-old friendships, engage in friendly rivalries and attempt to right injustices from past losses to opposition high school teams which still sting to this day. The event was a huge success, raising money for children and young people with cancer and their families. Possibly more amazing was that throughout the whole event, for the almost 600 men that participated trying to relive past glories, there were only a handful of sporting injuries!

Sporting events for men build fitness, confidence and social connection on the field. And each November, Men's Health Awareness month reminds us that it is vital this same energy is channelled to looking after men's bodies and minds in the longer term.

Australian population statistics show that the ratio of men and women is almost 50:50. Looking more closely though, the numbers paint a different picture. On average, Australian men will have four years' less life expectancy than their female counterparts, with the number of male deaths being higher than female deaths in every age group except for those over-65 years, likely due to so many men dying before this age. Men are more likely to get sick from serious health problems and die in greater numbers from almost every health condition. Higher risk of male death and serious illness is especially prevalent in Aboriginal and Torres Strait Islanders, those who live in rural and remote areas, overseas migrants, those who are socially disadvantaged, and non-heterosexual men.

So what are the reasons for these health statistics in men? The answers are numerous, complex and not entirely understood.

Men typically have a functional view of their bodies and health; ignoring milder symptoms until they become severe enough to impact daily life, leading to longer term and higher burden of disease due to delayed diagnoses. Some men may feel embarrassed and not want to appear weak by seeking professional help, particularly if related to mental health. Thankfully due to more public awareness, mental health issues in men are not as stigmatised as they used to be and seeking help is becoming more normalised.

Men are more likely to be employed full-time and therefore have less opportunity to visit a doctor. More men are traditionally employed in occupations with a higher risk of injury, such as transport, construction and mining. The greater expenditure

spent on, and greater access to services for women's health compared to men's health may also play a part, translating to reduced promotional awareness. Men do not engage in healthy diet and lifestyle modifications as well as women, and are twice as likely as women to drink above the recommended alcohol consumption guidelines, with approximately one in four men drinking at levels that will lead to alcohol-related disease. Men also engage in more risk-taking

behaviours, being twice as likely to die in a motor vehicle accident and have higher rates of substance and recreational drug abuse.

Here is my **Top 5 list** of conditions that are among the leading health concerns for men - many of which are preventable or manageable with early detection and lifestyle changes.

## 1. Heart Disease

Heart disease is the leading cause of death among men, often developing silently until a heart attack, arrhythmia, or heart failure occurs. Risk factors include obesity, high blood pressure, high cholesterol, diabetes, poor diet, smoking, and lack of exercise. Preventive measures include a heart-healthy diet, regular physical activity (30-60min of moderate exercise on most days of the week), stress management, and routine screenings for blood pressure and cholesterol levels. See your GP for a 'Healthy Heart check' where your individualised risk can be calculated of a heart event within the next five years and appropriately managed from there.

## 2. Cancer

Prostate, melanoma, bowel, lung and non-Hodgkin's lymphoma are the top five male cancers in order of incidence. All of these can often be diagnosed early if health checks, cancer screenings and new symptoms are not ignored. New guidelines have recommended prostate cancer (PSA blood testing) be considered from aged 45 years (and even earlier if there is a strong family history). This age also aligns with bowel cancer screening. 90% of lung cancer cases in men are linked to smoking - please quit (or seek professional help on how to).

## 3. Mental Health

More than 40% of Australian men will experience a mental health problem in their lifetime. Men are three times more likely to die by suicide than women, and it is the leading cause of death in men under the age of 54 years. Causal factors



include a specific event (e.g. losing a job, a relationship breakdown), life stress (work, physical illness, finances), genetic links, childhood trauma and sometimes no reason at all. One of the primary triggers especially in middle-aged men is loneliness, with one study reporting 40% of Australian men feeling lonely. One of the biggest challenges is that statistically men are less likely to seek help for their mental health. Addressing this through counselling, stress management, and open communication is crucial to tackling this increasing problem.

#### 4. Diabetes

Type 2 diabetes is increasingly common among men, often linked to obesity, poor diet, and sedentary lifestyle. Many men remain unaware of elevated blood sugar levels until complications arise. It increases the risk of heart attacks and strokes. A compelling factor for many men to have regular screening and adopt lifestyle modifications may be knowing that diabetic men are three times more likely to develop erectile dysfunction.

#### 5. Obesity

Two thirds of Australian men are overweight or obese. Obesity is now the leading risk factor contributing to ill health and death. It goes without saying that maintaining a healthy weight through balanced nutrition and regular exercise is essential for reducing these risks.

Looking after your health is a strength, enabling you to live your best life. Practical steps to protect your health and wellbeing include getting reliable professional health information (your GP will often be your first good starting

point and not Dr Google), staying connected to others, and seeking help early when something does not feel right.

At the end of the Gold Cup competition, many participants requested a repeat event in another decade. My sincere hope is that all of this same cohort will be in the best health of their lives to fulfil this life desire.



*Dr Wong's cavoodle Fibi celebrated her 17th birthday in 2026*



## 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.

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# Eating disorders: breaking the misconceptions

BY ELIZABETH STATHAKIS APD AN

When we hear the words *eating disorder*, many of us picture someone who is extremely underweight and visibly unwell, someone who is 'choosing' to starve themselves.

However, over 1.1 million Australians are estimated to be living with an eating disorder, and the most common type does not conform to the stereotype.

Eating Disorders affect people of different shapes and sizes, ages, genders, sexualities, cultures and socioeconomic backgrounds. Someone can appear completely healthy on the outside and still be experiencing an enormous amount of distress around food, eating, exercise or their body. Eating disorders are serious mental health conditions influenced by a combination of genetic, psychological and environmental factors. They are certainly not a lifestyle choice.

## It's not all about the food

Despite the name, eating disorders are rarely *just* about food. For some people, controlling food or exercise may become a way of coping with complex mental health challenges, grief, trauma or difficult emotions.

Good treatment aims to untangle that relationship. On the nutrition side, this might involve rebuilding regular and adequate eating and helping the body and brain become adequately nourished. At the same time, psychological support and medical management aim to help someone develop a much bigger tool kit of coping strategies to utilise as needed.

This is why eating disorder treatment needs a collaborative multidisciplinary team with a dietitian, psychologist, GP and psychiatrist.

## The illness that tells the sufferer they're not sick

One of the cruellest things about an eating disorder is that it makes a person question whether they are sick enough to deserve help. Thoughts such as 'I'm not that bad' or 'other people



have it worse than me' can be particularly powerful when someone doesn't fit the stereotypical image of what an eating disorder is supposed to look like. They can be functioning, successful, studying, working, parenting and socialising — and still be very unwell.

## Diets, detoxes and other dim things

We are surrounded by messages telling us to eat less, exercise more, lose weight, detox, eliminate certain foods and constantly improve our body. For many people, these messages may simply be wearisome. For someone vulnerable to an eating disorder, they are powerful fuel for disordered behaviours. Food is not a moral issue. Eating a piece of cake doesn't make someone 'bad', just as eating a salad doesn't make someone 'good'. We need to think carefully about *how* we talk about food, exercise and wellness.

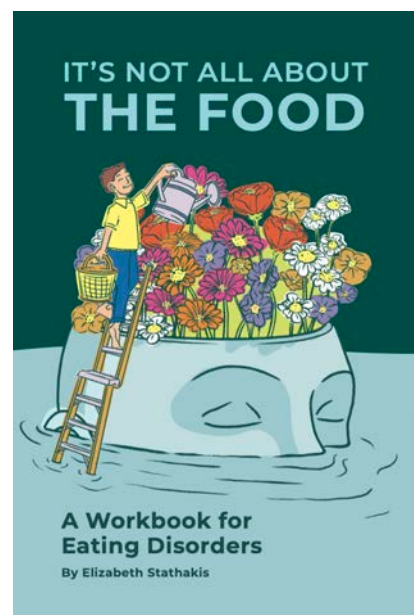
## Christmas cheer can bring food fear

For someone already experiencing anxiety around food or their body, the holiday season can be extremely overwhelming and triggering. There are simple things we can do to make the season a little easier. Talk about something other than food and bodies. Ask about books, hobbies, work, holidays, pets, sport or the things that make someone happy. Leave comments about weight, shape and diet, behind at the front door.

## Helping starts with listening

If you're worried about someone, you don't need to become an expert before reaching out. Start with curiosity. Sometimes the most important first step is simply recognising that help is needed — and knowing where to begin.

The Butterfly Foundation ([www.butterfly.org.au](http://www.butterfly.org.au)) provides information and support for people affected by eating disorders and body image concerns, as well as their families and supports, and is a useful place to start.



## Book giveaway and free carer's resource:

After more than a decade working in the mental health and eating disorder space, Hunters Hill local Elizabeth Stathakis knows that accessing the right support early makes an enormous difference.

It is the reason she wrote *It's Not All About the Food: A Workbook for Eating Disorders*. From understanding the disease, to navigating who should be on the care team, and accessing Medicare rebates, this guide is an essential companion to accessing the appropriate care. Because eating disorders are about so much more than food. And recovery should be about so much more than weight.

If you or someone you care about could benefit from this resource, 10 copies are available free to Village Observer readers. Email [info@lifestyleconsultations.net.au](mailto:info@lifestyleconsultations.net.au) by 1 December 2026 to claim your copy.

**Scan the QR code to access a free carer's resource**



## Rev Bill Crews is coming to Longueville



Rev Bill Crews needs no introduction to Sydneysiders. We know his face, we know his voice and we know of his huge heart for all he does for the huge number of souls who fall through the cracks, many through no fault of their own. Now after 40 years' service, with a great team of volunteers, he feeds almost 2000 from the Loaves and Fishes Restaurant each day. He provides free medical and dental services, literacy programs for children who are missing out, food hampers, counsellors and social workers. His compassion knows no bounds.

- When: Sunday 22 November
- Time: 9.30am
- Where: Longueville Uniting Church  
47A Kenneth Street, Longueville

*You are invited to come along and hear and meet this remarkable man.*

## Croquet meets rogaining at Hunters Hill

On Sunday 20 September, Hunters Hill Croquet Club opened its gates to something truly special. As part of the inaugural Ferrygaine, a unique Sydney Harbour rogaining event based at Cockatoo Island, the club hosted one of the most talked-about checkpoints of the day.

And the numbers tell the story: 149 teams, 366 rogainers passed through the lawns, each given a mallet and a ball and challenged to run a hoop. Points were earned by the stroke, the fewer the hits, the higher the score. Two teams even managed the feat in a single stroke, drawing well-deserved cheers from the crowd.

What made the day so memorable was not just the volume of competitors but the energy they brought with them, and the warmth the volunteers gave right back. The team set up the lawns, briefed hundreds of tired and excited competitors, kept the flow moving as teams arrived thick and fast, and introduced a completely new audience to the joy of croquet.

For many of the 366 participants, it was their very first encounter with the sport of croquet, and with the Hunters Hill club. And what a first impression they were given. The club and lawns looked fantastic, a credit to the many members who have recently put such care into refurbishing the gardens.

Nestled in the heart of Figtree Park, Hunters Hill Croquet Club showed the wider community exactly what they're about: a welcoming, active, inclusive club where sport and community come together.

Willoughby Symphony Orchestra and Choir

# SPRIT OF CHRISTMAS

Sing-alongs, family fun and a very special visitor from the North Pole!



**Sunday 13 December, 2pm**  
**The Concourse, Chatswood**  
[willoughbysymphony.com.au](http://willoughbysymphony.com.au)



**JOIN THE FUN**

## An unexpected visitor: Eastwood builders find a Diamond Python

While our beloved pets are cherished members of the family, some animals are not quite as welcome at home!

Recently, builders in Eastwood's Threlfall Street found a visitor that was never on the job list: a Diamond Python.

They called Snakes in the City, which soon had a catcher at the location. The python was secured and humanely relocated, bringing the encounter between a suburban work site and native wildlife to a practical conclusion.

The encounter offers a glimpse of a Sydney neighbour that often goes unnoticed. Diamond Pythons occur along coastal New South Wales, including Sydney. The Australian Museum describes them as largely nocturnal, with a diet that includes small mammals and lizards. They can also be seen basking in trees or found in roofs and rafters.

They are non-venomous, but that is not an invitation to pick one up. Pythons can inflict a painful bite, and identifying an unfamiliar snake from its colour or markings can be difficult. Snakes in the City highlights that the handling shown in the photo is professional work, not something residents or tradespeople should attempt themselves.

For builders and householders, the correct response is to create space. Stop activity near the animal, move away slowly



*A Snakes in the City catcher with the Diamond Python from the Threlfall Street, Eastwood call-out. Photograph supplied by Snakes in the City. Professional handling pictured; do not attempt to handle a snake.*

and keep other people and pets clear. Do not try to shift it with tools, trap it or follow it into cover.

If a snake disappears among stored materials, keeping clear is safer than reaching in to find it. From a safe position, note where it was last seen and pass that information to a snake catcher, along with the address and safest access point.



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## Macquarie Park cake beats the competition

Who says you need gluten to take the cake? Macquarie Park's ISEO Patisserie has proved otherwise, winning the Champion Cake award at the Sydney Royal Fine Food Show with its vegan, gluten-free banana cake.

Owner Seongwook Gong's creation first won the newly introduced gluten-free cake section in the Professional Bakery competition before going on to beat all comers, including cakes containing gluten, to claim the overall title.

The Royal Agricultural Society of NSW announced its champions at an awards ceremony last week, with two other local producers also earning gold medals.

Ryde's Delicious Simple By Svetlana took gold for its Honey Cake Medovik, while Chatswood West-based Noble Nature Pty Ltd won gold for its Ring Master Classic Chimichurri Sauce.

More than 1,300 products from across Australia were judged across seven competitions, with 40 Champion Awards and more than 1,000 medals presented. Gold medals went to 26 per cent of entries, up from 20 per cent last year.



## North Sydney opens creative residency applications

North Sydney Council is inviting artists and writers to apply for its 2027 Creative Spaces and Writer in Residence programs, offering subsidised workspaces, mentoring and opportunities to connect with the community.

The programs support emerging and established creatives across several locations, including Primrose Park Artists' Studios in Cremorne, the Coal Loader in Waverton and the Don Bank Museum in North Sydney.

Catriona Pollard, a 2026 Primrose Park artist in residence, said the dedicated studio space provided an exceptional environment to develop her work.

The extended residency allowed her to experiment, reflect and refine projects without the pressure of a short timeframe, she said.

The program also includes a dedicated First Nations Artist Residency and the Don Bank Writer in Residence, delivered in partnership with Writing NSW.

Applications close on 6 November 2026. For details and applications, visit [northsydney.nsw.gov.au/arts/creatives-spaces-application-hub](https://northsydney.nsw.gov.au/arts/creatives-spaces-application-hub).



Catriona Pollard, 2026 Primrose Park artist in residence

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Executors, special gifts, and funeral wishes.



### 2. GUARDIANSHIP APPOINTMENT

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### 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.



## Finding connection in water movements

Local photographic artist Clara Chiu returns to the Greenwich Village Arts Trail for the third year, showcasing her abstract water photography on 7–8 November, from 10am to 4pm, at Stop 5 (Lower Ground, 48 Greenwich Road).

Following her solo exhibition, *Water's Awakening*, at Gallery Lane Cove earlier this year, Clara presents works that transform everyday reflections into expressive images exploring memory, emotion and imagination.

One highlight is *A Calligrapher's Sunset*, which captures the distorted reflections of boat masts moving across the water in the warm glow of dusk. The rigid structures dissolve into sweeping, ink-like blues and soft sunset tones, evoking the rhythm of Chinese calligraphy.

The work has a deeply personal meaning for Clara. Inspired by memories of her father, an avid photographer and Chinese calligrapher, it brings together his two artistic passions. Through her camera lens, the shifting reflections became expressive brushstrokes suspended in time, offering a quiet sense of connection and transforming grief into art.

Visitors can meet Clara at the Arts Trail and learn more about her creative process. Selected artworks will also be available at special studio prices throughout the weekend.

- When: 7–8 November, 10am–4pm
- Where: Stop 5, Lower Ground, 48 Greenwich Road
- More information: [www.jozenart.com](http://www.jozenart.com) or Instagram @jozenart



## THANK YOU! THANK YOU! THANK YOU!

**Lane Cove Rotary Club would like to thank all of our wonderful community for your huge support of our Fair on Sunday 11 October.**

The day was fantastically successful with over 24,000 attendees, brilliant sunshine, lots of snags and egg and bacon rolls and raffle tickets sold to raise a lot of money for all of our local projects, domestic and international. Your contribution mattered. The raffle would not have been possible without the generous support of all the many businesses that contributed prizes, large and small.

***We thank you all sincerely.***

## Ross Harvey wins \$15,000 Lane Cove Art Award

Artist Ross Harvey has won the 2026 Lane Cove Art Award with his finely detailed oil painting *Fragonard ii*, taking home the \$15,000 acquisitive prize.

Now in its 61st year, the award attracted 84 finalists from across NSW, continuing its tradition of showcasing Australian artistic talent.

For Ross, the win represents a return to his roots, having spent the first four years of his life in Lane Cove, and attending kindergarten at Lane Cove Public School. Sponsored by Lane Cove Council, the winning painting will become part of Council's art collection.

Other prize winners included Scott Owen, who received the \$2,000 Hyecorp Property Prize for *Memory Palace*. Laurence Kimmel's *Burrow 2* and Belinda Piggott's *Worlds Within* shared the Centrehouse Inc. Prize of \$500 each.

Brooke Martchel's *Brighter Than a Thousand Suns* and Jaymesh Master's *Against the Odds* were highly commended, while Louise Knowles' *The Skies in the Pilbara, W.A.* and Nicola Hart's *Afternoon Kept* received commendations.

Mayor of Lane Cove, Councillor Merri Southwood, congratulated the winners and finalists, highlighting the talent on display and Council's pride in supporting an award that brings thought-provoking art to the community.

- For more information, visit [lanecoveartsociety.com.au](http://lanecoveartsociety.com.au).



Lane Cove Prize Winner Ross Harvey with Cllr Mayor Merri Southwood and Gallery Lane Cove Director Miguel Olmo



## A Christmas Carol brings festive magic to Chatswood

Pymble Players will bring Charles Dickens' much-loved Christmas tale to life at Chatswood's Zenith Theatre from 13 to 22 November.

Adapted by Michael Wilson and directed by Joy Sweeney, *A Christmas Carol – A Ghost Story of Christmas* follows miserly Ebenezer Scrooge on a journey of redemption, exploring the transformative power of generosity, family and community.

The production promises theatrical magic, music and warmth, with a large cast including children and beautiful Christmas songs.

Sweeney, a life member of Willoughby Theatre Company, has worked across acting, costume, production and cabaret, and previously directed five plays for Pymble Players. A self-confessed Christmas enthusiast, she says she feels privileged to bring Wilson's adaptation to Australian audiences.

- When: 13–22 November 2026
- Where: Zenith Theatre and Convention Centre, corner McIntosh and Railway streets, Chatswood.
- Bookings: [pymbleplayers.com.au/tickets](https://pymbleplayers.com.au/tickets) or 0490 366 346.

## Don't Dress for Dinner

Hunters Hill Theatre finishes off the year with yet another great Comedy/Farce – *Don't Dress for Dinner* by French playwright Marc Camoletti (who also wrote *Boeing Boeing* – a runaway success for HHT in 2024).

Bernard is planning a romantic weekend with his chic Parisian mistress in his charming converted French farmhouse, whilst his wife, Jacqueline, is away. He has arranged for a cordon bleu cook to prepare gourmet delights, and has invited his best friend Robert along too to provide the alibi. It's foolproof; what could possibly go wrong?

Within seconds the audience is drawn into a delicious web of marital treachery and chaos ensues!

Don't miss this final production for 2026.

- Opens Friday 13 November for a four-week season (Friday 7.30pm, Saturday and Sunday at 2.00pm.)
- Tickets available via [www.huntershilltheatre.com.au](https://www.huntershilltheatre.com.au) or call the Box Office Tel: 0478 097 525



## Roll into the 1980s with Xanadu Jr.

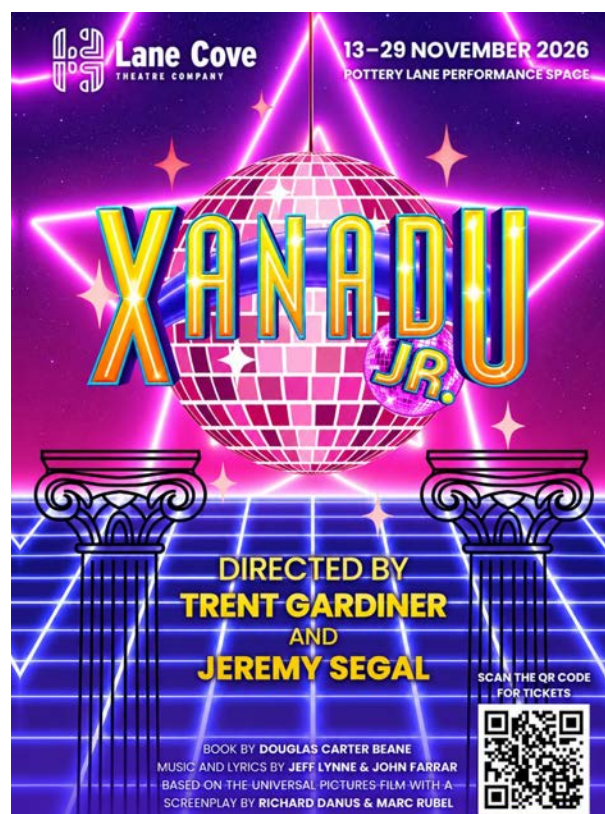
Roller skates, disco music and Greek mythology collide when Lane Cove Theatre Company presents *Xanadu Jr.* from 13 to 29 November.

Based on the 1980 film starring Olivia Newton-John and Gene Kelly, the musical follows Kira, a Greek muse who inspires struggling young artist Sonny Malone to transform an abandoned theatre into a spectacular roller disco. Along the way, romance, jealous sisters and mischievous gods create a joyful celebration of creativity and following your dreams.

Featuring hits including *Magic*, *Suddenly*, *I'm Alive* and *Xanadu*, the production showcases a talented cast of young performers from Lane Cove and Sydney's North Shore.

Co-directed by local theatre identities Trent Gardiner and Jeremy Segal, the show continues the volunteer-run company's commitment to nurturing local talent and making live theatre accessible to the community.

- When: 13–29 November 2026
- Where: Pottery Green Performance Space, 1 Pottery Lane, Lane Cove.
- Bookings: [trybooking.com/DHVSZ](https://trybooking.com/DHVSZ)



## Could you be the voice someone needs when it matters most?



Every day, thousands of Australians reach out for support during some of the most challenging moments of their lives. For many, a Lifeline Crisis Supporter is the compassionate voice that helps them feel heard, valued and less alone.

Lifeline is there when people have nowhere else to turn. The service provides immediate support to individuals experiencing emotional distress or crisis, offering a safe and confidential space where callers can talk openly without fear of judgement. But who are the people behind the phones?

Contrary to what many might think, Lifeline Crisis Supporters come from all walks of life. Volunteers range in age from their 20s, to well into their 70s, bringing with them a wealth of life experience, compassion and a genuine desire to help others.

‘People are often surprised to learn that you don’t need a background in counselling, psychology or social work to become a Crisis Supporter,’ says Lifeline Harbour to Hawkesbury Sydney’s CEO, Elizabeth Lovell.

Instead, the most important qualities are empathy, compassion, self-awareness and respect for others. Lifeline provides comprehensive training using a structured framework that equips volunteers with the skills and confidence needed to support people in crisis.

‘What’s most important is being a good listener and approaching every conversation with understanding and without judgement,’ says Elizabeth. With increasing numbers of Australians seeking support, the demand for Crisis

Supporters continues to grow.

Becoming a Telephone Crisis Supporter is a meaningful commitment. Volunteers complete a 12-week training program featuring weekly three-hour face-to-face sessions, followed by supervised placement opportunities that provide practical experience and support.

Once qualified, volunteers typically commit to one four-hour shift per fortnight. Importantly, Lifeline understands that volunteers balance work, study, family and travel commitments, so flexibility is built into the volunteering program.

For many volunteers, the opportunity to make a genuine difference in someone else’s life is what motivates them to join.

‘Sometimes people simply need someone to listen. Being able to offer support in that moment can have a profound impact,’ says Elizabeth.

Many Crisis Supporters describe the role as one of the most rewarding experiences of their lives. Beyond helping callers, volunteers become part of a supportive community of like-minded people who care deeply about others and are committed to making a difference.

They speak of the privilege of being trusted with people’s stories and the satisfaction that comes from knowing they have helped someone feel less alone during a difficult time.

If you’ve ever considered volunteering but weren’t sure where to start, this could be the opportunity you’ve been looking for.

Lifeline Harbour to Hawkesbury Sydney regularly hosts face-to-face information

sessions at its Gordon and North Sydney centres. These sessions provide an opportunity to learn more about the role, meet members of the Lifeline team and ask questions in a relaxed and welcoming environment.

If you have four hours to give each fortnight and a desire to support people when they need it most, attending an information session could be the first step toward a truly meaningful volunteering experience.

***Lifeline is committed to supporting any Australian through their toughest moments and providing them with the most appropriate support.***

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

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

*If you’re struggling to know where to turn, Lifeline’s Support Toolkit at [lifeline.org.au/toolkit](http://lifeline.org.au/toolkit) can help you find the right support at the right time.*

*For Indigenous or Torres Strait Islander peoples: If you, or someone you know, are feeling worried or no good, you can connect with **13YARN on 13 92 76** (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander crisis supporter.*

**Interested in learning more? Register for an upcoming information session and discover how you could help change a life, one conversation at a time.**

[www.lifelineh2hsydney.org.au/get-involved/volunteer/telephone-crisis-supporter](http://www.lifelineh2hsydney.org.au/get-involved/volunteer/telephone-crisis-supporter)



**Scan for  
upcoming  
information  
session**



## Poetry & Song Odyssey Soirée

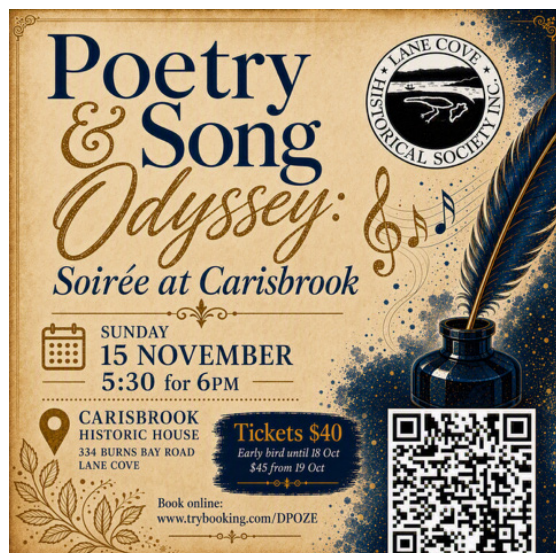
Step into an evening of poetry, song and storytelling at Carisbrook Historic House for the *Poetry & Song Odyssey Soirée* on Sunday 15 November 6-9 pm, which includes wine bar and generous cheese platters served at café-style tables.

In 2023 Lane Cove Poets in Residence held a wonderful evening of poetry and dancing called Poetry &

Pernod at Carisbrook Historic House. In 2026, Lane Cove Poets in Residence are joined by North Shore Poetry Collective and Writing NSW Daylight Poets to bring you a plethora of poets and Jane van Balen, singing Art Songs - poetry set to music - with accompanist Suzanne Chin. In the second part of the program there will be open mic poetry for the audience and more music, perhaps a chance to dance.

Graeme Payne, a poet, and Karen Mitchell from Lane Cove Library, founded the Lane Cove Poets in Residence in 2009, realising that a thriving community like Lane Cove needed a voice for literary endeavours. Beginners and established poets were encouraged to join. Local poet, musician and writer, Paolo Totaro AM was welcomed as a leading light. It is a tribute to the people of Lane Cove that seventeen years later Poets in Residence is going from strength to strength, meeting in the library on the last Monday of each month.

The tradition of sharing poetry and song harks back to the Bards in many cultures, singing their stories of Homer and the Odyssey, the Celtic tales of Culhwch and Olwen, King Arthur, the sprawling epics of India and the Dreaming of our indigenous First Nation people. Poetry taps into the fundamental need for storytelling and passing on our stories through the music and the word. Poetry is the heart and soul of a community, a fostering of the spirit of human nature when family, friends and like-minded people gather to swap poetry and stories, written, spoken, or sung.



### Silverband Falls

Above the waterfall, early morning:  
ghost trees a silhouette,

in cloudless blue sky  
no horizon to infinity and life beyond.

Light-filled day quivers, grows stronger,  
swings into life.

Sun-brushed water tumbles into the creek below  
moving fast, moving past, creating its own path,  
striations of time,  
fossils of life.

Day lengthens:  
sulphur-crested cockatoos,  
red-rumped parrots, musk lorikeets, screech song.

Honeyeaters little beaks fossick, taste flowering shrubs.  
Blue wrens twitter chorus,  
flicker in and out of the splashing stream.

Closing my eyes, I smell the eucalyptus,  
reach out, trace again on the tree  
the scribbling lines of yesterdays.

**Catherine Briggs**

## Events this month

### Poetry & Song

Lane Cove Historical Society is excited to present an evening of original works by local poets at Carisbrook House, alongside musical performances featuring poetry in song. See poster for details.

### Devonshire Tea

Our final Devonshire Tea and Open House for the year is at Carisbrook on Saturday 21 and Sunday 22 November from 10am to 4pm each day.

This is an opportunity to take time out with friends for a pre-Christmas get-together with a difference! Enjoy coffee and cakes or Devonshire Tea in a relaxing garden setting with the opportunity to explore the interior of the heritage-listed Carisbrook House and be transported to the very different lifestyle of the 1880s.

## About Us

The Lane Cove Historical Society (LCHS) was established in 1962. We are now a registered charity.

Curating Carisbrook Historic House is one of our many projects. The House was purchased in 1969 by Lane Cove Council as a gift to the Lane Cove community. A permanent conservation order was placed on the house by the Heritage Council of NSW in 1981. It is now a State heritage-listed asset maintained by the Council and curated by us. The House is open on the third weekend of every month (except in December) while bookings can be made for group tours at other times.

We established the Lane Cove History Prize in 2016. We also host monthly talks of historical interest, including our local history. This is just some of what we do!

We have many opportunities for volunteering where you can learn about local history at the same time. We have roles to suit everybody and every time schedule. Choose to expand your knowledge and skills, meet new people and accomplish something meaningful - call me on 0434 757 300 to discuss a host of opportunities!

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



## The Art Lovers

By Fiona McIntosh

REVIEW BY  
MELISSA BARKS



As World War II rages we are transported to Malta in 1942. Teenage Valentina dreams of a life of art and history, a far cry from the path her parents have chosen, marriage to the brutish and troubled Laurenz, working in the family bar.

One night Valentina ignores the air raid siren and instead of rushing underground with her compatriots she watches transfixed as the British pilots do battle with the German forces. She witnesses a Spitfire pilot ditch in the ocean and rushes to assist in his rescue, falling instantly in love with the dashing young man.

She soon discovers the pilot, Peter Fox, has talents beyond his skill in the air. An historian and art expert, during his recuperation he enjoys the opportunity to view Malta's treasured Caravaggio artwork, housed in Valletta's cathedral. He strikes up a friendship with Valentina, recognising her intellect and offering her insight into a world she hardly dreamed of.

Duty eventually calls for both of them. Peter heads back to London to a job training pilots and a marriage he regretted as soon as it began. Valentina turns 16 and must embark on the life laid out for her.

Fast forward 12 years, the war is over and Peter returns to Malta as an art expert for the newly crowned Queen Elizabeth's forthcoming visit. He reconnects with Valentina, now a woman and as unhappy as she always feared she would be, the one bright spot in her life her young son, a sensitive and deep thinker like his mother. His future means everything to her, but must hers be sacrificed in the process?

Fiona McIntosh spent three years researching *The Art Lovers*, visiting Malta four times to learn about its history. While there, she found herself drawn to Caravaggio's work *The Beheading of Saint John the Baptist*, considered his greatest work and the only painting he ever signed. This connection forms a thread evident throughout the story, which is enriched with the power of both love and art.



## 100 WORDS

The dark clouds rumbled, as forked lightning illuminated the massive boat shaped structure, resting in the foothills of Mount Ararat.

International geologists were studying the Durupinar formation, suspected to be Noah's Ark. Using sophisticated drilling equipment, they extracted organic matter from its interior.

Exhausted, after a final day of excavation, they retired for the night, but by morning, their soil samples were missing.

After frantically searching, the mystery was solved, when a trail of muddy footprints led them to the local cayhane. There they found Nursat, the eccentric cleaning lady, with her dust pan and broom, sipping a Turkish tea.

*Perihan Bozkurt, Lane Cove*

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

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DR WINSTON DR FRANCES DR SANDRA

## Second World War years in Rosewood- and after

Born on March 20th, 1940, in Albert St, the first-born child of Jack and Ellen Wonka, my memories of the war years are sparse but hopefully not figments of my imagination.

We had a gate in the dividing fence between our place and our neighbours- Jack and Bridget Wyatt. That allowed me to go over to explore the bomb shelter trench dug in their backyard and next to the mulberry tree - another reason to visit.

An American army base was located on a farm at Lanefield, I believe it was on my grandfather's farm, Frank Wonka. I recall going there one night where a movie was screened on a large open-air screen.

My mother always organised fancy dress costumes and I appeared as Little Mr Fourex (check on Google) in an event at the Farmers Hall. As I paraded the American soldiers showered two-shilling coins on my tray. I expect a dance followed.

I saw a beating of black American soldiers by MPs on the footpath at the Rosewood Hotel, near my dad's barber shop.

On 15 August 1945 the war ended when the Japanese surrendered. However, even after the war's end several lives were lost due to a crash of an American Liberator bomber on 14 September 1945. Five crew members were killed when a bomber crashed into bushland near Rosewood. It was RAAF B-24 Liberator A72-313, ex USAAF.

The day after the crash my father took me to visit the crash site and what I saw that day remains a disturbing memory. I also remember my father taking me to the Amberley base and as far as I could see, there were parked Liberators everywhere.

I wasn't to know that the Liberator was to play a role in my life decades later.

The Liberator bombers made many raids on Japanese forces during the Second World War. A major problem arose during the raids as Japanese anti-aircraft forces shot out the bombsights of the bombers. Without bombsights, the Liberators couldn't conduct successful raids. To solve this problem, with typical Australian ingenuity, two

separate small businesses joined forces and developed a way to repair or replace the damaged bombsights. Precision Engineering Co Pty Ltd, based in Sydney and managed by Managing Director Vince Bennett provided repair or replacement of the metal casing. The lens for the bomb sights was provided by a Tasmanian company, Longman Optical. Ian Longman's company produced thousands of prisms for sights unobtainable anywhere else.

After the war, the two businesses combined their ingenuity to develop and manufacture Cinevox - an Australian 16mm projector! They were used extensively in schools throughout Australia in the late 40s and 50s. Unlike the overseas 16mm projectors that later took over the market, Cinevox had some innovative features.

It had a bore hole in the casing that permitted a single lamp for reading both the film image and the optical soundtrack, whereas the other projectors needed two lamps. An even greater feature was the swing-away gate that allowed the film to be easily

threaded and thus prevent any damage to the film though difficult threading.

To meet the increasing demand from schools for more films to show, Vince Bennet looked further afield. At this same time, filmmakers who had served in the Armed Forces in the war, were now setting up filmmaking businesses in the UK and the USA. These proved to be a great source of educational films for Precision Engineering to distribute to schools. Many decades later when I joined this industry it was my great fortune to meet and be mentored by Vince Bennett. On his eventual retirement, I was able to take on the distribution work he had developed.

In finding out more about the rebuilding of the Liberator bombsights, I contacted a group of retired ex-air force crew, who were rebuilding a Liberator bomber in a museum at Werribee. One of the volunteers I spoke to had a particularly good memory of the crash in 1945. He was rostered on as crew for that flight but fell ill the day before.

**Kerry Wonka, Gladesville**

### KNOW A YOUNG LEADER?

*Encourage them to apply for*

# RYLA

## Rotary Youth Leadership Awards

**10 - 16 JANUARY 2027**  
Naamaroo Conference Centre, Chatswood

*A week that could shape their future!*

RYLA is an intensive leadership development program that empowers young adults to discover their potential, build confidence and connect with like-minded peers. Lane Cove Rotary would love to support their leadership journey.

**PARTICIPANTS ARE:**

- Between 18 and 30 years old
- At least one year out of school
- Available for the entire week in January

**IT IS RECOMMENDED FOR:**

- Young leaders in the community or those who aspire to leadership positions
- Young adults seriously committed to development of their interpersonal skills
- Young leaders in the workforce with an interest in stewardship and management

**PERFECT FOR YOUNG ADULTS INVOLVED IN:**

- Sporting Clubs
- Scouts & Guides
- Church Groups
- Surf Clubs
- Businesses
- University/ TAFE
- Community Groups

*Invest in their future. Encourage them today!*

**NOMINATE OR ENCOURAGE A YOUNG LEADER TO APPLY FOR RYLA 2027**

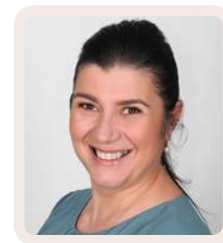
Interested, please email [rotarylanecove@gmail.com](mailto:rotarylanecove@gmail.com)

**Rotary**  
Lane Cove



**Sydney Community Services**

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



For many years, our community has shown extraordinary generosity in supporting Sydney Community Services' end of year Hamper Appeal and Christmas Tree of Joy program. Every year, we are humbled by the long list of community groups, schools, businesses and volunteers who help make the festive season a little brighter for local people doing it tough.

This year, however, I am reaching out earlier than usual. Throughout 2026, we have experienced a continued increase in requests for food support from individuals, families and older people across our community. The ongoing cost-of-living pressures are stretching household budgets further than ever, and with the end of year approaching, we know many residents will face even greater financial strain. Rather than wait until the festive season is upon us, we are asking for your support now so we can prepare and respond to the growing need in our community.

For some households, the choice between paying rent, keeping the lights on, buying medication, or putting food on the table is becoming a heartbreaking reality. Many people in our community are feeling the increasing pressure of rising living costs. We are seeing this need firsthand, with requests for food assistance continuing to rise across Lane Cove, Hunters Hill, Ryde and surrounding areas.

Through our Food Support Program, we provide practical assistance to individuals, older people, families, carers and others experiencing financial hardship. What many people may not realise is that every dollar donated goes much further than it would at the supermarket checkout. Thanks to our partnership with Foodbank NSW & ACT, Australia's largest food relief organisation, we can purchase a wide range of non-perishable food items at significantly reduced prices. We are also careful buyers, sourcing no-name brands where appropriate, purchasing bulk items, taking advantage of specials, and stretching every dollar to maximise the amount of food we can provide to those in need.

This means that a donation that might purchase only a few items at retail prices can help us provide multiple meals through our Food Support Program. By making every dollar work harder, we can support more people while ensuring donations deliver the greatest possible community impact.

Importantly, Sydney Community Services is a Deductible Gift Recipient, meaning all eligible donations are tax deductible. Whether you choose to make a financial contribution or donate non-perishable food items, your generosity directly helps local people experiencing hardship.

As the end of the year approaches, the demand for assistance traditionally increases. Families want to create a sense of normality and celebration for their children, older people seek connection and support, and many individuals facing financial stress simply need to know they are not alone.

This year, we invite our community to join us in making a difference. Consider adding a few extra non-perishable items to your shopping trolley, organising a workplace collection, or making a tax-deductible donation to support our food program.

Together, we can ensure that vulnerable members of our community have access to nutritious food, particularly during what can be one of the most challenging times of the year. Every donation, no matter the size, helps us stretch resources further and support more people in need.

*To donate or learn more about our Food Support Program, please contact us on 9427 6425 or scan the QR Code provided.*

### Share a Little Kindness This Festive Season

Your donation will help stock the Sydney Community Services Food Pantry and provide practical support to local individuals and families in need.

- **\$20** helps provide pantry staples
- **\$50** helps stock a food hamper
- **\$100** helps support a family



SCAN TO  
DONATE

*Every gift makes a difference.*

**9427 6425 | [www.sydneycs.org](http://www.sydneycs.org)**

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**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



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# Flexible Respite Care at Home

## Supporting Carers, One Break at a Time

**Caring for a loved one is rewarding, but everyone needs time to rest, recharge, or attend to life's everyday demands.**

Sydney Community Services offers flexible in-home respite care, providing trusted support for older people while giving carers confidence and peace of mind.

**Our caring and experienced support workers can assist with:**

- Companionship and social connection
- Light household cleaning and tidying
- Simple meal preparation
- Assistance with everyday routines
- Meaningful engagement in the comfort of home

Whether you need a few hours to run errands, attend appointments, catch up with friends, or simply take a well-deserved break, we're here to help.

Our team reflects the diversity of our community, with support available in a range of languages including Italian, Mandarin, Cantonese, Korean, Farsi and Armenian.

### Getting Started Is Easy

**Step 1:** Contact *My Aged Care* on 1800 200 422 for an assessment and referral code.

**Step 2:** Contact our team to discuss your needs, funding options and how we can support you.

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

**W** [www.sydneycs.org](http://www.sydneycs.org)

**Supporting carers. Supporting families.  
Helping people stay connected and  
independent at home  
Take a break with confidence.**



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Government Department of  
Health and Aged Care



### LANE COVE HUB

1 Pottery Lane, Lane Cove

#### Movement Matters

- 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 16 November, 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

##### Michael

Join us for 'Michael' - the story of Michael Jackson's rise from the Jackson Five to global superstar.

- Wednesday 25 November
- 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 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.*

### The Velveteens

The Velveteens is a social outings group for current and former carers. Enjoy monthly bus trips, friendship, new experiences, and time for yourself with others who understand the caring journey.

- First Monday each month.



Supported by



## YOU'RE INVITED...

### Disability Services

#### - Individual and Group

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

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

*Contact us for more information.*



### 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.*



### 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.*





Sydney Community Services

## Staying Connected @ The Hubs 2026



### 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.

**Date:** Fridays

**Time:** 9am - 4pm

Free transport is available for residents of Hunters Hill and Ryde.

*Contact us to find out how you can get involved and for the latest program.*



### New Yoga Class at Hunters Hill-Ryde Hub!

Looking to stretch, strengthen and unwind? Join our brand-new Yoga Class.

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

**Date:** Fridays

**Time:** 10.30am - 11.30am

**Location:** 44 Gladesville Road, Gladesville Community Hall, Hunters Hill

**Cost:** Pay by the term. \$13 per session.



### 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 18 November

**Time:** 10.30am - 12.30pm

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

**Cost:** FREE

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

\* CHSP funded activities. My Aged Care referral code required. Contact us and speak with one of our Coordinators to learn more about eligibility and funding options.



**ANTHONY ROBERTS**

MP

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**TRENTON BROWN**

CITY OF RYDE MAYOR

P: 9952 8222

E: [TMayor@ryde.nsw.gov.au](mailto:TMayor@ryde.nsw.gov.au)

## One Child's Old Toy, Another Child's New Treasure

As a father of four boys, I know how quickly a favourite toy can become a forgotten one. The toy car that once went everywhere, the dinosaur that never left their side, or the Lego set they couldn't put down. Before long, they're sitting in a cupboard, collecting dust.

But imagine giving those toys another life.

Picture a Sunday morning at The Canopy. Families arrive with picnic rugs, bags of pre-loved toys and pockets full of gold coins. Children spread out their rugs, carefully arrange their toys and decide what each one might be worth.

A little boy sells his old toy truck for two dollars. He's had it for years, but doesn't play with it anymore. With two gold coins in his hand, he wanders over to another picnic rug and spots something he's been wanting for ages.

He buys it himself, with money he has just earned.

And there's something quite special about that.

He's learnt to let go of something he once loved, discovered the value of money and found something new to enjoy. And you can almost guarantee he'll remember where that new toy came from.

Perhaps next year he'll bring it back, sell it for another couple of dollars, and the whole cycle begins again.

**That's the idea behind our Picnic Rug Toy Sale, returning to The Canopy in Lane Cove on Sunday 29 November 2026, from 11am to 3pm.**

Our last event brought together around 200 people, with plenty of toys changing hands. This year, I hope we can make it even bigger.

The important thing is to keep prices low. We're not trying to make a fortune. If a toy was going to be donated or thrown away, a dollar or two is plenty. The more toys changing hands, the better!

For parents, it's a chance to clear out those cupboards before Christmas. For children, it's a practical lesson in financial literacy, sustainability, communication and confidence.

And for our community, it's a wonderful opportunity to bring families together while supporting the Lane Cove Toy Library, with voluntary donations welcome.

**All you need are three things: a picnic rug, some pre-loved toys and a handful of spare change.** Bring your children and let them experience the fun of buying and selling for themselves.

Entry is free, and families wishing to participate can register by scanning the QR code and providing their name, email address and intention to take part.

I look forward to seeing you there!



## Sustainability Festival

The City of Ryde's annual Sustainability Festival is taking place on Sunday 22 November from 9.00am-2.00pm at Ryde Wharf Reserve and promises to be a fun and informative day for the whole family.

This special event, held in celebration of National Recycling Week, is a collaboration between Council and Ryde Wharf Markets, celebrating sustainable living and the circular economy.

The Festival will feature a variety of activities and information to engage the community, including Council information stalls showcasing sustainability programs and services, family-friendly entertainment, guest speaker presentations on environmental topics, and some fantastic market stalls.

The Sustainability Festival aligns with National Recycling Week, an initiative encouraging communities to help reduce waste, reuse items and improve recycling practices.

These everyday actions help protect our environment and support a smarter, cleaner, and greener future.

## Make a Stand

I am a proud supporter of the annual Make a Stand Against Abuse Walk, organised by the Ryde Hunters Hill Domestic, Family and Sexual Violence Committee, which takes place on Wednesday 25 November in the Macquarie Park precinct.

The walk will start at The School of Engineering, 44 Waterloo Rd, Macquarie Park, at 8.30am and will conclude at Elouera Reserve.

This year's guest speaker is Dave Kramer, a scientist and gender-based violence prevention specialist whose work is driven by the legacy of his best friend, Hannah Clarke, and her three children. In 2020, this young Brisbane family were murdered by their estranged husband and father in a crime that shocked Australia.

The walk marks the beginning of the international 16 Days of Activism against Gender-Based Violence campaign, which runs until 10 December.

Domestic and Family Violence is a scourge in this country, and I encourage everyone to attend this important and meaningful event.

## Diwali celebration

Council is holding an event to mark Diwali – a celebration of light, culture and togetherness – at Top Ryde City Shopping Centre on Friday 13 November from 6.30-8.30pm.

You can enjoy classical dance, Bollywood beats, colourful folk dances, and a modern DJ to set the festive mood as well as hands-on cultural activities and other creative opportunities to learn about Diwali traditions.

During the evening, a special lighting ceremony will be held to symbolise the triumph of light over darkness.

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



**TIM JAMES**

MP

P: 9439 4199

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



**ZAC MILES**

HUNTERS HILL MAYOR

P: 9879 9400

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

The recent withdrawal of the proposed Project Mars data centre in Lane Cove was a significant win for residents who spoke up for their neighbourhood. It also highlighted the bigger question of how we accommodate the infrastructure of a growing digital economy while safeguarding the community from the harms of that infrastructure.

In the Willoughby electorate we have seen a concentration of major data centre developments begin to emerge within Artarmon's industrial area. There's one operating, one under construction and another in planning, all within a confined area.

Data centres support the digital services we use every day, from banking to business communications, to social media. Investment in this sector can bring opportunities for NSW but their location, scale and demands on essential infrastructure require careful planning.

Large data centres belong in suitable locations, away from residential areas and certainly not among residential homes. As we saw in Project Mars, an industrial address alone does not settle the question of suitability. Nearby homes, schools and community facilities must be protected from noise and other impacts.

We also need to look beyond individual development boundaries and consider the cumulative impacts. In Artarmon, the combined effects of multiple centres on surrounding neighbourhoods and infrastructure must be properly assessed. Residents experience the total noise, construction disruption and traffic around them. Our planning system must account for that combined impact, including existing facilities and further development.

Water and electricity are equally important. Before projects proceed, there must be a clear plan for the capacity they require, the infrastructure needed to support them and who pays. Developers and operators must fund the additional infrastructure their facilities require. Ordinary households and small businesses should not be left subsidising these developments through higher utility bills.

I have made these concerns and the need for stronger safeguards clear to the NSW Government. The Government's data centre framework recognises the principles of funding additional water and energy supply and protecting other consumers from extra costs. Those commitments must translate into enforceable obligations and transparent decisions that communities can trust.

For areas such as Artarmon, that means coordinated planning across the industrial area, with clear answers about cumulative impacts and infrastructure capacity. NSW can benefit from data centre investment but getting the planning right is essential to securing those opportunities whilst protecting our communities.

## Spring Garden Competition Celebrates Australia's Oldest Garden Suburb

Congratulations to all the category winners and participants of the 2026 Hunters Hill Spring Garden Competition on your outstanding effort. Proudly sponsored by Binet Homes and presented by the Rotary Club of Hunters Hill in partnership with Council, the competition continues to showcase the gardens and streetscapes that contribute to Hunters Hill's reputation as Australia's oldest garden suburb.

Spring is a wonderful time to discover the beautiful gardens that make our community so special. I encourage residents and visitors to attend the Spring Garden Open Day on Sunday 1 November from 10am to 3.30pm, where this year's winning gardens and a selection of showcase gardens will be open to the public.

As part of the day, Council's Bushcare team will host a guided walk and talk through Kelly's Bush at 11am, sharing the site's significance while highlighting native plants and the valuable restoration work undertaken by volunteers.

Tickets are \$30, with all funds raised supporting the restoration of the historic stone stairs at Kelly's Bush. A free shuttle bus will operate from Hunters Hill Town Hall to assist visitors travelling between participating gardens. For more information, visit [huntershill.nsw.gov.au/garden](http://huntershill.nsw.gov.au/garden).

## Celebrating 150 Years of Life Congregational Church

This year marks an extraordinary milestone for Life Congregational Church, which is celebrating 150 years of faith, worship and community service.

The church has played an important role in our municipality since 1876. To mark the occasion, the church will host a community celebration on Sunday 29 November from 1pm – 3.30pm, featuring horse and buggy rides, a petting zoo, woodworking demonstrations, art activities, live music and a community pie bake-off.

I congratulate the congregation on this remarkable achievement and encourage residents to support this special community event.

## Save the Date: Carols in the Park

I am pleased to share that Carols in the Park will return to Boronia Park Ovals on Sunday 6 December.

This much-loved community event has been expanded for 2026 to incorporate some of the traditional activities from Moocooboola. It will commence from 2pm, offering even more opportunities for families and friends to come together and celebrate the festive season.

The afternoon will feature live entertainment, rides, food trucks, market stalls and activities for all ages, before a visit from Santa and his helpers. The evening will conclude with a spectacular fireworks display.

I encourage residents to save the date and join us for what promises to be another wonderful community celebration.

## PROPERTIES OF THE MONTH



**88 Hawthorne Avenue, Chatswood 5 bed 2 bath 3 car**

Positioned on an impressive approx. 809sqm corner parcel, this beautifully appointed home delivers the space, flexibility and effortless indoor-outdoor living increasingly difficult to find so close to Chatswood.

**Patrick Lang** 0423 891 807 [patrick.lang@belleproperty.com](mailto:patrick.lang@belleproperty.com)  
**William Mathie** 0421 960 273 [william.mathie@belleproperty.com](mailto:william.mathie@belleproperty.com)



**56 Carlotta Street, Greenwich 3 bed 2 bath no car**

Claiming a prized address in the heart of Greenwich village, with shops and cafes and the K-2 primary school just around the corner, this low-maintenance character cottage overflows with young family and downsizer appeal.

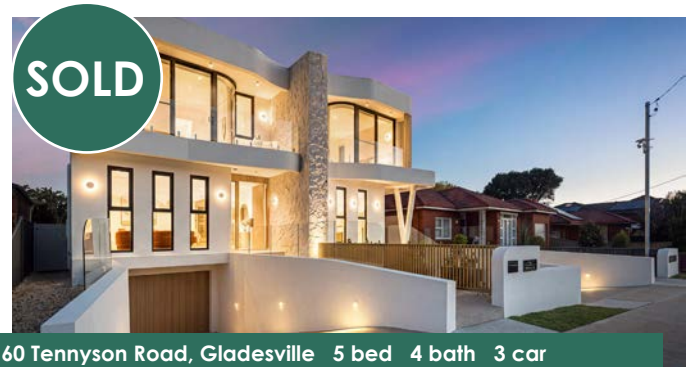
**James Bennett** 0403 504 724 [james.bennett@belleproperty.com](mailto:james.bennett@belleproperty.com)  
**Steven O'Neill** 0499 693 665 [steven.o'neill@belleproperty.com](mailto:steven.o'neill@belleproperty.com)



**23 Mary Street, Longueville 5 bed 3 bath 2 car**

Embracing a north to rear aspect with a stunning elevated outlook over the sparkling Lane Cove River, this sensational family home occupies a prestigious parcel of approximately 1,157sqm.

**Simon Harrison** 0433 100 150 [simon.harrison@belleproperty.com](mailto:simon.harrison@belleproperty.com)  
**James Bennett** 0403 504 724 [james.bennett@belleproperty.com](mailto:james.bennett@belleproperty.com)  
**Kim Walters** 0499 014 886 [kim.walters@belleproperty.com](mailto:kim.walters@belleproperty.com)



**60 Tennyson Road, Gladesville 5 bed 4 bath 3 car**

Quality craftsmanship, solid full brick construction and first-class comfort combine to create this brand-new deluxe designer haven spanning over multiple light flooded levels.

**Cameron Brown** 0438 594 708 [cameron.brown@belleproperty.com](mailto:cameron.brown@belleproperty.com)  
**Michael Gallina** 0402 320 265 [michael.gallina@belleproperty.com](mailto:michael.gallina@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 |



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

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

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

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

**Crows Nest Centre**  
Connecting Our Community

**Hire Rates:  
\$55 per hour**

**ROOM HIRE  
AT THE  
MEETING HOUSE**

- 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](mailto:SUPPORT@SYDNEYCS.ORG)

**GIVE BOWLS A TRY TODAY!**

**LET'S ROLL!**

**THE WOLLSTONECRAFT CLUB**  
7 Russell Street

**EVERY SATURDAY 9 am to 12 pm and  
EVERY WEDNESDAY 1 pm to 4 pm**

**MEET NEW PEOPLE • STAY ACTIVE • HAVE FUN**

**COME ALONG - EVERYONE WELCOME!**



ASPECTS

*Miki Oka*

**WHAT:** ANNUAL CHATSWOOD STREET FAIR

**WHERE:** CHATSWOOD **WHEN:** 5 SEPTEMBER, 2026