Channel 9 – it's on again

June 2016 Vol. 13 No. 2

Following the sale of the Channel 9 property to LEPC9 Pty Ltd, a consortium comprising Australian property fund Lotus Property Fund No.8 and Hong Kong-based fund managers Euro Properties, the new owners have now lodged a modified Concept Plan with the NSW Dep't of Planning (DoP).

Circ. 3,000

The modified plan greatly changes the Concept Plan that was signed off on by Channel 9, Willoughby Council and the Planning Assessment Commission (PAC) in January, 2015 after much involvement of the local community, Progress Associations and the Willoughby Area Action Group. Readers may recall that Channel 9's originally-proposed up to 18 storeys and 600 apartment concept finally became eight storeys maximum height with a maximum of 400 apartments and 500 sq. mtrs of commercial space. While there are positive aspects to the modified Concept Plan, the community and close neighbours will not be well pleased to know that the new plan is for one building over 12 storeys, a further three up to eleven storeys and ten up to eight storeys. To add insult to injury they are now proposing up to 510 apartments!

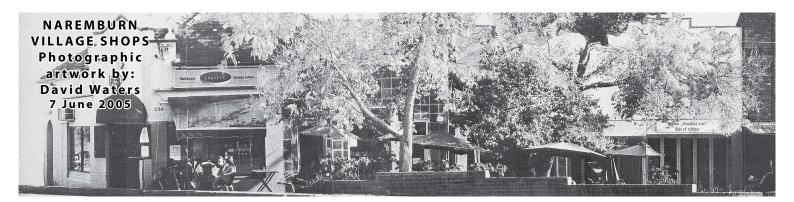
The modified Concept Plan will take the same path through the bureaucracy as the original one, i.e. an Environmental Statement will be submitted to the DoP (this has already been done), the DoP will vet the revised proposal and issue the Director General's Requirements (DGRs) to which the developers will respond. After the DoP accepts the developer's responses the modified Concept Plan will be posted on the DoP's web site and the DoP will call for submissions from the community and WCC. If they receive more than 25 submissions the application will go to the PAC for determination. Before the PAC makes its decision it is expected to call a public meeting to hear from interested parties, as it did for the original Concept Plan. It would appear however, that in contrast to the process with the original Plan, this time around the developer will not have the right to appeal the PAC decision to the Land & Environment Court except on procedural technicalities.

Shortly, the developer's Planning Consultant will run community consultation sessions to introduce and explain their modified Concept Plan. We encourage all members of our community to attend one of these sessions which we understand will be held at the Uniting Church Hall in Clanwilliam St, Willoughby. We will notify all those on our email contact list when details have been confirmed. Please contact Willoughby South Progress Association (WSPA) at rtaffel@hotmail.com if you would like to be added to the contact list for future information about Channel 9 and other matters concerning our community. You do not need to be a WSPA member to be on our contact list.

The community response to the modified Concept Plan will be coordinated through the Willoughby Area Action Group (WAAG). If you require further information or have questions, contact WAAG at peterwilton@bigpond.com.

You are encouraged to check out the website www.parksidewilloughby.com, look at the proposal and the potential effects on you and the community and send any feed back to parksidewilloughby@jbaurban.com.au. The more submissions they have the greater the weight from the community. It is imperative that we have an outcome sympathetic to our community.

Bob Taffel President Willoughby South Progress Association





NAREMBURN MATTERS

Naremburn Progress Association

Founded 1901 Incorporated 2004. ABN 93 907 169 376

PO Box 393 St Leonards 1590

www.naremburnprogress.org.au

President

Viviane Leveaux: 0431 777 547

Vice President

Helene Kemp 0403 015 004

Secretary

Roger Promnitz: 0419 227 986

Treasurer

Carmen Loecherer: 0409 766 470

Committee Members

Ralph Youie, Joann Morand

General Meetings

Second Thursday of February, April, June, August, October and December Naremburn Community Centre 7 Central Street. Commencing at 7:30 pm with an Open

Commencing at 7:30 pm with an Oper Forum.

Forum.

Naremburn Matters Editorial Staff

naremburn.matters @ naremburn progress.org. au

Typesetting & Design

Forest Design www.forestdesign.com.au

The opinions expressed in articles, letters and contributions published in Naremburn Matters do not necessarily reflect the opinions of the Naremburn Progress Association or its officers. While all possible care is taken to be accurate, no responsibility whatsoever will be taken by the Naremburn Progress Association, Typesetters or Printers

President – out and about

Welcome to the June edition of Naremburn Matters. The last meeting of the Naremburn Progress Association (NPA) incorporated the Annual General Meeting (AGM) at which time Frances O'Brien stepped down as president. Frances has been, and still is, a strong advocate for our community. Prior to holding the position of President she was the secretary for NPA. As President she also represented us at the meetings of the Willoughby Federation of Progress Associations which advocates for all the Willoughby communities and particularly at Council level. We wish her well while being fortunate enough to still have her expertise as a committee member on our Executive. I welcome back Helene Kemp as Vice-president, Roger Promnitz whose expertise as Secretary has been invaluable, Carmen Loechere as Treasurer, Joann Moran as Committee member and welcome our new member on the Executive Ralph Youie.

This year is shaping up to provide some challenges for us. Having fought, in conjunction with the Willoughby Action Group (WAG), Willoughby South and Artarmon Progress Associations, a difficult but initially successful battle over the redevelopment of the Channel 9 site it appears that the new owners are resubmitting plans exceeding what was agreed to by the state's Planning Assessment Committee. It seems we are going to do battle again.

The redevelopment of St Leonards Central is on hold at the moment. This is largely due to the decision concerning Council Amalgamations and the construction of the Sydney Metro. Ultimately it is only a matter of time before this will become an issue for us all. Fortunately the Naremburn Action Group (NAG) is monitoring the situation and will keep us informed of developments as they occur. We as a whole community, however, need to put our support behind them when the State Government officials responsible for the strategic review of the St Leonard's precinct advise us of their conclusions.

Like many other organizations, the NPA voice is only as strong as its' members and when it comes to issues affecting our community our voice needs to be strong. Members of the Naremburn Progress Association receive email updates on issues as they come to hand and as such I would encourage you to become a member and through our communications be aware of the issues.

Naremburn Matters quarterly publication is our main vehicle of communication with the broader Naremburn community. This has traditionally been managed by one person with the title of Editor. Our previous editors have done an amazing job as it has involved sourcing articles, editing them, sometimes writing them and sourcing the advertising necessary to fund the publication. I am conscious that with the busy lives we all lead with family and other commitments this is a big ask. On this basis I am seeking volunteers from the community to form a small editorial committee to share the role and continue publishing the magazine with the support of the NPA Executive.

Viviane Leveaux President

Naremburn Matters Needs an Editor

Are you committed to your area and have an interest in local issues? Do you have skills in writing, editing or advertising? We are looking for a new editor and a couple of interested people to help, with the support of the NPA Executive, in the quarterly publication of Naremburn Matters. Naremburn Matters is integral to our community providing a vehicle for communication and keeping it abreast of developments in the area and matters of concern.

If you are interested in this exciting opportunity or know someone who might be, contact us at naremburn.matters@naremburnprogress.org.au or Helene on 0403 015 004.

Next Issue: September 2018

Naremburn Matters is a quarterly publication issued in March, June, September and December.

September issue deadlines

Ad Booking: Wednesday 3rd August Ad Artwork: Wednesday 10th August Articles: Wednesday 10th August

naremburn.matters@naremburnprogress.org.au

NPA Meeting Dates

Second Thursday every second month 7:30 pm

9th June

Guest Speaker

Mayor Gail Giles-Gidney

Naremburn Community Centre

7 Central Street

Letters to the Editor & Articles

Articles, comments or suggestions should be addressed to:

The Editor,

naremburn.matters@naremburn progress.org.au or mail to: PO Box 393 St Leonards NSW 1590

We do not publish anonymous letters.

Please include your email address or phone number as we may need to edit items to fit the space available.

Naremburn Library News

Winter is a wonderful time to catch up on your reading! Here are the top ten most read library books during the first four months of 2016 – most of them are in stock at Naremburn Library.

- The Dressmaker (Rosalie Hams)
- Dark Corners (Ruth Rendell)
- To Kill a Mockingbird (Harper Lee)
- The Rosie Effect (Graeme Simsion)
- The Good Life (Hugh Mackay)
- The Secret River (Kate Grenville)
- Memory Man (David Baldacci)
- Make Me (Lee Child)
- Caleb's Crossing (Geraldine Brooks)
- The Secret Chord (Geraldine Brooks)

There are also other ways to find a good book. The library website www.wiloughby.nsw.gov.au./library contains resources such as "Novelist Plus" and "Literature Map" which can help you find authors and titles you love. Just click on "Next Great Read" to find out more

As part of the "Talks@Willoughby" programme Chatswood library is providing two interesting author talks in July. On Monday 11th July at 12.30pm respected social researcher and author Hugh Mackay will speak about his latest book "Beyond belief: How we find meaning with or without religion".

Popular ABC broadcaster Richard Fidler will talk about his new book "Ghost Empire" on Tuesday 26th July at 12.30pm.

Bookings are essential and can be made online at www.willoughby.nsw.gov.au/library or ring 02 9777 7900 for



more information.

Naremburn Library has a plenty of good books and a great selection of magazines on offer. The children's section is well-supplied with beautiful picture books and popular junior fiction. Both adults and children will also enjoy choosing from the excellent range of DVDs for chilly weekends and the coming school holidays.

Happy Reading.

Diana Revington Naremburn Branch Librarian



Peter Chauncy and his team at McGrath Crows Nest

The 2016 property market is now in full swing and despite what is often being reported in the media, the lower north shore is experiencing a robust seller's market. While some of the outer suburbs are going through a growth slowdown due to an oversupply of housing stock, this part of Sydney seems to be going from strength to strength. We're seeing a lot of buyers through our open inspections offering premium prices well ahead of auction. The shortage of stock currently on the market has led to strong demand from buyers who are prepared to pay over the asking price to secure a property ahead of the competition.

One of our listings at 19 Rhodes Avenue Naremburn saw over 100 groups through the open house inspections. The property sold at auction for \$2,070,000, which was \$270,000 over reserve. This was great news for the vendor, but even better news for

Naremburn as the sale set a new suburb record for a semiattached home.

If there was any doubt about the performance of the Naremburn market we have a few examples that show just how resilient the local area is. An apartment at 41/252 Willoughby Road was sold off the market to a buyer on our database for \$965K; a luxury townhouse at 3/34 Park Road sold pre-auction for \$1,640,000 after the first weekend of the campaign. This together with the sale of a freestanding cottage at 55 Mitchell Street that sold for just under \$3 million after four days of the campaign, tell us that the local market is as strong as ever.

This month wasn't all about business though, it's great to give something back to the community that we live and work in. We opened the second Naremburn Community Garden in recent months on Station Street and it has been a great success. Community gardens help to bring the neighbourhood together, give parents an opportunity to teach their kids about growing food, and provide a space to grow herbs, flowers and, basically get organic.

If you're a homeowner looking to take advantage of current seller's market and achieve outstanding results while stock levels are at a low point, get in touch with us to find out how we can maximise your price in the current conditions.

Peter Chauncy 0402 036 489 McGrath 1A/29 Holtermann Street CROWS NEST 02 8115 0401

Naremburn Progress Association Notice

A reminder to all NPA Members that the annual membership renewal for the year 2016 is due and for you to remain financial and receive regular updates it must be paid before June 30th.

Local Contributors wanted

Naremburn Matters is permanently seeking regular written contributions from interested community members. If you have a flair for writing or even just an interest in a local issue, we welcome all members of the community from students to grandparents to submit your story. What do you have to lose? Get in touch at:

naremburn.matters@ naremburnprogress.org.au

Promote your business in Naremburn Matters

As a free community based publication, Naremburn Matters needs support from local businesses to cover its' production. If you are a local business looking for affordable local advertising, please get in touch with us for rates at: naremburn.matters@naremburnprogress.org.au

Preschool and the ELLA program





Images © 2016 Commonwealth of Australia. Courtesy Education Services Australia.

Willoughby Community Preschool in Naremburn was successful in their application to participate in the Early Learning Languages Australia (ELLA) Programme for 4 year old children in their year before school. ELLA is an Australian Government initiative and provides a platform to revive and encourage foreign language study. The early experience in language learning aims to significantly increase the number of Australian students studying a foreign language in their later years of education.

Our Preschool has seen an increasing number of Japanese families and students in our community and has elected Japanese as our foreign language. The ELLA program integrates language learning and technology. We further compliment the language and culture by providing puzzles, music& songs, Japanese play food in home corner, cooking experiences, art and craft such as origami and an interest area with artefacts and books which are read to the children in Japanese and then translated. We also recently celebrated Children's Day on May 5th – a traditional Japanese celebration.

The children use iPads in our Preschool environment to progress through a series of

apps incorporating The Polyglots, who are fun and colourful characters able to speak many languages. They introduce children to words, sentences and songs in Japanese and provide them with appropriate experience and practice in the language. Children can spend up to 30 minutes a week, at 10 minutes per day, engaging in the play based language learning experiences. Our children, educators and parents have embraced the programme and this experience has encouraged co-play, social interaction and turn taking.

Dianne Minnett Willoughby Community Preschool Inc. www.wcp.org.au



Matthew McRae at the dashboard of the rocket ship exploring outer space interacting with the polyglots.





Recognition for our wonderful SES Volunteers

Recently seven Willoughby – Lane Cove State Emergency Service (NSW SES) volunteers were promoted to Team Leader positions. Recognising their professional, diligent and dedicated service to the community we are proud to announce the promotion of the following SES volunteers:

- Andrew Hurley promoted to Team Leader
- Darren Hannah promoted to Team Leader
- Rob Page promoted to Deputy Team Leader
- Andrew Dowley promoted to Deputy Team Leader
- Doug Tapp promoted to Deputy Team Leader
- Jeff Ng promoted to Deputy Team Leader
- Myra Tustian promoted to Deputy Team Leader

Willoughby – Lane Cove SES Local Controller Brad Nathan commended the new Team Leaders outlining the importance of their new role to the Unit "these volunteers will be taking on the important role of co-ordinating and leading teams of SES volunteers". He congratulated and thanked the new team leaders for taking on the additional workload and responsibility.

SES Team Leaders are essential to ensure an efficient, safe and quick emergency response for the community. They respond round the clock to storm and flood emergencies and manage field crews on the ground. Team leaders also manage the local SES operations centre, coordinate resources during major events and organise visits to schools and community events. The Naremburn SES building situated in Station Street is the Headquarters for Willoughby – Lane Cove. The Willoughby-Lane Cove SES Unit meet at 25 Station Street, Naremburn every Monday night.

Residents who require emergency assistance during floods and storms should contact the SES on 132 500. For life-threatening emergencies, call 000.

Willoughby - Lane Cove SES is looking for volunteers to assist the community during emergencies. For further information please call the Willoughby - Lane Cove unit on 1300 728 599.



Jeff NG, Darren HANNAH, Doug TAPP, Rob PAGE, Andrew DOWLEY, Myra TUSTIAN and Andrew HURLEY

The Federation of Willoughby Progress Associations

Invites you to

Meet the Candidates North Sydney Federal Election

Tuesday 21st June 2016 7pm to 9.30pm

at

The Dougherty Centre Victor St, Chatswood

Join the NPA and have your say.

Who can join?

- Naremburn residents 18 years and over;
- Non-resident Naremburn property owners;
- People who run businesses in Naremburn.

\$15 per person per annum/ \$10 Concession per person per annum

New members, please fill out the membership form at:

www.naremburnprogress.org.au

Membership renewals can pay online using your name as reference:

Acc Name: Naremburn Progress Association BSB: 032 297 Acc. no.: 201 474

Naremburn Community Centre Activities

There are two spaces available for hire in the community centre. There is a meeting room with its own kitchenette and toilet facilities and a larger area with its own projector. These spaces can be hired through the Willoughby Park

Centre (Ph. 9967 2917 or email

willpark@willoughby.nsw.gov.au)

Naremburn Progress Association

2nd Thursday – February, April, June, August, October and December 7:30 pm 0431 777 547 (Viviane Leveaux)

Playgroup

Wednesday – for children 5 and under 9:30 am to 11.30 am naremburnplaygroup@gmail.com

Northern Suburbs Philatelic Society

3rd Thursday, 7:45 pm Visitors always welcome 9419 7354 (Paul Storm)

Breast Feeding Association

1st Tuesday 10:00 am to 12 noon abamns.contact@gmail.com

Willoughby Community Pre-School

Monday to Friday 8:00 am to 4:00 pm 9437 4260

Naremburn Library

Mondays – 2:30 pm to 5:00 pm Thursdays – 2:30 pm to 5:00 pm Saturdays – 9:30 am to 12 noon 9439 5584

HEALTH MATTERS - Probiotics

Probiotics are dietary supplements and foods that contain "good" bacteria. They are promoted to improve digestion, strengthen immunity and help in a host of other medical conditions by balancing the micro-organisms in the gut.

There are many types of bacteria used as probiotics. The two common ones are Lactobacillus and Bifidobacterium. Some yeasts also act as probiotics.

Probiotics have become increasingly popular in the past few decades. In many cases, the marketing and use of probiotic agents has preceded firm scientific evidence to support their effectiveness.

Here is what the studies show:

Digestion: The best support for probiotics is in reducing diarrhoea especially in shortening the episodes of acute infectious diarrhoea and in antibiotic-associated diarrhoea. Some studies suggest that probiotics are also helpful in irritable bowel syndrome (IBS), constipation and in some cases of inflammatory bowel disease.

Immunity and colds/flu: There is a close connection with the bacteria in your gut and the immune system – and probiotics have been linked to enhanced immune responses (such as flu vaccines). Overall the results are inconsistent but there is some evidence to show that probiotics may reduce the incidence and duration of respiratory tract infections.

Oral Health: There is preliminary evidence that some probiotics may help in prevention of periodontal disease, throat infections and bad breath.

Other Uses: Many other claims are made for probiotics including management of weight loss, blood pressure, elevated cholesterol, eczema, urinary tract infections, anxiety, depression and preventing colon cancer. Evidence to support these claims is lacking.

Side effects: Probiotics are generally safe and well tolerated. They are available in capsule or powder form and as fermented dairy foods (eg Yakult). Short term side effects may include gas and bloating. They are contraindicated in patients with severe underlying illnesses or those who are immunocompromised. Probiotics should be used cautiously by pregnant women, infants and young children and never given to premature infants. Talk to your doctor if you are unsure.

Bottom line: Current data supports the use of probiotics for only a few indications and there is no solid evidence to support their widespread use. Detailed studies are required to further define the roles of these treatments.

Probiotics are generally not required when taking antibiotics but they may be helpful when taking repeat or extended courses.

Dr Raffi Sahagian Willoughby Medical Practice

Volunteer Acknowledgement

There are many people who volunteer their time to the Naremburn Progress Association and work behind the scenes to get things done. One of those people is Peter Witcombe from Imagineers.

Peter recently re-designed the Naremburn Progress Association website, making it fresh, vibrant and easy to read. On the website You will find the following headings -About Us; News and Events; Documents; Membership; Contacts and a Photo Gallery. Under each heading is more news and information, events and useful links.

A big thank you to Peter for all the work he does as our webmaster as without his help we would not have this fantastic website. We do hope you enjoy the new website. If you have any news or events you would like to share with the community, please forward to vicepresident@naremburnprogress.org.au and we will post it to the site.

We do hope you enjoy the new website and why not check it out and send through any localstories or events. www.naremburnprogress.org.au

Helene Kemp Vice President

Sydney Metro update - EIS out for public comment

In case you were unaware, the Environmental Impact Statement (EIS) for the Sydney Metro City & Southwest project has been recently released and is now on public exhibition until Monday 27 June 2016. Sydney's biggest rail project is not due for completion until 2024, but planning is moving ahead and the public is being invited to make submissions regarding the EIS, in order that the project be properly assessed and approved under the Environmental Planning and Assessment Act 1979 (NSW) before major construction can start.

What's in the Environmental Impact Statement? The EIS assesses environmental issues including:

- Traffic and transport
- Noise and vibration
- Land use and property
- Business impacts
- Non-Aboriginal heritage
- Aboriginal heritage
- Landscape character and visual amenity
- Groundwater and geology
- Soils, contamination and water quality

- Social impacts and community infrastructure
- Biodiversity
- Flooding and hydrology
- Air quality
- Hazard and risk
- Waste management
- Sustainability
- Cumulative impacts.

Strategies to avoid, mitigate and manage potential impacts have also been identified and developed.

The hardcopy version of the EIS has been bound into several volumes, with the prospect of attempting to read the work being perhaps more highly regarded as a cure for insomnia! The entire EIS amounts to several thousand pages, but is a comprehensive review and an indication of the complexity of the overall project. The EIS can be viewed at a number of locations in the Willoughby/North Sydney Council areas, including:

- Willoughby Council Customer Service Centre (Level 4, 31 Victor St, Chatswood)
- Chatswood library (409 Victoria Ave, Chatswood)
- Artarmon library (139 Artarmon Rd, Artarmon)
- North Sydney Council Customer Service Centre (200 Miller St, North Sydney)
- Stanton Library (34 Miller St, North Sydney)
- Crows Nest Community Centre (Ernest Place, Crows Nest)

plus several other more distant locations.

There have also been a number of Community Consultation sessions held across the area, with remaining future sessions scheduled for 4-8pm on Wednesday 1st June at the Northside Conference Centre, cnr Oxley St & Pole Lane, St Leonards and also between 9am-1pm on Saturday 18th June at the Crows Nest Markets, Ernest Place, Crows Nest, as well as 10am-2pm on Saturday 4th June at Redfern Oval, 51 Redfern St, Redfern.



Artists impression of the Sydney Metro station at Crows Nest

Expert members of the Sydney Metro project team will be present at these sessions to answer any questions, so all are invited to attend.

Remember, submissions must be received at the NSW Department of Planning and Environment by Monday 27 June 2016. Submissions can be posted or lodged via the website at www.majorprojects.planning.nsw.gov.au. For further information either phone 1300 305 695 or email information@planning.nsw.gov.au

Remember to Have Your Say!

Roger Promnitz Secretary

It's not too late to visit Vivid at Chatswood

Vivid Sydney, the Southern Hemisphere's largest festival of light, music and ideas, returns to Chatswood from 27 May – 13 June! The festival will transform the bustling Chatswood CBD into 'WildLight – The Bio-Kinetic City', an amazing collection of engaging installations and activities inspired by the fascinating prehistoric creatures of Gondwana.

Vivid Sydney at Chatswood is run by Willoughby City Council and supported by Precinct Contributors Chatswood Interchange, Westfield Chatswood and Chatswood Chase.

Vivid Sydney at Chatswood is on every evening from 5.30pm till 10.30pm, 27 May to 13 June.

For more information on Vivid Sydney at Chatswood, see the Visit Chatswood website.



Update from The Mayor Gail Giles-Gidney

At the time of writing this column, the State Government has just announced the creation of 19 new councils across Sydney and NSW.At this time, Willoughby Council is not included in the councils announced to merge, due to pending litigation by North Sydney and Mosman Councils. The Government has, however, given in principal support to a three Council merger of Mosman, North Sydney and Willoughby Councils, pending the result of litigation. The timeframe for this is currently unknown, and we await further decisions and announcements from the State Government.

During this time, I want to assure you all that Council will continue to work with our community 'business as usual' to deliver and improve local services and support, and will keep you informed of important developments.

Council has been listening to business and community feedback regarding parking at the Naremburn Shopping Centre. In March, Council commenced a six month trial of 15 minute angle parking in Rohan Street to assist with parking turnover. Council will conduct parking occupancy studies during the trial to determine parking needs, with findings being presented to a Traffic Committee meeting in October this year to help determine long term solutions. Council has also permanently changed and extended parking restrictions in the vicinity of the Naremburn Shopping Centre to include all day on Saturdays and Sundays, in an effort to increase parking availability.

I hope you are all as excited as I am about Vivid Sydney returning to Chatswood again this year from 27 May to 13 June. Vivid Sydney such a wonderful event to offer locally to our community, that has remarkable cultural and economic development opportunities for the area. I hope to see many of you out and about enjoying the amazing collection of engaging installations and activities inspired by the fascinating creatures of Gondwana.

If you have any issues you would like to discuss with me please phone 9777 1001 or alternatively send me an email at gail.giles-gidney@willoughby.nsw.gov.au

Naremburn Community Gardens



The winter months are good for growing brassicas (cabbage, kale, brussels sprouts) as they prefer constant cool temperature and regular water in the soil.

Winter should see a good harvest of pak choy and kale in the garden along with parsnip and lettuce.

The new garden at Station St has had a good reception since its opening. Opening day was

a great success, our thanks to Peter Chauncy, who has provided significant funding to both our gardens and who opened the garden for us.

The new garden is now thriving and has attracted many locals

who plant, gift seeds and seedlings and harvest plants when ready.

The beds for this garden were built by local volunteers using sleepers provided to us by State Rail – a big thank you from us.

These beds are self-wicking beds that cascade into each other down the slope, so that the top bed is filled and then excess water gradually drains into the next bed and so into the bottom bed. This ensures the beds are very water efficient and makes watering a very easy task. It can be seen from the photo below that these beds are now thriving.

Please feel free to drop by the garden when you are next in our neck of the woods.

Sue Howes Naremburn Resident



Station St opening day



The new garden beds