

SUSTAINABILITY IN NAREMBURN HOW TO MOVE RUBBISH TO RESOURCE

THE BEST WAY TO ENSURE A SUSTAINABLE FUTURE IS TO USE LESS.

We live in a society where plastic toys, food packaging, takeaway food and drinks are relatively cheap, easy and often difficult to avoid. Australians currently use six billion plastic bags each year and most of these end up in landfill.

Plastic bottles are among the 10 most common rubbish items picked up on Clean-up Australia Day. Australia recycles only 36% of PET plastic drink bottles and around 373 million plastic water bottles end up as waste each year. It takes about 450 years for a plastic bottle to decompose; by 2050 it is estimated that there will be more plastic than fish in the world's oceans.

We should all consider how to use less, even if it's just something small to begin with like refusing to buy coffee in takeaway cups, reusing water bottles and when shopping for fruit and vegetables, not to place them in the single use bags, but to bring your own reusable bag or place them loosely in your shopping trolley. These are small acts that can go a long way to positively make a difference to ensure a sustainable future.

That being said, having waste is unavoidable, and it is often confusing which bin to use. Below is a summary of what to put where. However, before you read on, here is a challenge – next time you roll out your yellow and red bin to be collected, draw a line or note how full it is. Then, during the week aim to fill your bins below that line. Some hints: use less (no surprise there!), create a compost or worm garden, plan your weekly meals so you throw out less and think of repurposing before recycling.

What goes in the **GREEN** bin:

- Grass clippings
- Flowers and plants
- Tree prunings.



Garden organics from your green bin are processed into compost which can be used to make soils healthier and help plants grow. But if we put any other kinds of rubbish with the garden organics, then the whole process fails.

What goes in the **YELLOW** bin:

- Paper and clean cardboard (no pizza boxes as these are mostly contaminated with food)
- Aluminium and steel cans
- Glass (remove lids or caps and rinse glass. As a general rule, only food and glass are recyclable, so no mirrors, light globes or drinking glasses)
- Hard plastic (Remove bottle tops from plastic bottles – any tops smaller than a business card should be placed in the red bin as they are too difficult at this stage to recycle).



When we recycle items from the yellow bin, we can create new products without using more natural raw material. Putting non-recyclable items into the yellow bin contaminates the recycling stream which means all the recyclable waste ends up going to landfill.

So, what's left for the **RED** bin:

- Plastic bags (it takes 10-20 years for bags to decompose in a landfill)
- Food scraps

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- Non-recyclable packaging
- Ceramics and broken glass.



General waste is buried in landfill where it can take hundreds of years to break down. Many of these items could have been re-used, recycled or composted.

It is our duty to protect this precious environment we live in and we can all make a difference today and tomorrow, no matter how big or small.

Change one person, change a village – let's be that village and make a positive difference to the environment and community we live in.

CARMEN LOECHERER
NPA COMMITTEE MEMBER &
NAREMBURN RESIDENT

TRUE OR FALSE

Our local Naremburn Matters turned 16 this year.

ANSWER ON PAGE 12




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THANK YOU TO OUR SUPPORTERS - PLEASE SUPPORT AND BUY FROM YOUR LOCAL SHOPS

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Forsyth
After all, it's all about

CORNUCOPIA
Bakery

The
Urban
Teahouse

NAREMBURN
PIZZERIA



The first draft of this update was a welcome back out of COVID-19 lockdown and a Merry Christmas message—but I had a slight diversion along the way!

It was called COP26. Please

don't get me wrong, it is wonderful to be out and about again seeing all of your beaming faces and I certainly want to wish everyone a very Happy Christmas indeed, but there is a quote that has been hanging around my head like a blow fly at a barbie:

"If our existence is to mean anything then we must act in the interests of all of our people who are dependent on us and if we don't we will allow the path of greed and selfishness to sow the seeds of our common destruction".

This might seem like high drama to include in my intro but in many ways, I see Naremburn as an island in a rising tide. Perhaps we have a small sense of what the very eloquent Prime Minister of Barbados is grappling with? Hear me out, we sit between the high-rise developments of St Leonards and Chatswood, we have responsibility for the important wildlife corridor and catchment of Flat Rock and we are subject to other people's plans to get somewhere, often at the detriment of our environment. How do we protect what's precious whilst adapting to change without forfeiting what makes Naremburn great? How do we work out how to preserve, adapt and prosper into the future?



**Naremburn
Progress
Association**

Naremburn Progress Association
Founded 1901, incorporated 2004
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www.naremburnprogress.org.au

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While all possible care is taken to be accurate, no responsibility whatsoever will be taken by the NPA, Typesetters or Printers.

At the last meeting of the NPA we proposed a vision for Naremburn in four parts:

1. **A Dynamic, Safe Suburb**
 - streets that are safe, connected and usable for locals supported by great active and public transport
2. **A Thriving Local Shopping Village**
 - a local centre that is thriving, to scale and attractive
3. **A Green, Open and Liveable Oasis**
 - a suburb that is sustainable, clean and green - an oasis from overdevelopment
4. **A Celebration of Heritage**
 - a suburb that is known to uniquely represent and celebrate the heritage of the North Shore

I would love to hear your thoughts on this vision (president@naremburnprogress.org.au). In the new year we intend to mark out Naremburn on this basis and reflect the community's vision to the council, State Government and others. Speaking of council, I'd like to thank Mayor Giles-Gidney and Councillor Tuon for their service to the community as they step down. We wish them, as well as the new and ongoing councillors, all the very best for the future.

The NPA have continued to represent Naremburn's interests to council and to the State Government regarding traffic safety, the preservation of bushland, development in the area, tunnel projects, contamination, major DAs, utility works, parliamentary inquiries – the list goes on. At the heart of all that is a sense that Naremburn matters. I'm thrilled that in this issue we are looking to find ways to be more sustainable and do more to reduce our collective impact on our environment and climate.

NAREMBURN MATTERS
QUARTERLY NEWSLETTER OF
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General Meetings

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

Pre-registration may be required during
COVID-19 please see naremburnprogress.org.au
for more details



Naremburn Progress Association

OUR PURPOSE

"The Naremburn Progress Association is a not-for-profit community organisation. The objectives of the Association are to promote the welfare and advancement of the Naremburn community, to preserve and improve the amenity and environment of the Naremburn District and nearby areas, to encourage a spirit of community and mutual help among all residents and to co-operate with other groups in pursuit of these objects. Matters of business will always be pursued on a non-political and non-sectarian basis."

To join us please go to: <https://www.naremburnprogress.org.au/membership>

Again, I want to encourage you to join the NPA. We have been the independent community voice since 1901. Your membership is important to ensure Naremburn continues to matter. We will be hosting a community Christmas celebration as part of our final meeting for the year on the evening of 9th December and would love you to join us – see our website www.naremburnprogress.org.au for details as council won't be opening our meeting room until 2022. We encourage you to join the association to grow our community voice! Anyone that joins now will receive membership until 2023 – that's a Christmas pressie of a bonus extra month! We would also love to see you at the annual Santa in Naremburn event in our lovely shopping village – Friday 3rd December. An opportunity to support our local shops as we open back up!

LARISSA PENN
PRESIDENT



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LEANING IN TO SUSTAINABILITY

On average, Willoughby Council residents produce 215kg of waste per person each year. In 2020-21, 51% of community waste was diverted from landfill through recycling, upcycling and composting efforts in our community.

While that's a fantastic percentage, there still needs to be more effort in waste reduction and diversion as we work towards 80% diversion by 2030. This target was set by the Environmental Protection Authority's Waste and Sustainability Strategy 2041.

We read earlier in this edition the things we can all do to increase diversion efforts. You can also educate yourself on areas of sustainability that you can actually control. The Willoughby Council website has a plethora of resources available in every medium. In the past quarter, they have

offered webinars on what happens to your soft plastics, how to talk about climate change, a zero-waste online cooking class, a gathering at Dougherty Centre on how to cook with pulses – as a sustainable food option, monthly food swaps and educational workshops and much more. These resources are free and easy to access and right on our doorstep. Lean in and learn! For more information ring 02 9777 1000 or search Environment Events on the Willoughby Council website.

THE EDITOR
NAREMBURN MATTERS

OUR NEIGHBOURHOOD 'ONES TO WATCH' LIST

Commenced

- Channel 9 Site (WLPP DA-2020/87)
- West St Development (NSC DA 21/20)
- Garland Rd Development (WC DA-2019/343)
- Warringah Freeway Early and Main Works (Go to DPIE Major Projects SSI_8863, subscribe at <https://v2.communityanalytics.com.au/rms/wht> for updates)
- Christie St Multi-site Development (LCC DA6/2018) – in progress

Approved

- Crows Nest Over Station Development – Concept Approved (DPIE Major Projects SSD_9579)
- Western Harbour Tunnel (Go to DPIE Major Projects SSI_8863)
- Willoughby Leisure Centre Pool Rebuild (SNPP PPSSNH-198)
- Warringah Freeway Noise Walls Project (NSC google Noise Walls)

In Planning

- The Beaches Link (Tunnel) and Gore Hill Freeway Project (Go to DPIE Major Projects SSI_8862)
- Walter St and Willoughby Rd **NEW** Integrated Development (Walter St DA-2021/300), now as Residential high density with 164 units – being assessed by SNPP (PPSSNH-264). Submissions close 22/11/21, tentative Determination date either 14/12/21 or 19/1/22.
- Chandos St (DA2021-189) – 48 Chandos St (adaptive reuse). Status: "Stop the Clock".
- Gore Hill Indoor Sports Centre (WC Minutes 8/3/21)
- 2-12 Chandos St (College of Law) (WC PP2020/3) – dormant?
- 2-14 Northcote Street, Naremburn Shop Top housing/ Roof Garden (WC DA-2013/147/F) – Determined and approved by SNPP (PPSSNH-250)
- School Children Safe Wombat Crossing Program – Merrenburn and Rohan St (WC Minutes 3/11/21)
- Extension of Lighting Hours at Bicentennial Reserve (WC DA2007/581/A + new DA TBA)
- Sydney Water Duplication of Sewer Line in Bicentennial Reserve – early 2022, 6 months

Plan and Strategy Reviews

- Naremburn Local Centre Street Scape Design (WC project 301983) – early 2022
- Consultation on changes to LEP and DCP – WC Minutes 14/12/2020 early 2022
- Urban Bushland Plan of Management on public exhibition early 2022 – WC Minutes 3/11/21
- The Crows Nest/ St Leonards 2036 Plan – Google "DPIE 2036"
- Willoughby Local Centres Strategy 2036 – Google "Naremburn 2036"



NAREMBURN COMMUNITY GARDENS

SUMMER



The two new compost bins have been installed and are operational in the Naremburn Community Gardens. The lock-down means we have had to delay plans to implement the garden bed upgrade, but we will schedule this for the new year. All those interested in installing a water-ups wicking bed please let me know and I will keep you informed.

We occasionally receive requests to run gardening classes. If there is enough interest, we can do this, so again, if you are interested please let me know and we will organise something.

SUE HOWES suehowes@tpg.com.au
NAREMBURN COMMUNITY GARDEN




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I'm looking forward to...

A swim at Northbridge baths, a visit to see my grandson, having friends over, sitting in a local café, sitting in a local pub and watching Sky Sports; seeing local customers again, restarting kids swimming lessons, some retail therapy, being able to travel without having to first check the destination is within a 5kms radius; tentatively planning a holiday; seeing friends and family without having to go for a walk as well (as good as that may be for you) – these are some of the responses we got when we asked Naremburn locals what they were most looking forward to now lockdown restrictions have eased.

Chester's owners, Trevor & Yvonne, have been enjoying the normality of going to the gym and restaurants, as well as catching up with friends. Chester meanwhile (along with a few other local dogs) is very relieved. "It's all good, off you go, enjoy yourselves. I'll just hide here for now. I've had enough walking to last me for some time".



Carla is looking forward to seeing her family again. Being able to travel more than 5km's and allowing Sydney people to visit other towns is a big plus given her family are in Newcastle and she is definitely looking forward to being able to eat out! There were some good bits about lockdown – being allowed to do nothing and not having to make excuses about it.



Quinton & Sam are both very happy that things are heading back to normal. They were in the midst of opening up new café premises, so the easing of restrictions is a big relief. They are both enjoying seeing their regular customers, getting back to business and just being able to get out and about and see friends. There is nothing good about being stuck at home!



If you are looking for a local art exhibition, the Incinerator Art Space has re-opened and for browsing and borrowing, the local libraries are back on deck. You can now enjoy a swim at the Willoughby Leisure Centre and try to remember how you managed to swim all those laps in one go or join a fitness class. Willoughby Council's website has information on what venues have re-opened, opening hours and conditions of entry.

As well as providing us with a wish list of activities they were looking forward to, Naremburn locals also mentioned how they enjoyed the following during the last few months – seeing other locals during the daily promenade around the streets, the sounds of children playing in the back lanes, the chalk paintings on footpaths, the chats from front verandahs, meeting many more local dogs, the families venturing out on bikes together, the teddy bears in the windows, the wooden spoon gardens, the painted rocks for children to find, discovering interesting streets in the neighbourhood and discovering interesting neighbours in the street and flourishing street libraries. As one of our locals, Carla said, there have been some good bits during the last few months.

KERRY-ANN AITKEN
NAREMBURN RESIDENT

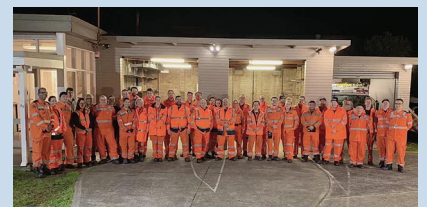


SES GRAND REOPENING FOR THE COMMUNITY

In June, work started to improve the State Emergency Service (SES) headquarters in Station Street, Naremburn. The garage areas were insufficient for our expanding volunteer membership, three large SES trucks and our equipment. In a storm or flood emergency we need to be able to move quickly, not to mention the fact that the two-inch clearance on each side of a truck, even with the mirrors twisted in, made reversing into the garages quite a task, especially after being out in a storm emergency for several hours.

We will have a grand reopening for the community early next year. This will be an opportunity to find out what the SES volunteers do in our local area.

LINDA STICKLAND
NAREMBURN RESIDENT



*Some of our volunteers outside the old premises
Top: The finished garages, built to maximise the available space inside.*

Have you had the same lender for 3 years?

Have you ever noticed your lenders advertising and thought 'hey wait a minute, how come I'm not getting an interest rate like that?'

The ACCC announced in their Home Loan Pricing Report that, as at September 2020, borrowers with home loans between three and five years-old paid on average about 58 basis points more than the average interest rate paid for new loans.

Further, it found that borrowers with loans more than 10 years old were, on

average, paying approximately 1.04% MORE than the average interest rate paid for new loans.

How's that for a loyalty program from your lender! It's often referred to as a 'loyalty tax'.

If you would like us to do some research and take the guesswork (and legwork) out of the right loan for you, please contact us.

We work for you, not for the lenders.

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PO Box 186, St Leonards NSW 1590

Please note, this is general advice only and does not consider your personal situation or needs. You should seek personal advice prior to implementing any strategies mentioned here.

infocus
St Leonards

STREET NEWS GRANDVIEW ST.

*Take a book,
give a book,
share a book*



Who would have thought a Rudy Giuliani memoir would have been more popular than one on Bob Hawke or that Trump's *The Art of the Deal* would fly off the shelf... from your Street Library? This was apparently the case at Grandview Street Naremburn where the Grant family set up a Street Library during lockdown. (<https://streetlibrary.org.au/celebrating-the-grant-family/>).

They have also found that a Street Library is a great way to encourage your children to read more and foster a sense of community. Their little library has been carefully decorated with favorite book characters by the 10-year twins who live there and often has a collection ranging from children's books to adult fiction and non-fiction.

Street Libraries officially began in Sydney in November 2015, and they have popped up in Naremburn outside residences, schools, childcare centres, community

gardens and Council premises. The Street Library website says the purpose is to promote access to literature and the joy of reading a good book and assist in achieving a sustainable future (think of saving waste from landfill) plus they encourage connections in the neighbourhood. As long as the library is on your property, permission is not required from Council.

So, if you have a bunch of books gathering dust, including apparently any politician's memoir, consider building a Street Library or share them by placing them into a Street Library. You may even find something of interest for yourself.

KERRY-ANN AITKEN
NAREMBURN RESIDENT



WILLOUGHBY NEIGHBOURHOOD WATCH PREVENTING BIKE THEFT

Bike theft is common in our area, so here are some tips to protect your bike.

1. At home keep your bikes locked and out of sight, not on the verandah or open garage.

Locks

2. Choose the right lock.
 - Cable locks: easily cut
 - D-locks: harder to cut
3. It is better to have two high-quality locks on your bike vs one.
4. Lock your bike (frame and wheel) to a solid object that your bike and the lock can't be lifted over e.g. a bike rack or a park bench.

5. Using multiple types of locks can increase the time it takes to steal a bike.

Register The Bike

BikeVAULT's National Bike Register is a free community service. If your bike gets stolen, it can be tracked and returned using the power of Crime Stoppers, the Police, and the wider community.

Join Willoughby Neighbourhood Watch on Facebook for news and other tips.



View from the Top McGrath Crows Nest Real Estate Insider and a special offer for Naremburn residents



As we wind down to the end of the year, the Naremburn real estate market shows no signs of stopping...

The past eight weeks have seen eight sales in Naremburn over \$3m. Notable sales are 4 Adolphus Street and 2 Quarry Street, selling for \$4.7m and \$5m respectively. Astonishingly, Peter and the McGrath team have sold three Naremburn houses over \$5million this year!

It's a busy time helping the good people of Naremburn prepare

their homes for New Year campaigns and the horizon continues to look incredibly positive.

To thank the community for your support this year, **McGrath Crows Nest are offering Naremburn homeowners an entire photography package at no cost**, if you sign up with us before 25 December 2021. Ring us to discuss and quote 'Naremburn Matters.'

Also, enter our Christmas Hamper giveaway – a hamper full of Christmas goodies and delights. To enter, simply send an email to

peterchauncy@mcgrath.com.au with your name and address. We'll select the entry at random and notify the winner by 17th December 2021.

The reason McGrath Crows Nest is the top selling agent in Naremburn is because of you! We wish you all a safe and relaxing festive season and a wonderful New Year.

Kind regards,

PETER CHAUNCY
MCGRATH ESTATE AGENTS
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The Tunnels Inquiry: a triumph of an informed community!

A much-anticipated Parliamentary Inquiry into the Impacts of the Western Harbour and Beaches Link toll road tunnels was held in September with various groups and experts being called. The sessions can be viewed at <https://www.youtube.com/c/NSWParliamentOfficial/videos>. At the time of publication, the committee is yet to hand down their findings, however testimony included:

- A dedicated bus lane will not be included in the tunnels despite the NSW Master Plan 2012 (cited as the project's modern-day origins) not mentioning a toll road but rather a "Bus Rapid Transit scheme".
- The dredging of the Harbour represents a "severe" risk to marine life with a "cocktail of chemicals" to be disturbed.
- Crown Land will be acquired with a net loss of green space overall including 3500 trees and up to 23 hectares of green space lost across both projects.
- There are major concerns around the contamination risks at Cammeray Park and Flat Rock Gully given the location of the construction/dive sites in areas of historic contamination.
- Traffic Modelling accuracy is a point of disagreement between TfNSW and transport experts esp. re local impacts.
- Traffic on Military Rd will not improve.
- There are air quality concerns for 20,000 school children along the route. The Chief Health Officer was asked to review the "stack" contribution but not pollution due to extensive local traffic changes.
- Alternative public transport options e.g. Metro Chatswood to Frenchs Forest were not considered yet viable alternatives have been presented to government or are underway.
- Questions around the government's development intentions have been raised during the inquiry and budget estimates.
- The costs of the project aren't fully known. The estimate is now approx. \$20b.
- A leaked BCR stated no wider economic benefits to be had from the BL Tunnel.
- There is uncertainty around the exact alignment and therefore which homes will be impacted by substratum acquisition – but there will be many.
- A Business Case review of the Beaches Link has not yet been completed by Transport for NSW (Day 3), the WHT business case was last reviewed in 2019, pre COVID-19. Infrastructure Australia have removed the Beaches Link from

their priority list whereas Infrastructure NSW have not been asked to re-review the case for either tunnel.

WHAT DOES ALL THIS MEAN?

A community working together and presenting the facts does eventually get listened to! We should expect strong recommendations that lead to substantive change.

WHAT'S NEXT?

The government's processes however continue separately – on the eve of the Inquiry the Warringah Freeway Main Works contract was awarded and we will start to see more work in Naremburn around the Freeway. Meanwhile, the procurement model for the Western Harbour Tunnel has hit a snag and the contract is expected to be a year away. This presents a perfect opportunity for the government to re-assess considering the inquiry outcomes and our post COVID-19 trends. The freeway can be upgraded to gain far greater efficiencies, include seamless active transport, proper noise walls and facilitate links to our new public transport – eliminating the need for a costly toll road tunnel.

The TfNSW BL response to submissions (incl PIR for Flat Rock) has recently been released with little change locally. It would appear the communities well researched objections have been ignored however DPIE are currently assessing the report. A funding decision is made separately and there have been media reports the new Premier is re-assessing given the changed landscape, escalating costs and limited benefits. At a recent online meeting on the Northern Beaches the now Transport and Planning Minister, The Hon. Rob Stokes stated that *"I can see both sides to this one, but in a democracy governments listen to what the community want so if this is something that's not wanted then... tell us quick... In terms of road investments, the one thing I will say... the fact that a lot of people are now working from home... changes demand patterns for transport, \$10bn is a lot of money"*.

The Federation of Willoughby Progress Associations have come together, in light of the facts, to ask that the Western Harbour Tunnel Business Case be re-assessed, the Beaches Link be cancelled and for substantive public transport alternatives to be funded. It's never too late to make the most effective and sustainable planning decision for Sydney. Please join us in writing to Rob Stokes and Premier Perrottet... quickly!

LARISSA PENN
PRESIDENT
NAREMBURN PROGRESS ASSOCIATION

CONSTRUCTION NOISE 7 DAYS A WEEK!



Moving out of lockdown also means for many residents, moving into our backyards for the summer. However, you could find that your private space is overwhelmed by excessive noise from construction sites. The industry is allowed to operate seven days a week until Christmas Day!

The NSW Government's "COVID-19 Development – Construction Work Days order" means work on sites from 7am to 5pm Monday to Sunday is the reality. Six-storey developments that interface with cottages in residential areas are disrupting work and leisure time of residents. Currently, residents in the Naremburn Conservation Area are confronted with yelling, loud music and crane 'beeps' used to attract the attention of workers, as well as noisy equipment and truck movement in our laneways, from a development in Chandos Street.

Willoughby Council is responsible for ensuring that construction workers comply with the work orders about excessive noise and working outside the specified hours. The Council now has an after-hours contact number – 02 8579 0331 – that is a direct line to the contractors monitoring after hours calls. They can contact compliance officers / rangers to visit sites when Council offices are closed. Nic Wright, Naremburn Ward councillor, is working with residents to ensure Council and NSW Planning are very aware of the concerns of residents.

So, if you are planning a pre-Christmas gathering, let's hope that you are not singing along to the "Twelve concrete cutters of Christmas"!

JULIE WADDINGTON
NAREMBURN ACTION GROUP (NAG)

Have a *sweet* Christmas



INGREDIENTS

200g liquid glucose*
500g caster sugar
200g slivered almonds
2 tbs lemon juice
1 cup (250ml) dry Marsala (Sicilian fortified wine)
500g blueberries
5 eggs, separated
1 vanilla bean, split, seeds scraped
500g mascarpone
1 large pandoro* or 1 store-bought sponge cake, cut into 2cm-thick slices
2 mangoes, sliced

METHOD

1. Place the liquid glucose and 250g caster sugar in a saucepan over low heat, stirring until sugar has dissolved. Increase heat to medium-high and cook, swirling the pan occasionally, for 5-6 minutes until a golden caramel. Add the almonds, then pour the caramel onto a lightly greased baking tray. Allow to cool, then break the praline into rough shards. Reserve a few shards to garnish, then place the remaining praline in a food processor and pulse until a fine powder. Set aside.
2. Meanwhile, place lemon juice, 125g caster sugar and 1/2 cup (125ml) Marsala in a saucepan over medium heat, stirring until the sugar has dissolved. Add the blueberries, then reduce heat to low and simmer for 5 minutes or until slightly reduced. Allow to cool.
3. Place the egg yolks and remaining 125g caster sugar in a bowl and beat until thick and pale. Add the vanilla seeds and mascarpone and beat until smooth. In a clean, separate bowl, whisk eggwhites until soft peaks form. In 3 batches, gently fold eggwhite into mascarpone mixture. Set aside.
4. Place a layer of pandoro or sponge slices in a 1.5L glass serving dish and drizzle with about 2 tbs Marsala, then spread with one-third of the mascarpone mixture. Top with one-third of the mango and drizzle with one-third of the blueberries and their syrup. Sprinkle with half the crushed praline. Repeat the layers. Top with a final layer of cake. Drizzle with the remaining Marsala, then top with the remaining mango and mascarpone mixture. Cover with plastic wrap and refrigerate for at least 2 hours to allow the flavours to develop. Set aside remaining blueberry mixture.
5. To serve, drizzle over remaining blueberries and their syrup, then garnish with praline shards.

If you have a recipe you would like to share send it to
naremburn.matters@naremburnprogress.org.au

belle PROPERTY

David Benjafield and the team open new Belle Property office in Crows Nest

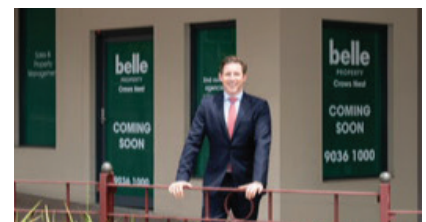
Welcome to the first of our new quarterly market updates, where we'll keep you up to speed on all things property related in our local area. But firstly, let me introduce myself and my team. We're passionate local market specialists who have been servicing the Naremburn area for close to a decade. Now I'm excited to announce that we're opening a new office in Crows Nest on the corner of Holtermann and Alexander Streets. This is a strategic move to enable us to better serve our valued clients, maintaining the ongoing support of our Neutral Bay and Cammeray offices.

We are just coming off the back of one of the strongest growth periods our market has experienced. Despite ongoing lockdowns, demand continued unabated, low stock levels fuelled heightened competition and

interest rates remained historically low. This perfect storm saw local prices pushed higher than ever before. While we are starting to see a levelling off now, with the playing field returning to more balanced conditions for buyers and sellers, our market remains robust.

Over the last quarter we've achieved a number of remarkable sales including:

- 41 Donnelly Road, Naremburn: sold at auction with 14 registered bidders for \$4.235m - a new street record.
- 28 Garland Road, Naremburn: selling after 5 days on the market for \$3.6m - a new street record.
- 42 Northcote Street, Naremburn: selling off-market for \$2.7m. The tenant wouldn't allow us to show



buyers due to COVID yet we successfully sold it to a buyer from our database, site unseen.

Last week I was named number nine agent in the Belle Property Network NSW/ACT out of more than 350 agents while the office was awarded number two in the state.

We're currently undertaking plenty of local appraisals and if you're contemplating a sale in the New Year, now is the time to reach out for some honest, informed advice from the people who know the area best.

DAVID BENJAFIELD
BELLE PROPERTY
0422 560 652

WELCOME TO THE NEIGHBOURHOOD

NAREMBURN SHOPS –
NEW ARRIVALS

Four new businesses have taken the plunge this year and opened in the Naremburn shopping strip

CORNUCOPIA BAKERY

Husband and wife team, Suzannah and Zahir opened their second shop at 296-298 Willoughby Road in August. "Cornucopia" is a very good description, with the bakery offering an abundant selection of sweet and savoury treats. There are freshly made pastries (some customer favorites being the wild berry scrolls and almond croissants), cakes that will change depending on what the pastry chef fancies, savoury treats such as spinach and cheese boureka and cheese sticks, and freshly made sourdough bread and pies. All their pastry is freshly made in-house. The selection includes vegetarian and gluten free options as well as family sized pies for an easy dinner option and light lunch options such as sandwiches, salads and soups for Winter. Coffee is supplied by Ona and while great for a takeaway option, there is outdoor seating where you can enjoy breakfast, morning tea, lunch or afternoon tea.

THE URBAN TEAHOUSE

Anyone looking for a more urban edgy tea house experience should head down to The Urban Teahouse at 292 Willoughby Road. Opened in January, Leigh is originally from England and while she confesses to really liking her

tea and scones, you would be wrong to think a traditional tea and scones is all that is on offer. There are various types of tea supplied by The Rabbit Hole but also coffee supplied by Seven Miles and Chai supplied by Prana Chai. As well as delicious scones (baked fresh every day), there are lots of freshly baked cakes and slices (try the lemon olive oil slice!). All cakes and slices are home-made and there are also savory options such as salads, toasties, bacon sarni and pancakes. For both the sweet and savoury offerings there are gluten-free, vegetarian and vegan options. You can take away or enjoy sitting in the quirky indoor space with its pressed metal ceilings and fireplace.

SYDNEY FRIEND'S BURGER

Sydney Friend's Burger opened its doors in June. They are at Shop 1 - 286-288 Willoughby Road in a freshly fitted-out space. The owner, S. Alam, (Parag) says they will not be compromising on quality. All food is freshly made – no pre-cooked meals. The beef is wagyu, or you can try a specialty scotch fillet burger, lamb, chicken or even a camel meat patty. There are also vege burgers, wraps and smaller offerings for kids. They use brioche buns which are lovely and sweet, and the fries are lightly fried. Some customer favourites are the Authentic Beef Burger and the Friend's Burger. A "Best Friend's Burger" will also be introduced before Christmas. You can take-away, get home delivery or, sit inside or outside at the premises.

FILMOTION

Filmotion, a film and video production business, has moved into 280 Willoughby Road. Filmotion was established in the late 1990s and talking to Fred El-Harris, the face behind the business, the business is involved in a wide variety of projects including all aspects of film production,

'Where afternoon tea is brought down to earth in an urban village setting'



Scones are baked daily, cakes are homemade, specialty coffee and tea leaves, and a menu that is deliberately simple but served with immense pride.

Monday closed
Tue to Fri (8am-5pm)
Sat & Sun (8am-4pm)

292 Willoughby Road
Naremburn NSW 2065
+61 406 480 964

<http://theurbanteahouse.com.au>

corporate video productions, animations for corporates, documentaries and TV shows, services for live events and post-production services like editing of client's materials, improving the colour and look of photos and videos and back up services. A photography studio is also available for hire in their new premises. Fred's production team experience has included Big Cat Tales (Discovery Channel), Kochie's Business Builders and a Netflix and National Geographic series called Tales by Light – where photographers travel the world to capture images. They are currently working on an animated production called Woven Threads for the ABC, which is a series of animated stories focusing on mental health issues – impressively this has been nominated for the AACTA awards.

KERRY-ANN AITKEN
NAREMBURN RESIDENT



CORNUCOPIA BAKERY

Cafe 🌿 Take-Away 🌿 Catering

- Pastries – sweet & savoury
- Pies – meat & vege options
- Sourdough bread
- Fruit loaf & bagels
- Salads & sandwiches
- Gluten-free options
- Easy take-home dinners, family-sized pies
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- All pastries, pies & bread baked fresh on the premises
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Follow us on Instagram: @cornucopia_bakery

to hear about our specials



**Open from 6am
7 days a week**

Shop 2/296-298
Willoughby Road
Naremburn

Ph: 0421 374 684

THE PLAN FOR NAREMBURN SHOPS

The draft LEP (Local Environmental Plan) is currently with the Department of Planning for approval. The LEP is an instrument made pursuant to the Environmental Planning and Assessment Act 1979. An LEP deals with matters which include development and open spaces. It is hoped that the draft LEP will be approved by year's end or early next year. When approved by the Department, it and the DCP (Development Control Plan) will go on display for public comment. I am told that in terms of the Naremburn shops and the area of Naremburn bound by Rohan and Glenmore Streets and Faunce Lane that what is proposed is as is contained in the Local Centres' Strategy document which I have previously reported on. Nonetheless, I would encourage everyone to take an active interest in viewing and commenting on the proposed LEP and DCP when they go on display, probably early next year. The price of not being over developed is vigilance on our part!

GEOFFREY GEMMELL
NAREMBURN RESIDENT

Sign up for new LEP
<https://www.haveyoursay.willoughby.com.au/coming-soon-lep>



"SANTA AT THE SHOPS" COMMENCING 5.30PM ON FRIDAY 3 DECEMBER

Santa is flying in for a special visit to Naremburn Shops and will be meeting the local children on Friday 3 December at 6.30pm to wish them a happy Christmas. Festivities commence at 5.30pm.

Santa's helpers will be there to help kids check in using QR codes and maintain social distancing. Kids will be able to have their photo taken with Santa. We look forward to seeing you there!

On behalf of Naremburn Matters we wish all our Naremburn readers a very happy and safe holiday season.

BUSHCARE

A great way to give back to your community



One of Council's major environmental initiatives is Bushcare. Many years ago, it was realised that much of the bushland within the Willoughby LGA was badly degraded by weeds, illegal dumping, and erosion.

In the early 1990s Council started a volunteer-based plan to reclaim pockets of the natural bushland that had been neglected for so long. Bushcare today is generally based on the work of two Mosman women, the Bradley sisters, who developed a logical methodology for regenerating the differing grasses, shrubs and trees that are native to various bushland areas around Sydney.

Gradually the idea took hold as the community responded to Council's efforts to attract groups of interested people to work together in neighbouring parks and bushland. In support of the volunteers, Council started running two-day training courses covering basic theory and the practical aspects of Bushcare.

All volunteers now undergo a one-day training course so it's highly accessible for busy Naremburn residents. Typically, Bushcare groups meet from 9.00am to noon once a month, though some run fortnightly. There is more work than people available so volunteers are always welcome.

The volunteer groups work in parallel with Council's bush regeneration teams and contractors thus greatly extending

the total area Council has in its bush regeneration program. Each group has a qualified Council or contractor trainer assigned to it and trainers attend most Bushcare sessions.

Between the trainer and the "old hands" in each group, newcomers are quickly given the skills to allow them to join in the group's activities and someone to answer the perennial question, "Is this a weed or a native plant?" The groups are welcoming and friendly and everyone looks forward to morning tea break for a chance to socialise.

If you are looking for a not-too-time-consuming way to give back and you enjoy spending time in the bush, join us! Go to the Willoughby Council website and search 'bushcare volunteer'.

Contact Monique Van Vugt on 9777 7875 or moniquevan.vugt@willoughby.nsw.gov.au

DON SWONNELL

Urban Bushland Plan of Management on public exhibition Have Your Say closing 5pm December 20th.

Fact: Local Historical Note

One of the eight men killed in the construction of the Harbour Bridge was from Naremburn. Sidney Addison, a 25-year-old from Naremburn died when he fell from the Harbour Bridge during construction and drowned.

THE IVY LEAGUE



MONDAY - FRIDAY
7.30am - 5.30pm

SATURDAY
7.30am - 3pm

SHOP NUMBER
9439 2949

EMAIL
info@theivyleague.com.au

WEBSITE
www.theivyleague.com.au

1/284a Willoughby Rd, Naremburn

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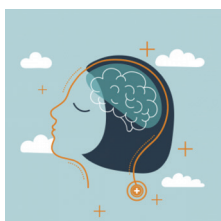
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300 WILLOUGHBY ROAD NAREMBURN
*if you mention Naremburn Matters when you book a table

COPING WITH LIFE AFTER LOCKDOWN



As the lockdown restrictions ease, there are some emerging phenomena related with physical and mental health wellbeing.

Although easing restrictions is a positive sign, it might feel strange after being indoors to move away from one's lockdown routine. For some, it is exhilarating but for others, it may be anxiety provoking and may even affect their confidence. All these are natural responses to uncertain times. We can't change or control external events, but we can control how we respond to a situation.

Our response to these uncertainties can be controlled with self-care, which is caring for one's own physical and mental wellbeing. It is not meant to be a selfish act. In fact we have to look after ourselves to be able to help others.

Physical activities: a well-balanced diet, adequate sleep of 8-10 hours, 20-30 minutes of exercise on most days of the week, reducing alcohol intake and smoking cessation. Try to go for a walk or engage in other activities, before any negative thoughts creep up.

Healthy eating by incorporating fruits, vegetables and reducing sweets is important. Try to get into a regular pattern of sleep and practice 'sleep hygiene'.

Relaxation: As stress can activate the nervous system to provoke anxiety, try relaxation methods of mindfulness, slow breathing exercises, a warm bath, listening to music or meditation.

Meditation and mindfulness:
<https://www.smilingmind.com.au/>

When life becomes overwhelming please reach out for professional help.
Lifeline: 13 11 14

Be creative: Spend some time doing things you like, which may be gardening, painting, playing music or reading and avoid excess time on social media.

If overseas travel is considered, consider updating travel vaccination. The COVID vaccine booster is recommended six months after the second dose for those over 18 years of age.

It is also important to maintain social distancing and follow gathering rules, over the next few months.

We wish our readers a Merry Christmas and a wonderful New Year!

DR LALANA KAPUWATTE
WILLOUGHBY MEDICAL PRACTICE

LOVE YOUR FEET THIS SUMMER!

Coming out of the longest lockdown in Sydney, you would want to go out and enjoy your summer with family and friends. Balance your time in thongs, with closed, more supportive and protective shoes. Unless you are at home, always wear shoes while out and about. Your feet can get dirty, picking up all sorts of germs or fungal infections or warts, not to mention they could burn on the hot ground in the peak of summer.

Australia has the highest melanoma rates in the world. It is expected that 16,000 people will be diagnosed with melanoma this year. When you put your sunscreen on, don't forget your feet! They need just as much sun protection as the rest of your body, and often in summer they are one of the most exposed areas of your body. Seek a podiatrist to assess lower limbs lesions.

After showering, moisturise your feet and your soles to help your skin absorb more moisture and seal it in. This will protect your feet from becoming rough or cracked again. You may have to repeat this process over a few days if your feet are suffering.

If you injure your foot or ankle while on vacation, seek professional medical attention from your podiatrist. Podiatrist can begin treating your injury immediately and perform a thorough Musculoskeletal assessment and provide a tailored management plan!

You may have had long walks during the lockdown and developed lower limb pain, visit one of our friendly podiatrists at Naremburn Podiatry for professional advice and care.

To make an appointment, please call 8964 6648 or visit www.naremburnpodiatry.com.au.

MIRETTE IBRAHIM
PODIATRIST

WE TREAT:

Lower Back Pain
Knee Pain
Foot Pain



NAREMBURN PODIATRY

ORTHOTICS Designed, Made & Fitted Here

**276 Willoughby Road,
Naremburn 2065**

We care for your

- Corns & Calluses
- Heel and Knee Pain
- Ingrown and Fungal Toenails

- Diabetic Foot Care
- Footwear Store
- Nail Surgery

PODIATRY

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8964 6648




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FACEBOOK & INSTAGRAM

NORTH SHORE TO WELCOME A NEW MRI FACILITY IN 2022

Merry Christmas to all. We have almost made it to the end of enough tough years. We have been proud to be a part of the local community and our wonderful community. Pets play such a large part in what we do, and they have proved how uplifting they can be to us.

As we come to the end of 2021, just a few friendly reminders:

1. Get in early for your vaccination - especially if you are going away
2. Make sure you are up to date with tick preventative
3. Check out our website and Facebook for Santa photo

New in 2022 is an MRI. We started building work on a new state of MRI facility at the start of November. We are so excited that we will provide an even higher quality of patient care for our community. MRI will allow us to diagnose spinal, brain, and soft tissue disorders accurately, amongst other things. We are hoping that the facility will be open from the start of March 2022. Please follow our progress on Facebook or our website.

Merry Christmas and have a safe and prosperous 2022. From all the team at North Shore Veterinary Hospital.

Farewell to Willoughby Mayor



As you may know, this is my last column as Mayor of Willoughby. I'm incredibly proud of how our resilient community came together to support each other through the recent challenging times.

Throughout the lockdown, we continued to provide essential services including waste collection, services to the vulnerable and childcare services. We moved quickly to provide a third business and community support package to offer relief, training, help accessing support packages and stimulate recovery. We also instigated a community outreach initiative, telephoning residents to check on their wellbeing and to offer assistance.

It's been a difficult time for local businesses, so I urge you to join me in helping them recover by supporting local. A new tranche of Dine and Discover vouchers have been announced so please use them in one of the many quality hospitality and entertainment businesses in Willoughby.

As we come to the end of the term of Council, I'm proud of what we delivered for the people of Naremburn. Major projects included upgrades of Naremburn oval and Naremburn Park playground.

We have recently undertaken community consultation on proposed pedestrian and traffic safety improvements at the intersection of Rohan Street and Willoughby Road. This work is part of a broader program of work for Naremburn including streetscape upgrades to be undertaken over the 2022/23 financial year.

Council has made a 'Your High Street' grant funding application to the NSW Government for improvements around the Naremburn shops. If successful, the grant will allow a more ambitious program of works and activities than originally planned with the current \$350,000 budget. We have already commenced preliminary investigative work in the area and the design and community consultation phase will commence in the New Year.

It has been a pleasure and an honour to serve you over the last 12 years. One of my greatest joys as Mayor is the time I spend getting to know our local community. I am humbled by the support I have received and hope I have been able to make a difference to your lives.

GAIL GILES-GIDNEY

MAYOR WILLOUGHBY CITY COUNCIL

Gail.Giles-Gidney@Willoughby.nsw.gov.au

Naremburn Ward Councillor Nic Wright



Over the term of this Council we've witnessed some great achievements in our community – we've fought for stronger development controls, improved almost every playground in the ward, begun the important work of revitalising our local shopping strips and pushed Council towards a more sustainable future.

But this work isn't done alone. Support and feedback from you, the community, sits at the heart of all the decisions we make in Council Chambers. So instead of focusing this article on what Council should or will do (because I'm sure we'll hear a lot about that during the election campaign), I wanted to take the opportunity to just acknowledge this wonderful community and the resilience and spirit it has shown during COVID-19.

It's been an honour to represent you this term.

Your friend and neighbour,

CR NIC WRIGHT

nic.wright@willoughby.nsw.gov.au

0481 033 442

NAREMBURN COMMUNITY CENTRE 60TH ANNIVERSARY

It is now 60 years since the Naremburn Community Centre was opened (13 May 1961). From its beginning in November 1901, the Progress Association pressed for an appropriate meeting hall. Wars and the Depression slowed the process but did not dampen the Association's spirit. In May 1947 the PA called a meeting to discuss a public hall for Naremburn that would house a children's library, public gymnasium, a Baby Health Care Centre and a meeting place. A body called N.A.D.A., the Naremburn Amenities Development was formed and authorisation from the Chief Secretary's Department sought to fund raise. Council gave two timber cottages, 7 & 9 Central Street for the project and these were demolished to develop the Centre incorporating a Children's Library staffed by volunteers, a Baby Health Care Centre and a meeting space.

In 2008 Council proposed an upgrade of the near 50-year-old Centre. Our Secretary, Frances O'Brien wrote to WCC General Manager, Nick Tobin with a number of key requests including that the library be open one evening each week and that after hours book return would be accessible when the library was closed. They also asked for such modern amenities as Internet access, a computer and a printer and directional signage, amongst other things.

The NPA through its Treasurer, Barry Shaw and President, Kevin Fitzpatrick met regularly with the GM and Project Manager. As you enter the Centre now you can see the room marked Naremburn Progress Association Founded 1901 Records and Research Room, followed by our website address (another progressive innovation at the time).

Another achievement driven by the late Trisha Fitzpatrick, the Association's Public Officer and former Deputy Chief Librarian of Stanton Library was to have signs throughout the suburb indicating the way to the library. She also argued strongly against the proposed closure of Branch Libraries.

In all this, the Naremburn Progress Association has lived up to its name.

KEVIN FITZPATRICK
CENTRAL STREET

Community activities

Due to COVID-19 please use contact details below for current availability.

Naremburn Community Centre Activities

9967 2917

willpark@willoughby.nsw.gov.au

Contact the Centre, for room hire availability.

Naremburn Progress Association

Larissa Penn

president@naremburnprogress.org.au

2nd Thursday bimonthly 7.30pm
February, April, June, August,
October and December

Playgroup

(for children 5 years of age and under)

naremburnplaygroup@gmail.com

Wednesday 9.30am – 11.30am

Northern Suburbs Philatelic Society

9419 7354 (Paul Storm)

Breastfeeding Association

abamns.contact@gmail.com

1st Tuesday 10.00am – 12noon

Willoughby Community Pre-school

9437 4260

Monday to Friday 8.00am – 4.00pm

Naremburn Library

7 Central St | 9439 5584

Next issue, March 2022

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

Next issue deadlines:

Advertising: 4 February

Articles: 4 February

naremburn.matters@naremburnprogress.org.au

Next NPA meetings

Details for the next NPA meeting available on the NPA website

naremburnprogress.org.au

Naremburn Community Centre

7 Central Street

All members and residents are welcome

Letters to the Editor and articles

Articles, comments or suggestions email:

naremburn.matters@naremburnprogress.org.au

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 Central Township Walk

Most of you will no doubt have spent some time recently walking around (and around) our neighbourhood. Particularly for new-comers, if you want to see where Naremburn's European history first started, you need to head to 'Naremburn Central Township', where small land grants were settled from 1853 onwards. This is the area bounded by Central Street, Brook Street, Garland Road, Adolphus Street and Slade Street.



*Tram on Willoughby Road near Central Street, 1950s
Image courtesy of Picture Willoughby, Willoughby City Council*

Hints of what it was like can be seen in the 1880s weatherboard residences that were clearly tiny originally, the more substantial residences such as 30-40 Market Street, built by wealthier residents and an old shop front at 51 Slade Street (a butcher's shop). The place was a hive of activity from the 1880s to early 1900s. The first Church, post office, school, cabinet factory, newsagency and a market site were all around here. (The name Market Street provides a clue). There was a Temperance Hall in Central Street and even apparently, a sly grog shop in Adolphus Street. Not known as a wealthy area however (known variously as Dog Town or Pension Town), those original residents would no doubt be somewhat surprised by the area today. See Willoughby Council's Naremburn *Neighbourhood Walk* booklet and Eric Wilksch, *The Naremburn Story* for more information.

Progress impacted on this area from 1898 onwards. The tramline was extended from Crows Nest down Willoughby Road, causing the businesses, like today, to relocate closer to new transport links – hence the location of the Naremburn shopping strip. The construction of the Warringah Freeway in the 1970s then resulted in the isolation of this area, where it all began, from the rest of Naremburn.

KERRY-ANN AITKEN
NAREMBURN RESIDENT

Library News

We are looking forward to welcoming you all back to Naremburn Library after another disruptive year and hope to see you back soon. Please check our website for updates <https://libraries.willoughby.nsw.gov.au>

For children: Summer Reading Challenge is back again these holidays, as well as a number of activities for children at Chatswood Library. Some of the regular activities that will be returning next year include storytime and LEGO® club and keep a look out for new things to come. You can find out more on the library website.

Stock up on your Christmas reading:

All Willoughby libraries will be closed from 25 December 2021 and will reopen from Monday 10 January 2022.

Make sure you stock up on your holiday reads in time for the summer break. Chatswood Library is open Monday through Saturday – drop by and borrow for the whole family in December.

Wishing you all a happy, safe and well-deserved holiday season.

JANE COZENS BRANCH LIBRARIAN
WILLOUGHBY CITY COUNCIL

