

BEACHES LINK – A TUNNEL TO BE AVOIDED

Representatives from the Roads and Maritime Services (RMS) indicated that the consultation stage for the Western Harbour Tunnel and Beaches Link was extended to the end of November 2018 with an Environmental Impact Statement to follow.

The Parliamentary Inquiry into WestConnex and its next stages (including the Beaches Link) could not have come at a better time for observant Naremburn residents to understand what to expect. Having already suffered a similar process from the earlier stages of WestConnex, residents in Rozelle1, Annandale/Leichhardt2, Haberfield3 and Newtown4 share their experiences. Over the last few months having been exposed to a range of independent experts, RMS promoters and affected residents from suburbs along the WestConnex corridor it is clear that:

(i) these tunnels will not be anywhere near the panacea to congestion that promoters claim (as opposed to better public transport) with the predictable outcome of induced demand further clogging already busy roads and streets before these multibillion toll-road tunnels open.

(ii) financial costs and risks will be carried by us, taxpayers (until the tunnels are de-risked and sold most likely to Transurban).



(iii) the impact from unfiltered carcinogenic emission stacks will become a permanent feature of life in and around Naremburn (unless you believe RMS models which seem to indicate that huge concentrations of carcinogenic emissions, over 7 km for each of these tunnels, do not make any difference if you have single points of release in Artarmon and Cammeray.

If you like breathing fresh air, the sound of the birds, seeing native animals around you or going for peaceful walks nearby, or if you just simply like being able to easily commute in your neighbourhood and not take 30 mins to drive 2 kms, you are encouraged to go to the Stop the Tunnels webpage (www.stopthetunnel.org).

It has a comprehensive evidence-based summary document detailing many of these impacts and has been prompting residents to action before it is too late. Progress should be supported, but only if it positively impacts the community. Naremburn is being asked to give up so much for nothing in return.

[HTTPS://BIT.LY/2QPBUWO](https://bit.ly/2QPBUWO)
[HTTPS://BIT.LY/2DPM0UW](https://bit.ly/2DPM0UW)
[HTTPS://BIT.LY/2PX1181](https://bit.ly/2PX1181)
[HTTPS://BIT.LY/2BAROLY](https://bit.ly/2BAROLY)

Residents in the areas of Naremburn, Artarmon and Cammeray will bear additional costs and negative externalities including:

- 70 truck movements per hour carrying spoil
- 24/7 tunnelling for at least 5 years, more likely 7
- Destruction of Flat Rock and/or the baseball oval given this will be a key dive site for tunnelling in three directions
- Dust, noise and potential release of other carcinogenic pollutants (e.g. silica dust and asbestos) next to Willoughby Leisure Centre and the netball courts from disturbing the site of an old tip in three directions

CARLOS CROWLEY VAZQUEZ

DID YOU KNOW

The material used to surface the bridge connecting Rhodes Ave to Naremburn shops is the same as that used in children's play areas in McDonald's restaurants.

MORE FUN FACTS ABOUT BRIDGES IN NAREMBURN ON PAGE 3.



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SUPPORTERS

McGrath



NAREMBURN
PODIATRY





With the advent of some warmer weather as Spring moves towards Summer, the pace of change also continues unabated in our area. Below is a list of some of the current proposals or projects that we need to be across:

- **Beaches Link tunnel**
- **St Leonards/Crows Nest 2036 Plan**
- **Crows Nest Metro station airspace developments**
- **Channel Nine site latest redevelopment proposal**
- **Willoughby City Council (WCC) moves to dissolve Advisory Committees**

- **WCC preparations for a complete review of its Local Environmental Plan in 2019 – This document will, amongst many other influences, drive how our local shopping strips change into the future.**

Also at the time of writing, we have just seen the opening of the Northern Beaches Hospital, the temporary closure of the Chatswood–Epping railway line, the continuation of Metro construction on Mowbray Road and along Pacific Hwy Crows Nest, and the release of the Department of Planning and Environment's assessment of the latest Concept Plan for the Channel Nine site. Then there are the usual issues around

traffic congestion and parking, boat trailers and the like.

Sound depressing? It doesn't need to be! If you want your voice to be heard on these and many other issues facing the community then get involved. Join up with the local Progress Association, answer a Have Your Say survey or write a letter/email or whatever.

Arguably the biggest challenge facing the local community currently is the prospect of a major tunnel construction site operating on Flat Rock Drive as part of the Beaches Link for 6 years, maybe more, and destroying either baseball diamond or precious bushland, or both. Noise, dust, personal safety, environmental concerns – read it all at www.stopthetunnel.org then contact your local Member and NSW Premier, Hon Gladys Berejiklian.

It's a beautiful area, let's keep it that way.

HAPPY CHRISTMAS
ROGER PROMNITZ
PRESIDENT

Quarterly newsletter of the Naremburn Progress Association (NPA)

Naremburn Progress Association
Founded 1901, incorporated 2004
PO Box 393 | St Leonards 1590
www.naremburnprogress.org.au

President
Roger Promnitz - 0419 227 986

Vice President
Helene Kemp - 0403 015 004

Secretary
Ralph Youie

Treasurer
Carmen Loecherer - 0409 766 470

Committee Members
Viviane Leveaux, Barry Shaw

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

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NAREMBURN MATTERS

Article co-ordinator
Helene Kemp

Editor
Justine Lau

Email
naremburn.matters@naremburnprogress.org.au

Advertising Manager
Carmen Loecherer

Branding & Design
Jure Leko

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Peter Chauncy and his team at McGrath Crows Nest

This is the last Naremburn Matters newsletter for 2018, and what a year it has been. My team and I have maintained a 75% market share in the area with 53 sales overall (31 houses and 22 apartments) and an auction clearance rate of 82%. The highest sale prices achieved for a house, townhouse and two bedroom apartment were \$3,575,000, \$2,220,000 and \$1,289,000, respectively, which were all strong outcomes compared with 2017.

Naremburn is proving to be fairly resilient against a general softening of the Sydney real estate market. Demand is still strong, and we are seeing an average of 19 days on the market. Buyers are seeing value without significant price adjustments being required and the inner-city markets, such as ours, is not in oversupply. Across these areas employment and equity is high so it is not logical to expect a barrage of forced



sellers and borrowers are generally amongst the big fours' preferred target market, so we are not seeing the same level of difficulty in organising finance as in other areas.

We are already busy signing properties for auctions in the new year as it's a great time to get prepared for an early February 2019 auction. If you're thinking of selling, now is the time to engage us to help you get prepared over

the holiday period ready to launch ahead of the competition.

My team and I would like to take this opportunity to wish you a happy and safe holiday season and a very Merry Christmas and New Year.

PETER CHAUNCY
MCGRATH CROWS NEST
0402 036 489

NPA membership subscriptions due

Membership Subscriptions Due January 1, 2019

The Naremburn Progress Association's (NPA) promotes the welfare and advancement of the Naremburn community. Become involved with your community by joining or renewing your NPA membership at <http://www.naremburnprogress.org.au/membership/join-renew/>

Annual membership for 2019 is \$15 per person (\$10 for concession card holders). A joining fee of \$5 applies to new members and for those who have let their membership lapse. Renew now to ensure you remain a member.

Bridges spanning Naremburn's history

- The first bridge across Flat Rock Creek, Naremburn's northern border with Willoughby South, was built in 1870 but was destroyed in a flash flood. It was rebuilt in 1886 and strengthened for the tramway passage in 1890.
- In the 1920s NPA members were part of a northern consultative body for the proposed Sydney Harbour Bridge. One of the first workmen to be killed on its construction was from Naremburn.
- During the construction of the Gore Hill Freeway in 1992, the bridge linking the eastern side of Naremburn (near Rhodes Ave) to Naremburn shops was replaced by a single-lane bridge at Slade Ave. When the bike track was installed the bridge was widened in 2006.
- Other Naremburn bridges on Naremburn's western border are at Dalleys Rd and Lambs Rd.

KEVIN FITZPATRICK
CENTRAL STREET

Adopting a new tradition

As children we were taught to be wary when speaking to strangers and never take nor eat anything from someone we didn't know. This is still sound advice for today's children – with the exception of the 31st of October. Halloween (or Hallowe'en) is something that many of us have been aware of, but the growth and scale of participation and celebration here in Australia seems to have completely taken us by storm – particularly in our very own Naremburn.

For one night only, we now suspend some of that sage advice from our parents and prepare our kids to get out in the local streets (under appropriate supervision) to celebrate Halloween with their neighbours – many of whom were totally unrecognisable in their weird and wonderful costumes!

You may be a well seasoned trick or treater or you may have just jumped on the band wagon (or broom stick) without knowing what it's all about; here is some interesting Halloween history for you.

• **Samhain:** The origin of Halloween can be traced to an ancient pagan festival

celebrated by Celtic people over 2,000 years ago. The Celts believed that the dead could walk among the living at this time and the living could also visit the dead

• **Halloween costumes and trick or treat:** Some of the Celts wore ghoulish costumes made from animal skins and heads in the hope that wandering spirits would mistake them for one of their own; others offered sweets to the spirits to appease them

• **Ghosts, vampires, werewolves, witches and zombies:** These have long been associated with the evil spirit world

• **Halloween pumpkins (jack-o'-lanterns):** In medieval Britain, "supplicants moved from door to door asking for food in return for a prayer for the dead" and would carry "hollowed-out turnip lanterns, whose candle connoted a soul trapped in purgatory".¹ Others say that the lanterns were used to ward off evil spirits. During the 1800s in North America, pumpkins replaced turnips because they were plentiful and easy to hollow out and carve.

Irrespective of the history, I am rather enjoying the increased popularity of this ghoulish celebration and by the looks of it, so is Naremburn. Ghosts, zombies, skeletons, witches, werewolves and more were out in full frightening force and the house decorations were even more

impressive. What a great way to bring the local community together and get to know the neighbourhood.

Scare you all next year.

THE NAREMBURN WITCH

¹Halloween - From Pagan Ritual to Party Night



Have a sing-a-long Christmas

There's nothing like some Christmas carols to get you into the festive mood.

Pack a picnic, mozzie repellent and a festive cheer and head to one of the following events on the north shore.

CAROLS IN THE MALL, HORNSBY

7–9 pm, Thursday 13th December 2018
Florence St Mall, Hornsby

GRACE CITY CHATSWOOD

5–6 pm, Saturday 15th December 2018
The Concourse, Chatswood

CAROLS UNDER THE BRIDGE, MILSONS POINT

5–9 pm, Saturday 15th December 2018
Alfred St, Milsons Point

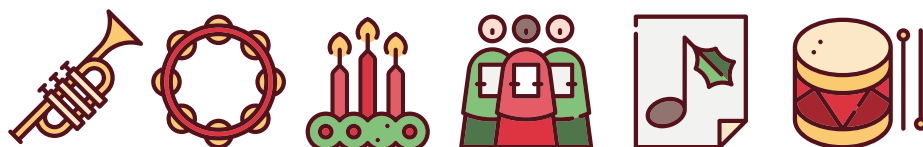
CAROLS BY CANDLELIGHT, BALMORAL BEACH

7:45–9:30 pm,
Saturday 15th December 2018
Balmoral Rotundra, Balmoral

LAH-LAH'S STRIPY CHRISTMAS, CAMMERAY

Saturday 15th December 2018
Norths Leagues, Cammeray

Happy carolling!



Meet your neighbour

Back in the days, when car ownership was minimal, people walked around our suburb. They travelled by train, bus and even a tram service to Naremburn. People walked to our shopping centre (comprising three supermarkets, multiple butchers, a chemist and a post office), to church, meetings and local entertainment.

The car prevailed. Freeways were built, our suburb cut in half, the shopping centre all but destroyed. In 2016, nearly half (47%) of Naremburn residents owned one car, one in five (20%) had two cars, 8% had three or more and 9% had no car.

So how do you meet your neighbour in Naremburn? Till recently we had an effective Neighbourhood Watch in place encouraging us to keep an eye out for our neighbour and their property. There are other green shoots. The suburb has two Community Gardens where eco-minded neighbours grow together. Each year at this time, neighbours in streets like Bongalong, Central and Rhodes organise a street Christmas parties. In this technological age there have been initiatives like a street Facebook page. Recently NEXTDOOR NAREMBURN was established. It is a private social network for our neighbourhood. By using this tool you can invite your neighbour by email. You can print flyers to hand out or leave with your neighbour. And there is always that oldie but a goody – WALKING. A friend, Don Wilson from Northbridge has brought neighbourhoods throughout Australia together in Bush Care Groups. He has established his eco 'Get Fitter with Litter'. As you take the dog for a walk, walk to the shop, carry a bag and pick up litter as you go. Not only will you help make Naremburn a cleaner suburb but you will get to meet other likeminded people.

Do you have other ways of meeting your neighbour? Let us know.

KEVIN FITZPATRICK
CENTRAL STREET

Bells Inspire

Bell ringers of St Leonard's Church rang the bells for the centenary of Armistice Day on the 11th of November at 11 am. This was a first for the tower with the bells being rung half muffled (for solemn occasions). The bells will also be rung in the same way on Anzac Day.

The 11th of November was a special day for a group of dedicated learners who have been training hard up to this day. Congratulations to the hardworking team.

The bells will also be rung during the Christmas period, on Christmas Day as well as Sunday 23rd and 30th of December.

The community are invited to join us on Australia Day 2019, where we will host tours of the bell tower at 3 and 4 pm.

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The festive season and school holidays are nearly here and there will be plenty to enjoy at all Willoughby Libraries this summer. Many good quality books, magazines and DVDs for all age groups are available at Naremburn Library.

NAREMBURN LIBRARY

The Summer Reading Club for young children and teens runs from 10th of December 2018 until 27th of January 2019. Register at Naremburn Library to borrow lots of books and keep on reading!

This year's theme is "Curious Creatures" and there will be lucky dip prizes for participants who bring their reading logs to the library.

The popular holiday Lego sessions are on again and children of all ages are invited to imagine and build. Come along on the 7th, 14th and 21st January (Mondays) 3:00–4:30 pm. All children need to be accompanied by an adult in order to participate in the free sessions.

CHATSWOOD LIBRARY

A Summer Reading Club celebration will take place on the 24th of January, 2:00–3:00 pm. Young people can bring their completed reading logs to go in the prize draw. Mayor Gail will be attending.

There are new interest groups for those interested in family history, or photography where you could meet others who share similar interests.

- The Family History Group brings together people who wish to both share expertise and learn from each other. The group meets on the first Wednesday of the month (except January) from 10–11:30am.

- The Chatswood Library Camera Group meets for free workshops and relaxed group discussions to increase their knowledge and skill.

More information provided on the website
www.willoughby.nsw.gov.au/library/events-and-programs/

Books are just the beginning at Willoughby City Libraries!

DIANA REVINGTON
NAREMBURN BRANCH LIBRARIAN
willoughby.nsw.gov.au/library

Channel 9 – It's on again

On the 2nd of November, the NSW Department of Planning and Environment (DPE), after several months of to and fro with LEPC9, the owners of the Channel 9 Willoughby site, posted its recommendation to accept the latest version of the modified concept plan that was first submitted to the DPE in 2014.

Contrary to the article published in the Saturday Herald on the 3rd of November, the Concept Plan has not been accepted. The plan will now go to the Independent Planning Commission (IPC) for determination. If LEPC9 chooses not to accept the conditions of the IPC's determination they can still appeal to the

Land & Environment (L&E) Court.

The latest version of the Concept Plan, modification 2, shows a reduced maximum building height. This height is the same as was originally agreed but the current design has a maximum of nine storeys compared with the eight in the original agreed plan. The additional storey takes in the slope of the site to achieve the extra level without exceeding the agreed height. However, nine storeys gives 460 apartments, which is considerably more than the 400 as outlined in the agreed plan (the accepted 400 came about after Council and the community first agreed that, in view of the limited capacity of the surrounding infrastructure, the appropriate number was 300). This was subsequently lifted to 350 by the Planning Assessment Commission (PAC), and further to 400 in a conciliation session under the auspices

of the L&E Court. It was through gritted teeth that the community accepted this "final" number.

The IPC held a public meeting on the 27th of November where Council expressed its view on the proposed 460 dwellings. Willoughby Area Action Group (WAAG) have also organised an IPC submission preparation evening. This process has been aligned with a previous PAC public meeting which led to a satisfactory determination, largely due to the unanimity of the views presented by the community.

If you are not already on the Channel 9 contact list and would like to be kept up-to-date with what's happening, please send a request with your preferred email address to rtaffel@hotmail.com.

BOB TAFFEL

A vision for the next 18 years

The Department of Planning and Environment (DPE) recently released its latest draft plan for St Leonards and Crows

Nest 2036 highlighting the vision for change for the area. Despite the title, the plan also considers its impacts on neighbouring suburbs such as Greenwich, Wollstonecraft, Artarmon, and our own Naremburn.

With the new Sydney Metro opening at Crows Nest in 2024, there are exciting opportunities to rejuvenate the

neighbourhood with 16,500 new jobs, open space, infrastructure and a diverse range of homes, while ensuring the local character of the area is maintained and enhanced. However, the community will need to continue providing regular feedback during each phase of the planning process to ensure our voices are heard.

BY 2036, YOU SHOULD SEE THAT OUR NEIGHBOURHOOD WILL:

A VIBRANT COMMUNITY

Along the Pacific Highway between Crows Nest and St Leonards stations

Along Crows Nest Village and Willoughby Road

A PLACE THAT PROTECTS ITS PAST WITH HERITAGE CONSERVATION AREAS AND BUILDINGS THAT NEED TO BE RETAINED

A WELL DESIGNED PLACED

New high quality-designed buildings that respect and enhance the existing local character of the area

PLACE (ESSENTIAL CHARACTERISTICS)

BUILT FORM (BUILDINGS)

LANDSCAPE (THE LAY OF THE LAND)

LAND USE (HOW IT ALL FITS TOGETHER)

AN EMPLOYMENT HUB

16,500 additional jobs to support a growing economy

Jobs in the industrial, professional, creative, retail, health and education sectors

A HOME FOR PEOPLE OF ALL AGES

A mix of homes to suit the lifestyles of a diverse range of people

MOVEMENT (GETTING AROUND)

AN ACCESSIBLE NEIGHBOURHOOD

Easy to walk, cycle and move through

Improved local and regional connections

A GREENER PLACE

Parks and public green spaces encouraging active, creative lifestyles

The draft has been on public exhibition and is currently being revised in response to the feedback received. For more information, go to <https://www.planning.nsw.gov.au/Plans-for-your-area/Priority-Growth-Areas-and-Precincts/St-Leonards-and-Crows-Nest>.

Summer 2018 – Naremburn community gardens

Thank you to everyone who turned up and helped out with our working bee in August. We transferred another garden bed over to a wicking bed design. The bed is already thriving and producing a bountiful crop.

One of the most important lessons we have learnt with wicking beds is the depth. The ideal seems to be a total of 400 mm deep (200 mm each of reservoir and soil on top). Deeper than this, seedlings find it difficult to get access to sufficient water and establish.

We are increasingly extending our garden to the various pieces of verge. We are restricted with the Bongalong St garden as the road base underneath restricts the bed depth to around 300 mm.

The garden committee have decided to develop a series of garden workshops to encourage community members to involve themselves in the garden. When we have developed a calendar of events we will be posting these on our Facebook page – in the mean time to find out how to be involved, email Sue on suehowes@tpg.com.au.

SUE HOWES
BONGALONG STREET



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Watching out for your presents at Christmas – Willoughby Neighbourhood Watch

Willoughby Neighbourhood Watch covers the whole Willoughby Council area and is run online through a Facebook Group and website. The group now has close to 450 members, who receive quick updates on recent crimes and scams, requests from the police and various tips to stay safe.

Whilst Willoughby is a safe neighbourhood, higher average retail theft is evident when compared with the rest of NSW and there are a few hotspots for property break and enters. With the festive season approaching here are some tips to protect your online purchases:

- Try to be at home when the parcel arrives – you can often track the progress of your delivery online
- Ask a neighbour – have your parcel delivered to them or ask them to keep an eye on your doorstep
- Specify where the parcel is to be left when you place your online order – choose somewhere out of sight

- Have parcels delivered to your workplace

• Consider using a free Australia Post parcel locker – these are located at major supermarkets and petrol stations where you can access your parcels at any time; there may also be the option to use the vendor's click and collect

• Consider installing CCTV – motion-activated and wireless systems means you can see your parcel being delivered and ask someone to collect it for you immediately; if it is just a camera, you can at least let the police have a picture of the thief!

Finally, remember to lock your doors and windows if you are going away (or even out for a short time) and look out for your neighbours.

DAVID AND LINDA STICKLAND
www.willoughbyneighbourhoodwatch.com



Tis the season for giving... But not gifts

Christmas is a time for giving, and you can consider giving more of your time to your neighbour. We are facing an epidemic of loneliness.

Loneliness is that negative feeling when your social needs are not met by your current social relationships and evokes feelings of anger, sadness, depression, worthlessness, resentment, emptiness, vulnerability and pessimism. It may negatively impact sleep quality, brain function and the ability to do cognitive tasks, as well as increasing inflammation, stress hormones, risk of heart disease and hypertension and intensifies poor mental health. Loneliness is now considered a risk factor for all causes of early death and is thought to increase your risk of an early death by up to 26%.

To the brain, satisfying loneliness is just as important as satisfying hunger or thirst. In fact, lacking social connection is as detrimental to our health as

smoking 15 cigarettes a day, exceeding the risk of obesity.

In Australia, lack of social connection is on the rise. Just look at some of the statistics:

- 1 in 3 women aged 30–34 years are not partnered
- 27% of Australians over the age of 65 years live alone
- 40% of single fathers admit they are lonely
- 55% of callers to Lifeline live alone, without strong social networks

*Make your gift this Christmas
more time for family, friends,
neighbours and strangers,
after all it could be good for
your health (and theirs)!*

Merry Christmas.

Modern day families are smaller yet are more geographically separated.

We work longer hours; divorce and relationship breakdowns are on the rise.

Proactive Tips For the Running Season

Naremburn Podiatry sees a spike in soft tissue injuries around the October to March period with more and more people taking up running (perhaps due to overindulging during the celebratory season). Fortunately, there are a few proactive things you can do to reduce your chance of injury as you get fitter! The answer may be in your footwear:

- Check the soles for uneven wear marks
- Manufacturers suggest the average lifespan of a pair of shoes should be less than 800 km (e.g. if you run 5 km 3 times a week, then you should consider changing shoes once a year)
- Consider if your footwear have been fitted according to your particular needs, activity level and how you distribute pressure on your feet
- If you have orthotics, consider where the support is in your shoe and how it works with the orthotics

If you're coming back into activity after a period of different or less activity, it's important to increase running gradually and to address any niggling issues as soon as possible. After a big run, you should also try to work on mobility and it may be beneficial to do gentle alternative exercise, such as yoga or swimming.

See our podiatrists at Naremburn Podiatry for more personalised advice if you are having issues with running this season. If necessary, orthotics can be custom made on-site giving us greater control over the final product.

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PODIATRIST



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Festivity in the kitchen

Christmas is fast approaching and it's time to finalise your Christmas menu. If you're unsure how to wow your guests, or simply want to try something different, here are some ideas from the team at Naremburn Matters.

If you have a dish you'd like to share with your fellow neighbours, send them into naremburn.matters@naremburnprogress.org.au



SAGANAKI PRAWNS

By Helene Kemp
Adapted from Taste

INGREDIENTS

2 tbsp olive oil
1 large brown onion (finely chopped)
2 garlic cloves (crushed)
600 g small green prawns (thawed if using frozen, peeled, tails intact and deveined)
1 tbsp fresh oregano leaves (chopped)
1 tbsp fresh flat-leaf parsley leaves (chopped)
250 g cherry tomatoes (halved)
100 g feta (crumbled)
Crusty bread for serving

METHOD

1. Preheat grill on medium-high heat. Heat oil in a large ovenproof frying pan over medium-high heat. Cook onion, stirring for 5 mins or until softened. Add garlic and cook for 1 min or until fragrant. Add prawns, oregano and half the parsley. Cook, stirring occasionally, for 5 mins or until prawns are pink and cooked through. Add tomatoes. Cook for 1 min or until just starting to collapse.

2. Remove from heat, top with feta and place under grill for 2-3 mins or until feta is heated through. Sprinkle with remaining parsley and serve with bread.



LEBKUCHEN

(Traditional German Christmas biscuit)
(makes approx. 30 cookies)
By Carmen Loecherer
Adapted from Good Food magazine

INGREDIENTS

250 g plain flour
85 g ground almond
2 tsp ground ginger
1 tsp ground cinnamon
¼ tsp bicarbonate of soda
200 mL clear honey or golden syrup
25 g brown sugar
Finely grated rind of a small lemon
85 g butter
1 mL of each ground cloves, grated nutmeg and white pepper
1 tsp baking powder
1 egg

For the icing

100 g icing sugar
1 egg white, beaten
1 cup blanched nuts, such as almonds, pecans and/or walnuts

METHOD

1. Heat oven to 180°C (160°C fan-forced) and combine all dry ingredients in a large bowl

2. In a pan, over low heat, heat the honey, brown sugar and butter until the butter has melted; pour into the flour mixture along with the lemon zest and egg. Mix well until the dough is combined and fairly solid. Cover and leave to cool in fridge.

3. Roll dough into about 30 balls (each 3-4cm wide) and flatten each one slightly into a disk. Place the biscuits on lined baking trays (leaving room for expansion) and bake for 10 mins, then cool on a wire rack.

4. To ice the biscuits, mix the icing sugar, egg white and 1-2 tbsp water until a smooth, runny icing forms. Dip the top of each biscuit in the icing and spread with the back



FRITULE

(Traditional Croatian Christmas mini doughnuts)
By Jure Leko

INGREDIENTS

1 package active dry yeast
1 teaspoon sugar
8 cups plain flour
1 teaspoon salt
1 cup raisins (dark)
1/2 cup walnuts (chopped)
1 apple (tart, grated)
2 teaspoons lemon zest
3 to 4 cups water (room-temperature)
3 cups oil (more or less as needed, for frying)
Icing sugar for dusting

METHOD

1. Proof the yeast by dissolving it and 1 teaspoon sugar in 1 cup of warm water (not over 45°). When it foams, pour into a large bowl and add flour, salt, raisins, walnuts, grated apple, and zest, and mix well. Add 3 to 4 cups water, or as much as necessary to achieve a cake batter consistency. Cover the bowl with plastic wrap and let the batter rise until doubled, about 1 hour.

2. In a heavy-bottomed pan, heat oil to 190°. Carefully drop tablespoons of batter into the oil, being careful not to overcrowd. Fry until golden on the bottom. Turn over once to brown both sides.

3. Remove with a slotted spoon onto layers of paper towels to drain. Repeat until finished. Dust with icing sugar while still hot.

Great with tea or a good coffee.

Letters to NM (the editor)

I have just received the latest Naremburn Matters into my letter box and have enjoyed reading it over afternoon tea. What an excellent publication, the new look is eye catching and the articles as always interesting. My only negative comment is page 11 where I find the print too small to read on the Instagram tags.

Thought the statistics on page 1 were very interesting and I do hope the bell ringers are able to ring more often, I love to hear them, muffled as they are.

All in all a great publication, thank you.

SYLVIA GREGORY
PROBATE STREET

Remember to tag @
Naremburn to share
glimpses of your life in
Naremburn :)

Next issue, March 2019

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

Next NPA meetings

7:30 pm
13th December and 14th February
Naremburn Community Centre
7 Central St
All members and residents are welcome

Letters and articles

Articles, comments or suggestions should be addressed to:

The Editor,
PO Box 393 St Leonards NSW 1590

[naremburn.matters@
naremburnprogress.org.au](mailto: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.

HEADING TO A BARBECUE THIS SUMMER, CAN'T GET INTO FLAT ROCK BUT STILL WANT THE TASTE OF YOUR FAVOURITE LOCAL BREWERY??

WE NOW SELL OUR BEERS PACKAGED IN CANS! CURRENTLY STOCKED UP WITH OUR PALE ALE, IPA, BELGIAN BLACK IPA AND THE INFAMOUS CHILLI STOUT....FREE DELIVERY WITHIN THE LOCAL AREA AS A SPECIAL OFFER TO NAREMBURN MATTERS MEMBERS. EMAIL [KARL@FLATROCKBREWCAFE.COM.AU](mailto:karl@flatrockbrewcafe.com.au) OR CALL 0427 466 004 FOR PRICES AND OTHER DETAILS



Community activities

Naremburn Community Centre Activities

9967 2917
willpark@willoughby.nsw.gov.au

Two spaces available for hire in the community centre; a meeting room with its own kitchenette and toilet facilities and a larger area with its own project. These spaces can be hired through the Willoughby Park Centre

Naremburn Progress Association

0419 227 986 (Roger Promnitz)
2nd Thursday bimonthly 7.30 pm
February, April, June, August,
October and December

Playgroup (for children 5 years of age and under)

naremburnplaygroup@gmail.com
Wednesday 9.30 am - 11.30 am

Northern Suburbs Philatelic Society

9419 7354 (Paul Storm)
3rd Thursday 7.45 pm
Visitors always welcome

Breastfeeding Association

abamns.contact@gmail.com
1st Tuesday 10.00 am - 12 noon

Willoughby Community Pre-school

9437 4260
Monday to Friday 8.00 am - 4.00 pm

Naremburn Library

7 Central St | 9439 5584
Monday 2.30 pm - 5.00 pm
Thursday 2.30 pm - 5.00 pm
Saturday 9.30 am - 12 noon

CHANCELLOR'S REPORT

Western Harbour Tunnel – Beaches Link

I didn't know where to start with this newsletter. Like a lot of residents, the more I heard about the proposed tunnel the worse the news got. It truly seems overwhelming at times.

An average of seventy truck movements an hour, spanning more than half a decade. Dangerous rubbish (including asbestos) being disturbed. The baseball diamond being torn up. The bushland being destroyed. Unfiltered smoke stacks near our schools and hospitals. The stench alone from excavating the landfill will be unbearable.

The "community consultation" continues, but having attended more than half a dozen of these sessions the message from the State government is clear – the decision has been made, and Naremburn will have to suck it up and live with the consequences.

Whether the infrastructure is needed is a debate for another time, but what is clear is that the pain our community will suffer if it does go ahead in its proposed form.

Willoughby Council has considered whether to make a submission on behalf of residents, but disappointingly decided against doing so – many of the councillors privately noting that with the polls so close and a Foley Labor Government promising to scrap the tunnel, it might be better keeping our powder dry. But this strategy will be of little help if the government is returned and plans for the tunnel pushed ahead.

So what can we do as a community? You need to make your views known! You can do this by taking your concerns straight to Gladys by phoning her office on 9439 4199. As our local member, it's important that she hears about the impact this will have on our local community. We need to let her know that she must stand up for the residents that elect her to Parliament. **In my experience, calling Gladys' office and leaving your feedback gives maximal impact:** identify yourself as a local resident and politely detail how the proposed digging location at Flat Rock will impact you and your family. Phone calls are difficult for politicians to ignore and are time consuming to handle. This means that messages are heard loudly and quickly. **Take a couple of minutes to call and encourage your neighbours and friends to do so too.**

To stay up to date, visit Stop the Tunnels (www.stopthetunnel.org) for the latest news.

THE TIME TO DEMAND CHANGE IS NOW BECAUSE FOR NAREMBURN, IT'S ALL PAIN AND NO GAIN.

See you around the neighbourhood!

CR NIC WRIGHT

NIC.WRIGHT@WILLOUGHBY.NSW.GOV.AU
0481 033 442



 Like us on Facebook to hear about all our exciting events

FLAT ROCK BREW CAFE

290 Willoughby Road NAREMBURN

Some great things happening at your local brewery.....!

- ✓ Award winning craft beer brewed on site
- ✓ Authentic English ale served from hand pump
- ✓ Great food
- ✓ Beer tastings and food pairing events
- ✓ Brewery tours upon request
- ✓ A fantastic atmosphere for everyone
- ✓ Function room for up to 40 people available – great for school class parent events
- ✓ Extensive local and international tap and bottle list
- ✓ Families welcome
- ✓ Trivia Night
- ✓ Monthly Home Brew Club

TO BOOK A TABLE

email: flatrockbrewcafe@inet.net.au or sms: 0427 466 004