

## WHAT DOES "PROGRESS" MEAN TO YOU?

*We would love to include your answer to this question in upcoming issues. To kick us off we have asked some of our local Naremburn Progress Association (NPA) committee members to share their thoughts:*

### LARISSA PENN PRESIDENT

*How long have you lived here?*

We have owned a house in Naremburn for 22 years and have lived in it, with the exception of a three year stint in Belgium.

*What do you love about Naremburn?*

The people, Flat Rock Gully, the heritage, the shops. I love that whenever I pop up to the shops I run into someone I know. It's like living in a country village in the middle of the city!

*What would you like to see improved?*

The traffic and access to streets is becoming a real problem. I'm very concerned about kids getting to school safely along Willoughby Rd and Brook St as well as increasing pollution levels and the pressure on our precious natural environment.

*What does "progress" mean to you?*

For me progress isn't necessarily about laying down concrete and building things, it's about making positive changes which provide a better quality of life for everyone. Continually looking to find a better balance between old and new and the natural and built environment.

### HELENE KEMP VICE PRESIDENT & TREASURER

*How long have you lived here?*

I've lived in Olympia Road for over 27 years.

*What do you love about Naremburn?*

Friendly neighbours to have a chat with and that I am surrounded by 3 beautiful parks to walk my dog. I am also 7 minutes by bus to the CBD!

*Continued on page 6...*



## PREMIER ATTENDS NAREMBURN PROGRESS ASSOCIATION'S GENERAL MEETING

Our local member, Premier Gladys Berejiklian attended our last meeting, held in April via Zoom. Whilst there were no visuals, the audio enabled us to have a robust discussion. The Premier's preference was to also take questions from the floor rather than concentrate solely on a number of pre-supplied questions, however we have requested a response to all questions submitted and will publish these to members once received. The key issues discussed were:

**The Tunnels and their impacts:** NPA members raised issues around contamination, traffic, noise and the project's cost/benefits overall. The Premier asserted that she was in full support of the project and believed that it would reduce congestion and rat running. This was queried on a local basis in light of the EIS data and the group asked why public transport had not been considered as an alternative. The Premier explained that when a rail option had been considered previously it was deemed too expensive and not technically possible. The Premier stated that the issue of traffic pressure



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on Brook St and safe passage of active transport participants (ie over/underpass) was being investigated with Transport for NSW.

**Buses:** The Premier acknowledged the work of residents in assessing the bus changes and alerting her to the fact that services had decreased by 30%. The safety of commuters at night was also raised and the Premier agreed to follow up further with Transport for NSW.

**Herbert St:** Concerns over the proposed development, in particular, loss of medical space, addition of a retail area and a high-rise school were raised. The Premier said she welcomed feedback from the community regarding this.

**Impact on Wildlife:** The issue of local wildlife being displaced by extensive development across the area was raised. The Premier discussed that this should be addressed in DAs and planning controls.

### ROGER PROMNITZ VICE PRESIDENT, NPA

TRUE OR FALSE

The former Channel 9 site in Artarmon was previously a tannery.

ANSWER ON PAGE 12

FOLLOW AND SHARE YOUR PHOTOS ON  
INSTAGRAM @ NAREMBURN

## SUPPORTERS

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Insider's Outlook

NAREMBURN  
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As a long-time resident of Naremburn I am both humbled and excited to represent the area and its residents as the incoming President of the NPA. I'd like to thank Roger for his years of diligent work as outgoing President and I very much look forward to benefiting from his wisdom in his new role as Vice President. I'd also like to thank the committee past and present who volunteer their time to benefit us all.

I don't need to tell you that we live in a very special place, surrounded by special people. Our local Progress Association has been striving to represent the best interests of this unique community for well over a century, having been established in 1901! Naremburn's history gives us insight into the march of progress from early settlement on the precious lands of the Cammeraygal, to industrialisation and the age of the automobile and into our modern information era with it's mix of technology and conservation. Our area has given over much to progress the North Shore but we have always maintained a deep sense of community connection. Speaking to new residents

it's the community spirit which attracts people to Naremburn as much as it is our beautiful Flat Rock Gully, our heritage, our social shopping strip and centrality. During COVID-19 we saw afresh how important our community spaces are. With increasing numbers working from home now is a great time to be looking at the future of Naremburn. We have many projects coming our way and would value your input as we endeavour to uphold our community's needs and vision. As we approach this years "Heal Country!" NAIDOC celebrations, it would be wonderful to hear from our Aboriginal and Torres Strait Islander residents and neighbours. You can join the association by going to our website.

*"To progress means to move over a period of time to a stronger, more advanced, or more desirable state."* (Collins English Dictionary)

The question is what do you think that more desirable state is for Naremburn?

I look forward to hearing from you,

**LARISSA PENN**



**Naremburn  
Progress  
Association**

**NAREMBURN MATTERS  
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](http://www.naremburnprogress.org.au)

**President** Larissa Penn  
[president@naremburnprogress.org.au](mailto:president@naremburnprogress.org.au)

**Vice Presidents** Helene Kemp  
[vice.president@naremburnprogress.org.au](mailto:vice.president@naremburnprogress.org.au)  
Roger Promnitz  
[vice.president@naremburnprogress.org.au](mailto:vice.president@naremburnprogress.org.au)

**Secretary** Ralph Youie  
[secretary@naremburnprogress.org.au](mailto:secretary@naremburnprogress.org.au)

**Treasurer** Helene Kemp  
[treasurer@naremburnprogress.org.au](mailto:treasurer@naremburnprogress.org.au)

**Committee Members** Carmen Loecherer,  
Matthew Smythe, John Melville

#### 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](http://naremburnprogress.org.au)  
for more details

#### Naremburn Matters

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

Editor: Katherine Raskob

Proofreaders: Kerry-Ann Aitken, Cecilia Gray

Article Co-ordinator: Helene Kemp

Advertising Manager: Helene Kemp

Typesetting and Design: Deborah McLeod  
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not necessarily reflect the opinions of the NPA or its  
officers. The opinions of the authors are their own.

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

**Correction:** The article titled  
"Camberay's golfers happy for now..."  
in our March 2021 edition was authored  
by Bill Colhoun. The 500m<sup>3</sup> of spoil  
referred to in "Through the Tunnel" is at  
Flat Rock - Cammeray is permitted to  
house 4500m<sup>3</sup> outside of sheds.



## 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>

## OUR NEIGHBOURHOOD 'ONES TO WATCH' LIST

### Commenced

- Channel 9 Site (WLPP DA-2020/87)
- West St Development - along school  
route (NSC DA 21/20)
- Garland Rd Development  
(WC DA-2019/343)

### Approved

- Western Harbour Tunnel & Warringah  
Freeway Upgrade (Go to DPIE Major  
Projects SSI\_8863)
- Christie St Multi-site Development  
(LCC DA6/2018)
- Crows Nest Over Station Development  
- Concept Approved (DPIE Major  
Projects SSD\_9579)
- Walter St and Willoughby Rd  
(WC Google Walter St)

### In Planning - Pending Consultation/ Further Consultation

- Herbert St Precinct - Google "DPIE  
Herbert St"
- Gore Hill Indoor Sports Centre  
(WC Minutes 8/3/21)
- 2-12 Chandos St (College of Law)  
(WC PP2020/3)

### Plan and Strategy Reviews

- LEP Amendment - WC Minutes  
14/12/2020
- Urban Bushland POM - WC in process
- Heritage Act Review - Google NSW  
Heritage Act Review
- The Crows Nest/ St Leonards 2036  
Plan - Google "DPIE 2036"
- "Willoughby Local Centres Strategy  
2036" - Google "Naremburn 2036"



## DON WILSON PLAYGROUND REOPENS IN NAREMBURN

The upgraded and extended playground includes a flying fox, two slides, hammock swing, climbing net, quad swings, springers, and a timber balance challenge!

**JOYCE WONG**  
WCC DIGITAL MEDIA OFFICER



## *Peter Chauncy and his team at McGrath - Crows Nest*



The state of the local property market in the first four months of 2021 has started off very strong. We have been seeing auction clearance rates consistently averaging in the 80-90% range over the last four months and although we are seeing more property listings come onto the market, there is still not enough stock to keep up with buyer demand. So far this year, 42 properties sold in Naremburn with 23 houses and 19 townhouses/apartments.

We have taken advantage of these market conditions and achieved some sensational results for our vendors in the past few months. Recently, we set two new records for Naremburn with a semi-detached house at 5 Probate Street selling for \$3.3M and 6/155 Willoughby Road, a townhouse selling for \$2.52M. A new two-bedroom apartment record was also set with 4/36A Park Road selling for \$1.455M.

Interestingly, 8 out of the 42 sales were sold off-market; the stand out off-market sale was definitely 20 Rhodes

Avenue selling for \$3.7M to someone on our database.

Team Chauncy can offer many different options when it comes to selling your home. We have had success selling listings off-market, pre-auction and post auction and can advise you on what is the best strategy for your property.

We love being part of Naremburn and it's always great to give something back to the community where we live and work. We've had a lot of enjoyment supporting the Willoughby community pre-school on Central Street and had a great time sponsoring and judging their recent Easter colouring-in competition.

If you are thinking of selling or need any advice on any real estate matter, come and have a chat to us and find out the best strategy to maximise the price for your property.

**PETER CHAUNCY**  
**MCGRATH ESTATE AGENTS**  
**0402 036 489**  
<http://www.mcgrath.com.au>



## NAREMBURN SHOPS UPDATE

At the end of 2015 Anderson's Hardware closed, much to the dismay of Naremburn residents, and the building was subsequently sold to a developer, Momo Property Group. Six months later they submitted a DA to Council, proposing demolition and the building of a 3 storey shop top housing development with underground parking. Local residents most affected by this development objected to some aspects of this DA and after several meetings between them and the developer, some amendments were made. The building was sold again in May 2017, and the new owners leased it to Lifeline, who have created a veritable community hub in there, very popular with local residents, some of whom are regular volunteers and others regular visitors.

Now the building has once more been sold with its DA approval. Whether Lifeline stays for a few more years or is given notice to leave is, as yet, unknown. Many of us are hoping that we can continue to enjoy this newcomer to our local shopping strip for at least a little time longer.

**PATRICIA GEMMELL**  
**NAREMBURN RESIDENT**

## New cafe for beloved Naremburn Shops



Owner Leigh Halpin has recently opened The Urban Teahouse and we love a great afternoon tea experience. Our scones and cakes are freshly baked and our Dine-In menu is served with an attention to detail. We also have takeaway too!

We are ready to accept your NSW Dine & Discover vouchers. We are open from Wednesday to Sunday.

**The Urban Teahouse**  
292 Willoughby Road  
Naremburn NSW 2065  
[www.theurbanteahouse.com.au](http://www.theurbanteahouse.com.au)



## Strong community objection to the Beaches Link EIS

In the last edition, we learnt that the Department of Planning, Industry and Environment (DPIE) for NSW quietly issued a 12,000 page Environmental Impact Study (EIS) for the Beaches Link and Gore Hill Freeway Connection during the school summer holidays. Throughout the months of January and February, concerned residents and communities between Sydney's Lower North Shore and the Northern Beaches rallied to read and respond to the tome, each with a view to provide feedback on their local area impact. Submissions closed on the 1st of March 2021 and despite difficulty experienced with the planning portal (conveniently scheduled for maintenance in the last 48 hours!) many individuals, groups and experts were able to submit. Incredibly more submissions were lodged than when the same submission opportunity was provided for the Western Harbour Tunnel! In total 1549 were lodged, and of those only 3% of submissions were in support of the project.

It's interesting to read the incredible breadth and depth of the concerns raised

by individuals and organisations because the Transport for NSW virtual information sessions only focussed on one localised area per session, leaving participants with the impression that their community would be the only community affected. In truth, residents, schools, sports and other groups at both ends of the tunnel are negatively impacted.

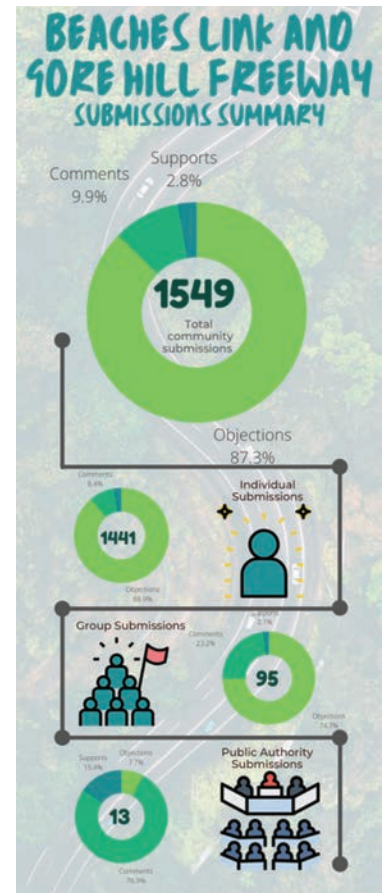
Recurring themes of the feedback are:

- lack of business case
- public transport alternatives not considered
- extreme detriment to the environment including contamination concerns

To take a look, submissions can be found on the DPIE Major Projects planning portal (Google: 'Major Projects Beaches'). They are well worth a read. In particular I'd recommend:

- *Lung Health and Asthma Australia* – health impact
- *Save Flat Rock Gully or WEPA* – local ecosystem impact
- *Willoughby Council* – Council perspective
- *Naremburn Action Group (NAG)* – heritage perspective
- *Northern Suburbs Netball Association* – sports group perspective
- *EPA or DPIE Water* – NSW department perspective
- *Naremburn Progress Association* (or any other progress association) – local suburb impact

The DPIE are currently reviewing the submissions and seeking a response from Transport for NSW. Groups in the local



community are meeting with government representatives to further explore issues including the early works in and around the Warringah Freeway. There are concerns that conditions are not being met with these early works already, including inadequate/non-existent contamination testing and unexpected approval for trucks to operate on local roads in Cammeray.

**SUSAN ENNERS**  
NAREMBURN RESIDENT



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### WHAT'S NEXT?

The Beaches Link and Gore Hill Connection works are still not approved. Whilst we await the determination of these projects we encourage you to:

- **Continue to communicate with our Local Member, Mayor and Councillors.** Consider sending them your submission directly, or pieces of others that resonate with you.
- **Complete the Transport for NSW "Getting to know our Community Survey":** <https://yoursay.transport.nsw.gov.au/warringah-freeway-upgrade> which will inform specific plans (yes, this is a another hoop to jump, separate from the EIS submission portal)
- **Make a submission by the 18th June to the Public Inquiry and ensure that local community issues are reviewed by the Upper House** <http://www.parliament.nsw.gov.au/committees/inquiries>.

If the projects do go ahead, then our community needs to see better outcomes and less risk than is currently documented. This will only be achieved by keeping our community voice raised on these serious and irreversible impacts to the community and environment.





## NEWS FROM WILLOUGHBY NEIGHBOURHOOD WATCH

NSW Police have begun using an SMS geo-targeting alert system to help locate high-risk missing persons across the state.

NSW Police said they are working with Telstra, Optus and TPG Telecom to implement the tool, which uses the Emergency Alert framework.

The tool is expected to be used in only high-risk circumstances, with an assessment of all available information to be undertaken before a defined geographically targeted SMS message is sent to devices in the area.

Missing persons considered at high risk include people living with dementia who may wander from their homes and young children who go missing in large crowds.

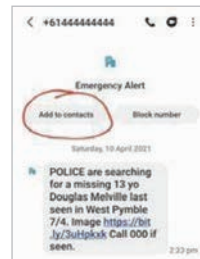
During April, some people received an SMS and some questioned whether it was legitimate or a scam. It came from the phone number +61 444 444 444 with the title "Emergency Alert".

WNHW suggests adding this number to your contacts.

And... good news. The missing 13-year-old boy returned home safely.

**LINDA AND DAVID STICKLAND  
FOUNDERS, WILLOUGHBY  
NEIGHBOURHOOD WATCH**

[https://www.facebook.com/groups/  
WiloughbyNeighbourhoodWatch/](https://www.facebook.com/groups/WiloughbyNeighbourhoodWatch/)



## PARLIAMENTARY INQUIRY ANNOUNCED INTO THE WESTERN HARBOUR TUNNEL AND BEACHES LINK PROJECTS

The Upper House is calling for submissions from interested stakeholders and members of the community to assist in their review of the proposed tunnel projects. The Public Works Committee Chair stated "While it is no secret that something needs to be done in terms of the traffic in Sydney, the community has expressed their concerns about the costs and socio-environmental impacts associated with the construction of the Western Harbour and related road projects. That is why the committee has established this inquiry to examine the adequacy of the business case, costs, governance structure and consultation methods of the project." The committee will also consider construction and environmental impacts and the impact of COVID-19 on work and travel patterns. The closing date for submissions is **Friday 18 June 2021**. You can lodge a submission online at [www.parliament.nsw.gov.au/committees/inquiries](http://www.parliament.nsw.gov.au/committees/inquiries) or email [Public.Works@parliament.nsw.gov.au](mailto:Public.Works@parliament.nsw.gov.au). Please check the Terms of Reference online before submitting.



### WINTER IN THE GARDEN

The garden has lemongrass and chillies available at present.

On 2 May we participated in the Sydney Edible Garden trail and had a good number of visitors to the gardens. For this event we raised a few seedlings and cuttings and had some home-made mulberry jam and Seville marmalade available. We have some left over, so if you would like some, drop into the Bongalong Street garden after 9:00am on a Sunday and ask one of the gardeners.

### SUSTAINABILITY

The Bongalong Street garden manages to turn a considerable volume of garden scraps into compost. In March we were approached by QE Foodstores in St Leonards to see if we would take their green waste to prevent it going into landfill. We now do twice weekly pickups of around 160 litres of green waste that goes into our garden compost as well as the compost bins of a few local residents.

We are looking for additional volunteers, both to do the occasional pick up when our regulars cannot and also for those with some space in their compost bins. Please contact me with your details if you are interested.

### LOST PROPERTY

This quarter we have a clip-lock container.

**SUE HOWES**  
**BONGALONG STREET**  
[suehowes@tpg.com.au](mailto:suehowes@tpg.com.au)



  
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## WHAT DOES “PROGRESS” MEAN TO YOU?

*...Continued from page 1*

*What would you like to see improved?*

The street lighting – with daylight saving behind us for another year, it gets dark early and it would be good to get solar street lights so you can see where you are walking.

*What does “progress” mean to you?*

Having the next generation of people joining the Naremburn Progress Association and sharing their knowledge on climate change and infrastructure.

**ROGER PROMNITZ**  
VICE PRESIDENT

*How long have you lived here?*

We have lived in Naremburn for more than 35 years.

*What do you love about Naremburn?*

Naremburn has great positioning, with close proximity to public transport and a wonderful, friendly village atmosphere.

*What would you like to see improved?*

Traffic congestion is getting steadily worse, whilst I'd like to see stronger

progress on realisation of the Naremburn Local Centres strategy.

*What does “progress” mean to you?*

Steady, sensitive low-rise, low-density development with due regard to heritage and conservation areas and preservation of local services together with maximisation of public green space.

**CARMEN LOECHERER**  
COMMITTEE MEMBER

*How long have you lived here?*

We have lived in Naremburn for 12 years (we originally gave ourselves 2 years after moving from Brisbane).

*What do you love about Naremburn?*

We love Naremburn's proximity to everything; large green parks, amazing bush walks, cafes, restaurants, the city, public transport and beaches. You can be in the city in under 10mins or be walking to Tunks and feel like you are in a rainforest miles away from anything.

*What would you like to see improved?*

Safer crossings and bike paths for children to walk to school and more support for local businesses

*What does “progress” mean to you?*

Learning from the past and being mindful of how our actions can support a sustainable future.

**MATTHEW SMYTHE**  
COMMITTEE MEMBER

*How long have you lived here?*

Since 2012

*What do you love about Naremburn?*

The incredible bushwalks for the kids through Flat Rock Gully and the low rise character filled homes and neighbourhood here.

*What would you like to see improve?*

More beautiful sidewalks and verges - I love what the owners have done on the front verge on the corner of Garland and Central Streets.

*What does “progress” mean to you?*

Ensuring we leave this beautiful suburb even better than we found it.

**We would love to hear your thoughts - send us your answers to these questions for the next issue of Naremburn Matters [naremburn.matters@naremburnprogress.org.au](mailto:naremburn.matters@naremburnprogress.org.au)**

## Insider's Outlook *on real estate*



### Top 5 tips for renovating your home to maximise its value:

- ✓ Repaint the exterior – trends in colour move fast, so what may have once been attractive can quickly look dated and faded, plus street appeal is always highly regarded.
- ✓ Create better indoor/outdoor connections – buyers want great entertaining spaces, so the bigger the glass and the bigger the doors to connect with the outside the more appealing it is.
- ✓ Create a Master bedroom sanctuary – this is especially important for female buyers, and soft colours really create a sense of serenity and escape too.
- ✓ Upgrade your bathrooms and kitchen – no need to fully replace, just updating the benchtops, spray painting tiles, and upgrading fixtures and tapware, can bring an instant lift.
- ✓ Upgrade the flooring – people love well maintained floorboards, fresh carpet, or dramatic tiling, so make it a feature to enjoy, rather than overlook what others notice quickly.

**As a local expert on the Lower North Shore for presentation and real estate sales, just reach out with any questions.**



**MATTHEW SMYTHE**  
NAREMBURN RESIDENT  
0410 280 280



## WILLOUGHBY LEISURE CENTRE DEVELOPMENT UPDATE

It is wonderful to have the Willoughby Leisure Centre (WLC), a valuable community asset in such close proximity. The WLC is well used – I see people of all ages from babies to those exercising in their nineties and everyone in between.

The WLC was built in 1989 and is starting to show its age. Concrete cancer has been detected in the current pools necessitating replacement - this presents an opportunity to redevelop the Centre.

The proposed upgrade at the WLC includes the replacement of the existing pool hall, with a larger pool facility that will extend into the current north-eastern car park. Key features include an 8 lane x 25 m rebuild of the existing pool and new Program, Learn to Swim and Toddler Play Pools as well as a new Spa & Sauna adjoining the pool deck.

The proposed works are estimated to cost \$22 M and planning started prior to 2012.

Although the works are long overdue, submissions have raised a number of issues which need to be addressed. These include:

### ■ The need for a parking and transport strategy due to:

- a projected growth in patronage. The current plans require an encroachment into bushland and the temporary loss of a netball court to provide for parking. The 2012 plans made better use of the space with additional parking and indoor courts within the current footprint.
- increasing pressure on space. There is a need to balance the support of a Northern Suburbs-wide facility with local needs. The Gore Hill indoor facility has been long promised to relieve the pressure on the netball courts. Construction is expected to begin in 2023.

- changes to bus routes have resulted in a 30% reduction in bus services in the area. This will create a greater reliance on cars and pressure on parking.

### ■ Environmental concerns:

- WLC sits on a legacy landfill site containing known contaminants such as asbestos and industrial chemicals. Disturbance of the capping, during works, could contaminate the surrounding area and downstream habitats. Further testing and risk mitigation has been requested by local groups.
- Loss of bushland with a 27 car parking area earmarked for the eastern side of Flat Rock Drive and removal of the large healthy gums on Small Street.

### ■ Concurrent projects:

- The WLC is proposed to commence in the second half of 2022. Construction at the adjacent dive site at Flat Rock Gully for the Beaches Link Tunnel is due to start in early 2023. The Artarmon Channel 9 site construction may also overlap and affect traffic patterns along with other local developments.

So even though the upgrade of the pool hall is long overdue, there are considerations to ensure that the natural environment is maintained and that the site is maximised as part of a sustainable longer-term vision. The project has been referred to the Sydney North Planning Panel for review PPSSNH-198.

### KRIS TAN

*I live a short walk away from the WLC and have been a member for 10 years. My opinions are my own.*



Photo Credit: Willoughby City Council

## LEARN THE ART OF BELL RINGING!

The Naremburn bell ringers continue to ring out the joys of bell music, practising on Thursday evenings and ringing for service on Sunday morning. The hand bell ringers continue to meet and practise on the first Tuesday of the month. Our Sunday evening service ringing has been scaled back as we get back in the swing of things after COVID-19 restrictions have been eased. We aim to start a learners' group in spring, commencing in September. Would you like to learn the art of bell ringing? We have trained teachers who will assist you. All we ask is, if you decide after a short period that you would like to continue, that you commit to improving your skills. You will meet a whole new community of people from all walks of life and all different beliefs, but unified in their love of bell ringing.

Think about it and, if interested, contact the bell tower captain – **Patricia** at [pgemmell@tpg.com.au](mailto:pgemmell@tpg.com.au)



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WEBSITE  
[www.theivyleague.com.au](http://www.theivyleague.com.au)

**1/284a Willoughby Rd, Naremburn**

## Your child should be a member of our local library

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Best sellers, grizzly crime and thrillers, award winners; if they are out on loan, you can place a reserve or we can transfer from other branches.

Reviews by our library staff can now be found on our library catalogue. Have a look for these four star recommendations:

*Other People's Houses* by Kelli Hawkins – a tense page-turner with a backdrop of the Sydney property market.

*The Paris Library* by Janet Skeslien Charles – a wonderful historical fiction set in German-occupied Paris during the war.

*The Performance* by Claire Thomas – a cleverly written, sharp character study of three different women set in Melbourne

Is your child a member of the library? Being a member of the library gives them a sense of independence and

responsibility. Children are able to reserve books online from any of our branches at no cost using their own card. If they are taking part in the Premier's Reading Challenge, we have many titles available at our branches to keep them reading!

The returns chute at Naremburn is now open 24/7 although items will only be returned when the library is open, currently on Wednesday 1.30 – 5.00pm. Keep an eye on the Willoughby City Library website or sign up to our newsletter for increased opening hours in these ever-changing times.

**JANE COZENS**  
BRANCH LIBRARIAN

**NAREMBURN LIBRARY  
OPENING HOURS**

**WEDNESDAY 1.30 PM – 5.00 PM**

## Podcasting or audio

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No project too small.

**Rod**  
**0407078891**



Sydney Podcast Studios

## Winter foot health

This year, Australia is headed to have the 'Polar blast season' of the year! At Naremburn Podiatry, we may not be able to help you with weather forecasts but we can predict and help with winter's most common ailments that affect the feet and lower limbs including Chilblains.

**If you have ever suffered Chilblains, you know that they are painful and annoying.**

You may notice small itchy and red areas often on your feet with burning sensation, or changes in skin colour from red to dark blue, accompanied by pain. This also may progress to blistering and skin ulcers.

People with poor circulation or Raynaud's tend to be more sensitive to changes in temperature, making them more susceptible to chilblains.

If your feet do get cold and damp, make sure you gradually warm them up. Going from one extreme to another will

only make matters worse and will give you chilblains as quick as anything. It's absolutely essential to keep your feet as warm and dry as possible. Our podiatrists will also help you to keep active to encourage blood flow to your extremities.

Visit one of our friendly podiatrists if you suspect any of these signs, and for further advice and management.

If you have diabetes or poor circulation, healing may be impaired. Be cautious and visit the clinic for an extensive neurovascular assessment.

To make an appointment, please call 8964 6648 or visit [www.naremburnpodiatry.com.au](http://www.naremburnpodiatry.com.au).

**MIRETTE IBRAHIM**  
PODIATRIST

**WE TREAT:**  
**Lower Back Pain**  
**Knee Pain**  
**Foot Pain**



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\*if you mention Naremburn Matters when you book a table

## FRENCH LENTIL SOUP - PERFECT WINTER RECIPE

Makes 6 servings

Total time: 1 hour 10 minutes

### INGREDIENTS

- 3 tablespoons extra virgin olive oil
- 2 cups chopped onions
- 1 cup chopped celery stalks plus chopped celery leaves for garnish
- 1 cup chopped carrots
- 2 garlic cloves, chopped
- 4 cups (or more) vegetable broth
- 1 ½ cups lentils, rinsed, drained
- 1 x 400g can diced tomatoes in juice
- Balsamic vinegar (optional)



### PREPARATION

Heat oil in heavy large saucepan over medium-high heat. Add onions, celery stalks, carrots and garlic; sauté until vegetables begin to brown, about 15 minutes. Add 4 cups broth, lentils and tomatoes with juice and bring to boil. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 35 minutes.

Transfer 2 cups soup (mostly solids) to blender and puree until smooth. Return puree to soup in pan; thin soup with more broth by ¼ cupful, if too thick. Season with salt and pepper and a splash of vinegar. Ladle into bowls. Garnish with celery leaves.

**KERRY-ANN AITKEN**  
NAREMBURN RESIDENT

If you have recipe you would like to share send it to [naremburn.matters@naremburnprogress.org.au](mailto:naremburn.matters@naremburnprogress.org.au)

## Your Invitation to a One-In-Twenty Year Event

You've probably heard a lot lately about high auction clearance rates in Sydney. But did you know there is something bigger going on with residential property that hasn't happened in around 20 years?

What we are seeing is a national property boom that includes all major cities and most regional areas. This is quite a rare occurrence.

In fact, it hasn't really happened since 2001 and it's due to a range of factors including the economic

rebound from last year, lack of detached housing and low interest rates.

The other 'planet' that has lined up is that asking rents for houses are generally rising across the nation as well. This rarely happens at the same time as property price increases.

So, if you'd like to get your finances ready so you can take part in this event, please get in touch with us.

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**Jane Ridder BBus(FinPlan) DipFMBM**  
Financial Adviser

P 02 8203 4160 | M 0418 539 080

E [Jane.Ridder@infocus.com.au](mailto:Jane.Ridder@infocus.com.au)

W [Infocus St Leonards](#)

**Jim Leone DipFMBM**  
Mortgage Broker

P 02 8203 4160 | M 0403842669

E [james.leone@infocus.com.au](mailto:james.leone@infocus.com.au)

W [Infocus St Leonards](#)

R1,11 Chandos Street,  
St Leonards NSW 2065  
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.

## HEALTH MATTERS

### Early detection saves lives

#### CERVICAL SCREENING TEST (CST) DURING THE COVID-19 PANDEMIC

##### Cervical screening saves lives

The National Cervical Screening Program (NCSP) purpose is to reduce cervical cancer. Cervical screening test is a simple test and the recommendation for the test has not changed during the current pandemic.

##### Some important facts about the cervical screening test

The new cervical screening test is more effective and replaced the Pap test in 2017. It is expected to protect up to 30% more women. This test looks for the human papilloma virus (HPV), which spreads during sexual activity. The test is conducted every 5 years, if the results are negative.



##### Who should get the cervical screening test?

Following women are eligible

- age between 25-74 years
- have ever been sexually active
- women with a cervix

It makes no difference if you are gay, lesbian, transgender or straight, have had the HPV vaccination, no longer sexually active, reached menopause, have been with one partner, have had a baby or pregnant.

Talk to your doctor, if you are between 25-74 years, or have ongoing symptoms of unexplained vaginal bleeding after intercourse, between menstrual period, after menopause or unusual persistent vaginal discharge, or deep pain during intercourse.

##### How does the cervical screening test work?

The doctor or health professional will take a cell sample from your cervix (neck of the womb).

If the human papilloma virus infection is detected, you will be monitored until you clear the virus.

##### Self-collection

In certain instances you can collect a sample, if you are over 30 years of age

- never had a cervical screening test or
- are overdue by 2 years for a screening test

It is important not to delay this test during the current time as early intervention during abnormal test results can save lives.

**DR LALANA KAPUWATTE AND  
DR RADEEKA LIYANAGE**  
WILLOUGHBY MEDICAL PRACTICE



## Brown Antechinus

(*Antichinus stuartii*)

Another take about the impact on the environment from development, tunnels and a tip, not only does Bushland disappear, some rarely seen native animals as well.

One such is the Brown Antechinus (*Antichinus stuartii*).

This rather cute little carnivore, not noted before in Flat Rock Gully, appeared behind people's homes near Pyalla Street after the tipping had stopped and the work on revegetation had begun. They were nesting under the sandstone rock ledge in a crevice, and are still there.

Whether they stay when the tunnel begins is another matter, they do not like disturbance of any kind. The F.R.G. team checked similar rock crevices above bicentennial pathway, initially near the Henry Lawson cave and found Antechinus skats, confirmed later by the N.P.W.S, and cockroach and beetle bits.

The Antechinus have a life span of 1 to 3 years, though the males just fight and mate, live for about a year, and die of stomach diseases. The females may have two breeding periods killing any extra daughters who would be in competition with her after a four week gestation. If a second breeding occurs, she takes out a few males to even up the group, now that's infanticide!

They are quite common down the east coast; it's the continuing loss of habitat that will see them off. A fascinating marsupial, not endangered yet. Not yet!

**DON SWONNELL**  
[doncare@bigpond.com](mailto:doncare@bigpond.com)

## PET ADVICE FOR WINTER FROM YOUR LOCAL VET

Winter is a beautiful time in Sydney. Our older animals do feel the cold more at this time. It can often highlight mobility issues with our older cats and dogs. Here are a few tips to consider:

- 1 Make sure your pets are off hard surfaces, e.g. a trampoline bed.
- 2 Ensure that where they are sleeping, there is a non-slip mat to assist them in getting up.
- 3 Keep them active by walking and taking them down to the park. If they don't use it, they will lose it.
- 4 Make sure you keep them in an ideal body condition score.

Several therapeutic options can assist with the mobility. These include:

- Prescription foods such as Hills j/d or metabolic joint.
- Anti-inflammatory medications.
- Nutraceuticals such as - Fish oil, Glucosamine & Chondroitin.
- Arthritis modifying drugs such as Pentosan polysulfate.

Please have a chat with us about making your best friend as comfortable as he/she can be this winter. Enjoy getting out and making the most of our fantastic parks and walks. As always, we are open 24/7, 365 days a week, to care for your pets.



  
**NORTH SHORE**  
Veterinary Hospital EST. 1935

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**PHONE 02 9436 1213**  
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## Naremburn Ward Councillor Nic Wright



Construction of the new playground facilities at Naremburn Park has been in full swing, and I encourage you to slide on down and check them out. It's fantastic to see these areas get some revitalisation and the new picnic areas and shelters will make it an even more enjoyable space. Next up is the Naremburn shops and Council has been busy workshopping ideas, with the hope that the State government will contribute to the cost of improving this space. It's long overdue, and a painfully slow process, but I'm confident the final product will be something we can all be proud of.

I've also been contacted by residents concerned about the impacts the **Beaches Link construction may have on their homes**, particularly surrounding the Flat Rock Gully. As many would know, the Gully used to be a garbage tip site and I've received numerous photos of surrounding roads that show signs of deterioration, with fears that tunnelling could make this worse. There were substantial problems with Geotech reports not being publicly released during the construction of the WestConnex, and Council has written to the Department and Premier about these issues. Council has spent considerable time and resources on advocating on your behalf and we are well aware of the significant impact this will have on our suburb for the next decade. I encourage you to contact me with your concerns, I'd be happy to champion them for you and I will continue to ensure that Council advocate for the best outcome we can get.

If you have any questions or comments, I'd love to hear from you.

**NIC WRIGHT WARD COUNCILLOR**  
[nic.wright@willoughby.nsw.gov.au](mailto:nic.wright@willoughby.nsw.gov.au)

## Naremburn Ward Councillor Stuart Coppock



At the Naremburn Progress Association AGM, I let it be known that I will not be nominating for election for a further term as a Councillor on Willoughby City Council.

As I have always said it has been an enormous privilege to serve the community and to do so for as long as I have. Naremburn is a very special place and has always had an amazing sense of community. Whilst the community is changing rapidly from what it was when I was elected in 1999, it still has its sense of village. That village atmosphere had to do with the mixture of community, that there is only one focal

point, that being the shops, and strangely this is enhanced by the one major road and the unplanned road that both segment the suburb. Flat Rock Drive was unplanned as it was only meant to be temporary, it was just filled, and some tar put on the top. The reason why it has such an odd camber.

At the AGM mention was made of problems with substructures of roads and backyards. Putting this with other local knowledge I have gained over the years, I have placed questions on notice with Willoughby Council and had a phone meeting with the Local MP to raise the issue, particularly given the EIS for the tunnel is currently being reviewed with community submission. The Premier took the point up immediately and is following up on the issue.

As a personal matter I would like to thank all the people I have worked with over my time as a Ward Councillor. In that position, you are only as good as the people who work with you, tell you information, and even take you on over issues. I have endeavoured to always be prompt in reply, informative and service orientated. It is because I am no longer able to offer this level of service that I am not nominating. So, thank you to one and all, thank you for the privilege and honour to try and undertake old fashioned public service for a community for the period I have.

I wish you all well with your endeavours.

**STUART COPPOCK WARD COUNCILLOR**  
[stuartcoppock@optusnet.com.au](mailto:stuartcoppock@optusnet.com.au)

## TAKE 5

**KATHERINE RASKOB** Naremburn resident,  
first Naremburn Matters editor and not-  
for-profit CEO

Katherine was born in the US State of Minnesota and after completing her undergraduate degree spent six years teaching English at a Catholic girls' high school in Japan. Later she completed an MBA (Master's of Business in International Management). She migrated to Australia in 1998, taking up positions as director of marketing and communications for the Sydney Symphony Orchestra and later headed a team of 55 as head of group marketing for SBS. She has been a resident of Naremburn since 2002 and loves the village atmosphere.

In April 2005, an NPA committee established *Naremburn Matters* and in July appealed for an editor. Katherine responded and guided the publication through its infancy. She is back on board helping to edit the current edition of *Naremburn Matters*!

With a love for representing those who are doing good in the world, she took up the position as CEO of Fundraising Institute Australia based in Chatswood. Her team of 15 provides education and training for charities to advance their professional skills in fundraising. Fundraising Institute Australia is a membership organisation representing charities such as World Vision and The Heart Foundation. It also protects charities from red tape and promotes charities and the sector to government at all levels. Katherine strives to be the best champion she can for her members and says the work is incredibly satisfying.

As a mother to one boy, Joshua, she has seen her son graduate in 2018 from St Aloysius College Milsons Point, complete a service year volunteering in a remote village in northwest Thailand and after a year at University of Tasmania's Institute for Marine and Antarctic Studies, has just transferred to continue his studies in Marine Science at UNSW.

In her free time, Katherine also serves on several boards, including Girl Guides Australia and PayPal Giving Fund Australia.

In May 2008 Katherine and Joshua were pictured in a North Shore Times article on Trees for Mum. She helped establish Trees for Mum on the North Shore, providing the opportunity to plant a tree on Mother's Day in memory of a deceased mother. She remembered her mother with a tree planting ceremony in Flat Rock Gully near Dawson Street and continued to support this initiative over many years.

We are glad Katherine has chosen Naremburn as her Australian home and salute her contribution to our suburb and the wider community.

**KEVIN FITZPATRICK**  
NAREMBURN RESIDENT  
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](mailto:willpark@willoughby.nsw.gov.au)

Contact the Centre, for room hire availability.

### Naremburn Progress Association

Larissa Penn

[president@naremburnprogress.org.au](mailto: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](mailto:naremburnplaygroup@gmail.com)

Wednesday 9.30am – 11.30am

### Northern Suburbs Philatelic Society

9419 7354 (Paul Storm)

### Breastfeeding Association

[abamns.contact@gmail.com](mailto: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, September 2021

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

Next issue deadlines:

Advertising: 6th of August

Articles: 10th of August

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

### Next NPA meetings

7:30 pm

10th June and 12th August

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](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.

## Community activities

Willoughby Council continues to host fantastic free environmental events in the local area. To find out more and register go to [www.willoughby.nsw.gov.au/Environment/Events](http://www.willoughby.nsw.gov.au/Environment/Events)

- **Sustainability is Magic** – live magic show: Friday, 04 June 2021 | 06:00 PM to 07:30 PM
- **Pre-schooler Bush Scramble**: Thursday, 10 June 2021 | 10:00 AM to 11:30 AM
- **Bird Walk**: Wednesday, 16 June 2021 | 10:00 AM to 12:00 PM
- **Marine Walk and Talk**: Sunday, 20 June 2021 | 10:00 AM to 12:00 PM
- **Raising Green Kids Webinar**: Tuesday, 22 June 2021 | 07:30 PM to 08:30 PM
- **Plastic Free July for Beginners** – online talk: Sunday, 27 June 2021 | 11:00 AM to 11:30 AM

### Out and about with @Naremburn



L-R: Plastic Free July for Beginners; Marine Walk and Talk; Pre-schooler bush scramble



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

## Message from the Mayor



The effects of COVID-19 have been significant and ongoing. However despite the \$14 million impact revenue, Council is proud to have presented a well-balanced budget, continuing our commitment to serve the community.

It wasn't an easy task given our starting point for this year's budget was \$6.2 million in deficit. To reduce this we have found \$5.2 million in savings in Council employee costs, operational expenses and other areas such as consultants and materials. The remaining \$1 million will be raised by way of some fee increases, bringing them in line with market value.

Our recently adopted Operations Plan outlines a range of projects and improvements for Naremburn in the coming year. These include new lights, plants and seats for Naremburn Park, renewed pavements on Dargan, McBurney and Parkes Streets and stormwater investigation at Rohan Street. Other highlights from the plan include upgrading The Concourse cladding, the updated Artarmon Pavilion and an exciting new Chatswood CBD laneways program.

As Council continues to lead the economic recovery of our area, we encourage everyone to support our local businesses by buying local where they can. I also hope you will also join me in using your Dine & Discover NSW vouchers at one of our fine hospitality establishments before the end of June.

**MAYOR GAIL GILES-GIDNEY**  
**WILLOUGHBY CITY COUNCIL**

[mayer@willoughby.nsw.gov.au](mailto:mayer@willoughby.nsw.gov.au)

