

BIG PROBLEMS DOWN FLAT ROCK

In 2021 an Environmental Site Investigation Report for Bicentennial Reserve was commissioned by Willoughby City Council to investigate possible soil contamination concerns, and the risks involved in disturbing those potential contaminants by construction of the Beaches Link tunnel.

The report has been published, and given the history of the site as an open tip, which is downstream from the old Hallstrom Refrigerator factory, public health concerns remain relevant and more testing needs to be done.

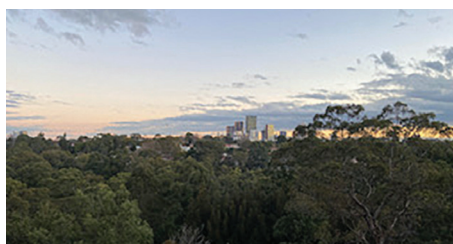
Local resident, Dr Wayne Davies has reviewed Council's report and has this to say on the matter:

Threat to public health will occur when tunnel excavations begin.

This is not literally what the advisory from Willoughby Council stated in their summary. Instead it says: *there is no immediate threat to public health...* in other words right now as it stands the old toxic waste tip is safe for recreational use. What we do not know is the impact of massive excavations proposed for the downstream bushland to the east of the site. The Report goes out of its way to avoid mentioning disturbances to the site, save for the proposed upgrade of the Leisure Centre swimming pool.

Rather than being reassured, we should be alarmed that the proposed excavations will very likely pose a significant threat to public health. Let me remind everyone some of what lies below the verdant green cap and extends some 30 metres deep to the former valley floor.

Awareness of health issues was primitive in the late 1950s when burning of mixed waste emitted smoke, not only from the incinerator, but from smouldering fires in the open. Nowadays we know what went on or at least we have a better idea. PVC, like all organochlorines, should be burned only in a high-temperature incinerator to avoid making mutagenic dioxins. Endocrine disrupter and so-called "forever chemical" poly-fluorinated alkyl sulfonate (PFAS)



The Hallstrom Refrigeration Factory in the foreground on Willoughby Road and directly opposite the tip site c1960. Picture Historical Willoughby.

should never be allowed to enter the environment but that is what happened when Hallstrom's refrigerator chrome-plating works discarded their spent solutions that also contained carcinogenic chromium six. The Report is silent on the refrigerator factory and its legacy. How could this omission be accidental when it is known that Hallstrom chose the Willoughby Road site for its convenience to the Flat Rock creek?

The Report found a few sites of major exceedances which should be of concern but they likely only identified a minority of them. As the Report states "...where waste types were not carefully segregated and managed, contamination is likely to be heterogeneous..." meaning that there will be localised "hot spots" of highly concentrated toxic material. Finding these spots with only 20 boreholes is a matter of luck.

Having said that, there are some off-the-chart exceedances that are clear evidence of dumped industrial waste, including chromium (18 grams per kilogram), nickel and various hydrocarbons. Unsafe levels of benzo-alpha pyrene, a good indicator of coal-tar wastes, were found at various sites. PCBs were also found probably accompanied by dioxins, a common breakdown product of used PCBs.

As the report states: "Further investigation should be undertaken to the south east of the

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site boundary. This area has been identified as potentially being subject to landfill waste placement and has not been considered as part of this investigation..." How convenient.

More toxic hot spots certainly will be identified if the proposed excavations go ahead. In the interest of public health, Council must also dig deeper into the valley to understand the true nature of the risks. Talks are currently being held with the NSW Environmental Protection Authority (EPA) who, if they live up to their remit, will insist on more thorough testing of the site to better understand the nature of the risks.

The report can be found on WCC's website <https://www.willoughby.nsw.gov.au/Council/News-and-media/Bicentennial-Reserve-Environmental-Site-Report>

WAYNE DAVIES

Thanks to Dr Wayne Davies and The Crag for permission to republish this article.

Wayne Davies has a PhD Chemical Engineering, and is a freelance consultant. He has written over 200 reports for private business and government in topics such as environmental issues and novel chemical processes. A recent report was for the Environment Defenders Office on the Barangaroo development site where there was a significant amount of buried coal tar from the former gasworks.

TRUE OR FALSE

Rob Forsyth's very first customer is still a regular over forty years later

ANSWER ON PAGE 12




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THANK YOU TO OUR SUPPORTERS - PLEASE SUPPORT YOUR LOCAL SHOPS

McGrath

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St Leonards





The year so far has been the year of change as we come out of Covid lock down and cautiously back to some reality! We have had a new year, new council, new local member and now we have a new NPA Committee! I'd like to thank one of our VP's for stepping in to do the President's report last issue to ensure there was no conflict with my other commitments at that time. As always, we seek to represent Naremburn in a non-partisan way and will continue to do so working with all our elected members.

On that note I'd like to welcome the new Member for Willoughby, Tim James! Stuart Coppock and I met with Tim recently to represent the NPA via the Federation of Willoughby Progress Associations. We covered topics ranging from the sewage situation in Naremburn, to ideas around schooling, traffic, complying developments, sound walls and of course tunnels – I look forward to continuing to work with Tim



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

The opinions expressed in articles, letters and contributions published in Naremburn Matters do 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.

RETRACTION

The statement below the President's report in the last issue was an editorial comment not made by the President.

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>

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Treasurer Carmen Loecherer
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Committee Members Julie Waddington, John Melville, Bill Colhoun

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

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Other submissions completed include our "Wishlist for 2022" to Willoughby Council, response to councils new Bushland Plan of Management, our objection to the "Catholic Church" development proposal (around heritage and amenity) and representation to council in support of their Beaches Link tunnel motion –go to our website for details. Each Progress Association President met with the Mayor in May to discuss issues and we are in regular contact with our Ward Councillors to represent our neighbourhood. In addition to our motion reconfirming our objection to the tunnels, we have also passed a motion to support the investigation of a mural for the Ella St Bridge – see our Ella St Bridge competition.

Two other areas of concern raised with me recently sit around the councils proposed new code of meeting practice which removes the public forum and comes in the wake of community consultative committees being ceased. Please write to your local councillor in support of ongoing transparency and consultation on council. The other is the traffic issues on Brook St – I attended a significant accident recently where a car had gone through a solid brick fence. Thankfully no-one appeared seriously hurt but there are regular near misses. Please join me in writing to the State Government to request lights at Slade St to calm traffic and allow safe ingress and egress up and down Brook St – something has to be done along this major school transit corridor and critical local road... Brook St is not simply an extension of the Freeway!

We are starting to plan our next community event and would love to hear your ideas! As always I'd like to ask you to consider joining us, come and check us out 9th June 7.30pm at the Naremburn Community Centre – your participation means a stronger voice for Naremburn!

All the best,

LARISSA PENN
president@naremburnprogress.org

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Heritage flavour favoured in Naremburn shops' uplift

No subject was deemed off limits when Willoughby City Council (WCC) staged a successful Naremburn Local Centre Streetscape Design workshop in March, but the word "heritage" emerged as the most popular theme.

With more than 20 local residents and shop-owners involved, along with five executive council staff officers and Naremburn's three local ward councillors, plus Mayor Tanya Taylor, the Local Centre workshop was held at the Naremburn community centre and proved to be a hothouse full of ideas.

The council's Economic Development Officer John Elliot explained the background and the tight timetable involved. Due to a Federal grant of \$700,000 lapsing in June 2023 the deadline for completion of the project is June 2023. All up there is \$1million to spend on the redesign as WCC had already set aside \$300,000.

A month later the Naremburn Progress Association (NPA) members were offered the opportunity to provide their input and following the NPA's April meeting, President Larissa Penn presented a comprehensive submission to the WCC.

A loose consensus of the many opinions offered for Naremburn's Local Centre was that most people wanted:

- to highlight Naremburn's unique heritage as the gateway to the North Shore
- more space for public seating, with shaded, noise-free green shaded areas
- less car parking spaces allocated to the front area
- and more thought given to retaining the village shopping atmosphere.

Many attending the workshop and the NPA meeting were surprised to hear that Naremburn is recognised as the second-oldest European settlement north of the Harbour, following North Sydney.

An excerpt from the NPA submission included: *"While an upgrade of the area is supported, the unique heritage of Naremburn and particularly the Naremburn Shops is something to be preserved and celebrated. Members would like to see improvements made, but these should enhance the heritage of the shops rather than detract from it. There is a general consensus that we would like to see the shop frontages remain and general support for the idea that some criteria should be in place to ensure that upgrades are in keeping with the heritage value of the shops."*



One suggestion made was marking out conservation and heritage areas with street lighting in keeping with the heritage area.

Importantly the Gammeraygal indigenous history of the area is very significant. Flat Rock Gully holds several remaining significant sites and one of the final places of refuge on the North Shore for Aboriginal people was moments down the hill from Naremburn Shops – named Struggle Town.

"Incorporating elements which recognise this rich history is important and could take the form of a mural, sculpture or signage which recognises the Gammeraygal. Flat Rock has a strong association with the Diamond Python and this could be incorporated into signage design as directed by the MLALC/Aboriginal Land Office."

Native planting in keeping with the flora found in the remnant bushland of Flat Rock Gully would also provide a nod to the Gammeryagal people and our significant natural heritage."

Residents however also recognise the need to support the shops and ideally in the longer-term, parking would be placed underground to prioritise above-ground activities for outdoor dining, public transport and shopping. Zoned parking could be considered with the possibility of monthly markets or additional dining in either Rohan St or the Car Park to attract more shoppers and enhance the village atmosphere.

"A concern that is often (also) raised is the mixture of businesses at the shops. A post office, newsagent or chemist would significantly increase trade at the shops as would a convenience store."

The community is also supportive of measures that create a more sustainable neighbourhood including recycling bins at the shops along with natural elements which focus on reducing heat and pollution.



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 Main Works (Go to DPIE Major Projects SSI_8863, subscribe at <https://v2.community.analytics.com.au/rms/whl for updates>)
- Christie St Multi-site Development (LCC DA6/2018) – in progress
- School Children Safe Wombat Crossing Program - Rohan St Pending.
- Warringah Freeway Noise Walls Project (NSC google Noise Walls)

Approved

- Crows Nest Over Station Development – Concept Approved (DPIE Major Projects SSD_9579)
- Western Harbour Tunnel (Go to DPIE Major Projects SSI_8863) – major crossing out to tender, funding model not yet announced
- Willoughby Leisure Centre Pool Rebuild (SNPP PPSSNH-198) – tender stage June 2022
- Chandos St (DA2021-189) – 48 Chandos St (adaptive reuse). Approved by WLPP 20/1/22.
- Walter St and Willoughby Rd Integrated Development (WC DA-2021/300), now as Residential high density with 164 units – assessed by SNPP (PP-2020-535); approved 2/2/22
- 2-14 Northcote Street, Naremburn Shop Top housing/ Roof Garden (WC DA-2013/147/F) – Determined and approved by SNPP (PPSSNH-250)
- Extension of Lighting Hours at Bicentennial Reserve (WC DA2007/581/A + new DA TBA).

In Planning

- Beaches Link (Tunnel) and Gore Hill Freeway Project (Go to DPIE Major Projects SSI_8862)
- Gore Hill Indoor Sports Centre (WC Minutes 8/3/21)
- 2-12 Chandos St (College of Law) (WC PP2020/3) – dormant?
- Sydney Water Naremburn/ Bicentennial Sewer Project. Expanded scope due to commence 2024.
- 43 Donnelly Rd (DA-2021/340) – St Leonards church area redevelopment; 12 townhouses, new private dwellings, adaptive reuse of Presbytery. Submissions closed; being assessed by Council – substantial objections lodged.
- Holtermann Street Park Crows Nest – consultation closed.

Plan and Strategy Reviews

- Naremburn Local Centre Streetscape Design (WC project 301983) – Initial Design Closed
- Consultation on changes to LEP and DCP – CONSULTATION OPEN. Closes 7/6/22
- Urban Bushland Plan of Management – exhibition closed. Council Deliberating
- Our Future Willoughby 2032 – CONSULTATION OPEN. Closes 30/5/22
- Willoughby Night Time Economic Strategy – CONSULTATION OPEN. Closes 13/6/22
- Crows Nest/ St Leonards 2036 Plan – Google "DPIE 2036"
- Willoughby Local Centres Strategy 2036 – Google "Naremburn 2036".

VOLUNTEER WITH NAREMBURN PROGRESS ASSOCIATION

With a new committee and so much happening in our local community there are new opportunities to contribute. Some of the roles we are looking for assistance with include:

■ Naremburn Matters Subcommittee: Advertising Co-ordinator

Organising and coordinating placement of ads in NM; Identify new opportunities for generating advertising revenue eg approaching new businesses; Coordinate placement of ads with editor; Maintain records of advertising revenue (in conjunction with Treasurer) including placement size/cost options for advertisers. Four publications a year, approx. 10 hours per publication

■ Naremburn Matters Subcommittee: Contributors/proof-readers

Assist with generating ideas/content; Write articles; Assist with proof-reading. Four publications a year, approx. 10 hours per publication

■ Naremburn Matters Subcommittee: Articles Co-ordinator

Collation of all articles; Preparation of drafts; Coordinating with designer/publisher; Managing deadlines. Four publications a year, approx. 10 hours per publication

■ Naremburn Progress Association: Website Volunteer

Update Website content; upload minutes; register new members. Ongoing initially approx. 2 - 3 days then 4 hours a month

■ Naremburn Progress Association: Community Outreach Volunteer

Develop flyers and event invitations; circulate information on social media; liaise with council about upcoming events. Approx 4 hours every 2 months

■ Planning Subcommittee: Committee Members

Track local DA's and Major Projects; Assist with submission writing; attend briefing and committee meetings; develop planning strategies. One meeting per month, 2-3 hours per month.

Contact:

secretary@naremburnprogress.org



TUNNEL – NOT A DONE DEAL

In January this year North Sydney Council met and unanimously passed a motion to renew their opposition to the Western Harbour (WHT) and Beaches Link (BL) Tunnels and seek legal advice. Shortly after, TfNSW sent through a legal notice "To use and occupy land" with 7 days notice, in relation to the remaining golf course. Thankfully, having taken legal advice, the council was positioned to challenge the land notice.



A considerable amount of land including 500 - 1000 trees are already being cleared at Cammeray Park in and around the oval and children's facilities to prepare the site adjacent to the freeway. These works are part of the Warringah Freeway (WF) works contract which includes the set-up of support sites for future tunnels and the entire reconfiguration of the WF. The freeway works will extend into Naremburn removing much of the freeway's tree cover and we can expect significant noise and some disruption. On top of the tree losses across the project (total 3500 + golf course unknown) we have raised concerns about contamination risks being minimally managed thus far and the funding of the tunnels.

In planning terms, the works are one overall project split into three stages (WF, WHT, BL) with the current clearing at Cammeray needed to support both tunnels. In our fiscal environment going on to reconfiguring the entire golf course before sorting out the funding for the tunnels seems premature particularly as BL is yet to reach planning approval and costs are climbing! There are growing concerns that the rush to shrink the golf course is an attempt to take over Crown Land, that was historically dedicated as green space, without proper consultation with council who is the Crown Lands Manager or residents.

Willoughby Council followed North Sydney with a motion to establish the new council's opposition to the tunnels. After an amendment, removing a proposal to seek legal advice, the opposition to the BL (WHT and WF were not included in the motion) was unanimously agreed. Given the experience of North Sydney council it is disappointing that the option to seek legal advice was removed. Experience with the project so far tells us that early works contracts enable site preparations soon after planning approval is given (putting Flat Rock at more immediate risk) and whilst BL approval might be delayed it is generally accepted that if the projects are not reconfigured now and the WHT does go ahead, the BL will follow as each of the stages are currently intertwined.

Whilst the WHT has progressed to tender stage, there are still many considerations not the least of all inflation, the under assessed risk profile, skilled labour shortage and our post Covid work patterns. The WHT business case is vulnerable to these changes due to an already weak Cost Benefit Ratio (the metric to assess projects and determine if they are in the public's interest) There is a great deal of uncertainty around how either tunnel would be funded with tolling models undecided. There are concerns that the additional harbour tolling required to support the projects will push more traffic into the Inner West as motorists avoid the toll roads and increase the overall cost to commuters as two way tolling on all crossings has been flagged.

The good news is there are less costly/congestion busting alternatives: the Warringah Freeway could be transformed into a stand-alone project which creates significant benefit by incorporating a cycling superhighway (from Naremburn to the North Sydney ramp), smart motorway technology, providing for better public transport links and re-configured on and off ramps which will restrict local access under the current plans. The EIS clearly demonstrates the current freeway "upgrade" confounds Lower North Shore's traffic, does not materially benefit Military Rd and significantly grows congestion on the Northern Beaches.

Replacing the current toll road project with options that reduce congestion including a sustainable freeway upgrade, better East/West access to the new Harbour crossing Metro and a Chatswood to Dee Why Metro would provide for far greater benefits with less risk and considerably fewer impacts. The decision to do so would take political will and public support needs to continue to be demonstrated. The NPA encourages all residents to write to their Federal and State Representatives, the NSW Planning Minister and Treasurer asking them to formally re-assess the cost benefits of the toll road project and fully consider the more sustainable and cost-effective alternatives.

LARISSA PENN

New neighbour finds a peculiar home

One morning in late April, local Naremburn residents woke to find new neighbours had taken up residence in the large tree on Bongalong Street. Just around the corner from our street library, one local discovered that fairies had made a ladder leading into their new tree home. The Naremburn Community Gardens provides home for many local insects and animals so we were thrilled to find this new discovery.



Naremburn locals including Harper have warmly welcomed our new fairy neighbours of the Bongalong Street Garden, leaving gifts of flowers and handwritten letters.



The rain has meant our garden produce has been exploding with a surplus of pumpkins, papaya, basil and parsley with beans, lettuces and various herbs on their way. Our Banksia is also in full bloom. The community compost continues to receive lots of use and would benefit from dry leaf matter over winter if you have excess.

The Naremburn Community Gardens are located on Station Street, Bongalong Street and soon on Marks Street. We garden on Sundays from 9am-11am and all are welcome at all times.

Follow us on Instagram for updates:



[instagram.com/naremburncommunitygardens](https://www.instagram.com/naremburncommunitygardens)

JESSE HARRISON
NAREMBURN RESIDENT

Remarkable sales for Team Chauncy

Since our last edition in February, Team Chauncy has achieved a remarkable 18 sales in Naremburn, comprising of 11 houses and 7 apartments, and prices have continued to be record-breaking.

Some of the highlights included a new townhouse record for the suburb with 24 Lawson Lane selling for \$2,780,000.

A new street record was also achieved when 23 Market Street sold for \$4,330,000, and 30/252 Willoughby Road set a new suburb record for a two-bedroom apartment at \$1,791,000.

We are also finding that selling off-market to buyers on our database has been an effective way to achieve great results. With both 51A Market Street and 17 Plunkett Street selling off-market

to someone on our database for \$2,600,000 each.

This flows on from the skyrocketing property market throughout 2021 and the beginning of 2022. My view is that the market is now returning to more of a normal position and that prices will likely hold firm over the next 3-6 months. As interest rates start to increase, we may see a small correction over the next 12-18 months.

Team Chauncy also continues to play an active role in the Naremburn community. Our ongoing involvement with Willoughby Community Preschool raffle raised

an incredible \$1,775. With Lilly Fallon being drawn as the lucky winner, congratulations!

If you'd like a confidential chat about listing your property before interest rate rises take effect, we would love the opportunity to speak with you.

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Tribute to Rob Forsyth, 42 years in Naremburn

For 42 years Rob Forsyth has served the people of Naremburn and the wider community with his fine coffee. The Forsyth name is well known in Willoughby City. His early settler forebears engaged in many early industries and rose to prominence in the community. Two served as Mayors at different times.

Rob started his working life as a bank Johnny (teller). One of his customers, owner of Bella Roma Coffee, introduced him to the world of coffee. Rob chose Naremburn because it lay between Sydney's second and third CBDs, North Sydney and St Leonards; good markets to supply office coffee needs. The Expressway build of the 1980s forced him to relocate to a shop further north along Willoughby Road. He moved back to his present site in 1990.

The great coffee boom in Sydney began around about the 2000 Sydney Olympics. Sydney sought to establish itself as a truly international city with outdoor dining and coffee culture. Rob's clients included channels 2, 7, 9 and 10. On occasions he included personalities from these outlets;

as well as the producer of the Big Brother House, on a Celebrity Coffee cart near his shop, to raise money for Canteen, a charity assisting youth with cancer.

Rob is an international coffee judge (barista) and has judged competitions in overseas countries. He claims Australia and New Zealand have the best coffee in the world.

As the current President of the Naremburn Chamber of Commerce he is pleased to note our shops have a 95% occupancy. He considers the greatest challenges facing our shopping village is parking. He would like to see the million dollars allocated to the upgrade of the precinct to provide more parking at the rear of the shops. He would also like to see upgraded period style lighting for the area.

Next time you visit Forsyth's Coffee and Tea House, a proud sponsor of Naremburn Matters, raise a cup in salute and thanks to Rob and Jo Forsyth for their contribution to Naremburn.

KEVIN FITZPATRICK
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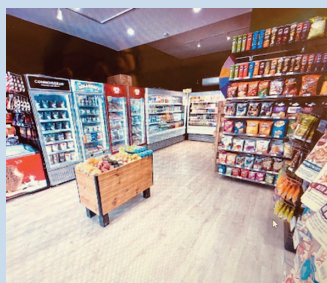
Monday to Sunday
6.45am - 6.00pm

02 9437 5916

NEW CORNER STORE

A new local supermarket has opened in the Naremburn shopping strip. **Food on the Wall** is located at 278 Willoughby Road and is open 7 days a week, from 7am to 9:30pm. You can purchase a variety of goods from Panadol to tissues, washing liquid, cereal, juice, milk, noodles, pasta, fruit, chocolate and ice-cream, to name just a few. Speaking to the owner, Sultan, the idea is to provide Naremburn with its own corner store. Definitely worth checking out!

KERRY-ANN AITKEN
NAREMBURN RESIDENT



Interest rates and inflation rising – time to worry?

We've received a lot of calls recently about rising interest rates and how this will impact on family budgets and property prices. Throw in rising inflation and a federal election, it's no wonder that many people are feeling nervous in these times of uncertainty.

During the pandemic, interest rates were always at emergency levels. The fact that they are rising right now means that the economy isn't doing too badly and rising inflation can be caused by increased consumer demand, which can be a positive for the economy.

The reality is that we never really experience times of certainty. There are too many local and external factors that can make our situation change dramatically in a short space of time. However, we can do a lot to mitigate risks and even implement strategies to seize opportunities when they arise.

If you'd like a free strategy meeting to discuss your options, please get in contact with us.

JANE AND JIM

*This information is General Advice and does not take into account any person's particular financial objectives, situation or needs. You should consider whether it is appropriate to your circumstances.

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Talk soon

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Naremburn residents serving the local community



GOOD WINTER DISH

Stuffed Capsicums

SERVES 4

INGREDIENTS

1 tbsp olive oil
1 brown onion (200g)
chopped finely
2 cloves garlic, crushed
250g minced pork
250g minced veal
2 cups tomato pasta sauce
1 cup chicken stock
½ cup white long-grain
rice, rinsed, drained
2 tsp fresh thyme leaves
½ cup finely chopped
fresh flat-leaf parsley
1 tsp smoked paprika
4 red capsicums

METHOD

1. Preheat oven to 200 degrees C (180 fan force)
2. Heat oil in large frying pan, add onion & garlic; cook stirring until onion softens. Add mince and thyme and cook stirring until mince is browned.
3. Add 1 cup pasta sauce, stock, rice, parsley & paprika; bring to boil. Reduce heat; simmer uncovered about 15 mins or until rice is almost tender, stirring occasionally & season to taste.
4. Meanwhile, oil a baking dish; cut tops off capsicums, scoop out seeds & white membranes.
5. Fill capsicums with mince mixture; stand upright in baking dish.
6. Pour 1 cup of pasta sauce over tops of capsicums. *
7. Bake capsicums, uncovered about 1 hour or until rice is soft.
8. Serve with greens or salad & bread.

**You can also sprinkle parmesan or shredded tasty cheese for a melted cheesy top.*

If you have a recipe you would like to share send it to

naremburn.matters@naremburnprogress.org.au

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Belle Property's David Benjafield talks fact from fiction

If you have picked up the newspaper recently or turned on the television there is a good chance you have come away feeling depressed with talks of an upcoming election, rising inflation, or rhetoric that the housing market is plummeting.

NEWS FLASH

The housing market is not plummeting, far from! Whilst the market may be cooling which it quite frankly needed to after a 29.6% rise last year, prices in Naremburn remain relatively firm with strong results still being achieved.

A perfect example of this was the recent sale of 126 Northcote Street Naremburn. The owner purchased the property fully renovated only

3.5 years ago for \$2,050,000 & after a successful campaign with 74 groups inspecting the home, the property sold for a premium price of \$2,831,000.

Another sale worth noting is 1/3 Central Street, Naremburn which was a two-bedroom apartment with sunroom which sold prior to Auction after only 15 days on the market for \$1,320,000 which is a new block record.



It is more crucial than ever to speak to an agent who understands the changing market & the landscape. If you had contemplated a move or are simply curious to know what your home is worth, please don't hesitate to reach out for some honest advice.

DAVID BENJAFIELD
BELLE PROPERTY
0422 560 652
david.benjafield@belleproperty.com



Being a Good Neighbour

Neighbours are like your extended family members. Respect them, be courteous and offer your help. The main benefit is knowing that you and your neighbours will look out for each other and are available for help in emergencies.

Here are some suggestions to build the community you want to live in:

- Wave and say hello.
- Think about where you park.
- Observe and respect your neighbour's personal space.
- Return anything you borrow.

- Show responsibility for your pets. Always pick up after them.
- Mow your lawn and keep the verge neat.
- Obey local laws about noise. Quiet down at a reasonable time.
- ALWAYS report any suspicious behaviour around your property, or your neighbour's property, to the police immediately.

Neighbours can make a new family feel welcome by stopping by for a friendly introduction. Ideas include:

- Introduce yourself as soon as you can. Give the new neighbours your phone number for emergencies.

- Provide them with a list of your favourite local services and phone numbers.

For a variety of tips to keep safe and secure join Willoughby Neighbourhood Watch on Facebook

LINDA AND DAVID STICKLAND
<https://www.facebook.com/groups/WilloughbyNeighbourhoodWatch>



COMMUNITY INVOLVEMENT HAS POSITIVE RESULTS

Willoughby City Council's draft Local Environment Plan (LEP) for St Leonards for the next 20 years, currently on exhibition, aligns with the NSW Government's Crows Nest/St. Leonards Plan 2036. The height of buildings along the north side of Chandos street (14-102) remains at 5 storeys. This is the vision that the Naremburn Action Group (NAG) has promoted at local and state level for many years. There are plans to increase the heights of commercial buildings near St. Leonards station. It's important to note that these are non-residential. 207 Pacific Highway on the corner of Herbert Street is to double in height to 25 storeys. 2-10 Chandos Street at Christie Street will see 13 storeys on the council car park, the former Alto Ford site and the College of Law building. This is a plan that curtails proposals for towers such as the most recent development proposal for 70 storeys on the College of Law site.

110-120 Christie Street, behind the College of Law, is to increase from 4 to 6 storeys. Whilst changes to the Development Control Plan reinforces the protection of the external fabric and streetscape of heritage areas such as the Naremburn Conservation Area, there is concern that the broad statements of the LEP are not strong enough to enforce the height and landscaping controls in surrounding areas. Make your comments on any aspect of the LEP by June 7. Go to www.haveyoursaywilloughby.com.au

JULIE WADDINGTON
NAREMBURN ACTION GROUP (NAG)

The LEP & DCP which are currently being revised will determine the future direction for Willoughby. The NPA is concerned to ensure these planning documents set out strong controls for governing future developments. Further information can be found at <https://naremburnprogress.org.au>. We strongly encourage you to give Council feedback by the 7 June deadline via www.haveyoursaywilloughby.com.au

Library News

As we move forward into the middle of 2022 there are expanded services and new programs available to Willoughby City's community. While Naremburn Library remains closed, we have exciting news.

Introducing Naremburn Book Locker

The newly installed Book Locker at Naremburn is an innovative addition to Willoughby City Libraries. One of a handful in Sydney, this unique service is a secure and convenient option for members to reserve and collect library items. Launched February this year, this self-service facility complements existing branch libraries. The Book Locker is located at 7 Central Street, Naremburn. Scan the QR code to browse our collection and reserve your books.

Justice of the Peace Services

We are trialling JP sessions at the branch libraries for 3 months and will continue if successful. These times are an addition to the regular JP services at Chatswood and Northbridge Libraries:

Artarmon Library: Thursdays, 6pm–7pm (starting Thursday 5 May)

West Chatswood Library: Tuesdays, 3.30pm–4.30pm (starting Tuesday 3 May)

For more information, call Chatswood Library on 9777 7900 during open hours or email library@willoughby.nsw.gov.au

"Every book provides a chance to try another life you could have lived."

MATT HAIG

LETTER TO THE EDITOR

I have discovered three Street Libraries in Naremburn – two within 200m of my home in Northcote Street. There is one at Bongalong Street (beside the Community Garden) another about 100m at a house on the bend of where Northcote Street becomes Christie Street and the third is at the White Rabbit Play Centre in Merrenburn Street.

The White Rabbit's website says: *"The intent is for the library to promote reading literacy via books rather than screens. The street library also teaches the children about community and engagement."*

The Community Garden proffers its Street Libraries as having bonus features saying: *"A beautiful setting, come and spend some time*

in the garden, smell the flowers, have a read among the buzzing bees or take a book home. Save waste from landfill or start a conversation about a good book."

There are no doubt other Street Libraries to be found in Naremburn and hopefully Willoughby Council has plans to sponsor or at least encourage more.

My best recent finds were Peter Fitzsimons' *Mutiny on the Bounty* and several Michael Connolly US crime thrillers.

I now plan to suggest to our 15-unit apartment block strata committee that we install a Street Library in our street garden.

BILL COLHOUN
NAREMBURN RESIDENT

Common cold, influenza (flu), seasonal allergies, and Covid-19, what are the differences?

As it is the common cold and flu season, this article will feature the typical presentations during the current season.

Many children and adults are presenting to their GPs with a cough, runny nose, and low-grade fever or with an overlap of similar symptoms.

Common cold, usually caused by rhinovirus, is a relatively mild illness that improves without treatment. For instance, it can be managed symptomatically, with rest, fluids, and simple nasal drops. Infected people can spread the germ 2 days before the onset of symptoms and approximately one week after.

Common cold may have less fatigue, muscle ache, and loss of smell than Covid-19, whilst symptoms of sore throat, cough, and fever can overlap. Covid-19 symptoms may appear 2-14 days after exposure and have complications, the common cold virus causes infections 2-3 days after exposure, and recovery is expected in about 7-10 days.

Seasonal allergies are not caused by a virus. It is an immune system response to a trigger - for instance, exposure to pollen or dust. Although symptoms can overlap with the common cold and Covid-19; itchy eyes, sneezing, and a runny nose is common features of seasonal allergies. Symptoms can last for weeks. Management usually includes avoiding the allergen, nasal sprays, antihistamine medications, and for a brief period, decongestants.

Influenza and Covid-19, have similar features. Both diseases are caused by very

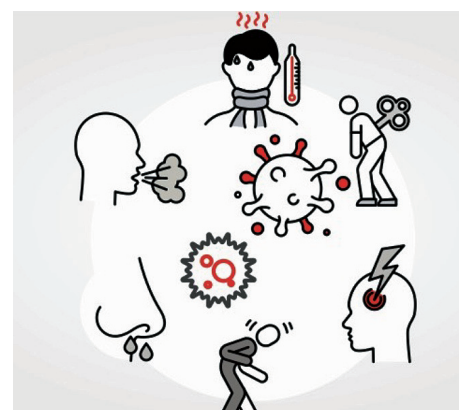
contagious viruses- namely influenza A/B and SARS-CoV-2. Testing is available for both groups of viruses. One can have both diseases at the same time. Fever, fatigue, muscle aches, a sore throat, a runny nose, and a cough are common in both illnesses. Loss of sense of smell is usually common in Covid-19. As mentioned above, Covid-19 symptoms appear in approximately 2-14 days whilst influenza symptoms appear within 1-2 days of exposure to the virus. Antivirals are available for the management of both infections, although we know more about influenza antiviral medications (eg: Tamiflu). Bonus with influenza is the annual flu vaccine that reduces the risk of severity of the flu symptoms and serious complications.

The best method to avoid a viral infection is to follow precautions of safe distancing, avoiding close contact (6 feet or 2 meters), wearing a fitting face mask, frequent washing of hands, avoiding crowded indoor settings, and cleaning surfaces with antiseptic wipes. These can shorten the length of the flu season in the community. The best way to prevent allergies is to avoid triggers like pollen when it is high.

Prevention and early intervention are better than cure. To remain healthy, get your flu vaccine early and see your GP if you experience cold and flu symptoms.

Reference: <https://www.cdc.gov/>

DR LALANA KAPUWATTE
WILLOUGHBY MEDICAL PRACTICE



CHILBLAINS - PREVENTION GUIDE

Sydney weather is cooling down as we're moving into winter. Some Sydneysiders will be heading down to the Snowy Mountains where it's even colder. We may not be able to help with the cold temperature but we can assist with common ailments of the feet and lower limbs that are brought on by these particular weather conditions, including chilblains.

Being exposed to extreme cold temperatures can result in chilblains. Chilblains are a localised form of inflammation of the blood vessels generally occurring at extremities of the body, including the nose, ears, tips of your fingers and toes. You may notice intense itching or burning at affected sites, red-purple patches, pain or swelling. If not managed, they can be susceptible to secondary infection, scar tissues or in severe cases, become ulcerated.

Factors that make you more vulnerable to chilblains include poor circulation, peripheral vascular disease (commonly seen in diabetics, smokers or those with uncontrolled high cholesterol), rheumatoid arthritis, low body weight, hormonal changes, connective tissue diseases and some medications.

Keep warm this winter and wear socks with natural fabrics such as cotton, bamboo or wool. At home, wear in combination with warm slippers such as ugg boots if needed. Avoid putting your feet directly in front of heaters, fireplaces etc. and heating up your feet rapidly e.g. going into a really hot shower straight away. Look after your feet by monitoring them for any changes, moisturising them regularly, covering them up with shoes and socks and exercising regularly.

If you are vulnerable to chilblains or experience any of the associated symptoms, contact Naremburn Podiatry for individualised advice on prevention and management.

Kind regards,

JAMES TEOH - PODIATRIST
NAREMBURN PODIATRY
276 Willoughby Road, Naremburn,
NSW 2065
Phone: (02) 8964 6648
Online booking:
www.naremburnpodiatry.com.au

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8964 6648

Tim James, Member for Willoughby - He's all ears!



Our new member for Willoughby, Tim James, agreed to meet to answer questions on issues of concern to the community.

First up, Tim's connection to the Willoughby area goes a long way back. Tim was born and raised in the Willoughby Electorate. His father grew up on Dargan Street and attended Naremburn Primary School and his great grandparents were married at St Cuthbert's (now the Naremburn Cammeray Anglican Church). Though currently living in Mosman, Tim is committed to settling in the Willoughby Electorate in the coming months.

When asked what he sees as key issues for Willoughby, Tim responded that his focus will be on roads/transport, schools, and open/green spaces.

Cars or public transport?

Tim sees the importance of both.

Tim is of the view that while public transport is key, we still have a need for good roads and traffic management to accommodate our continued reliance on cars. In discussing traffic management, Tim mentioned in particular that the two Pacific Highway intersections at Fullers Road and Mowbray Road are of keen concern and he will be looking into solutions for better traffic management in the coming year.

When asked his views on the Beaches Link Tunnel project, Tim did not express a view as to whether or not he supported the project. Rather, he advised that he had been spending the first two months of his tenure getting across the issues. He openly welcomes what appears likely to be a deferral of the Beaches Link Tunnel decision, commenting that this would give him more time to consider the various options for this project, to enable him to understand the concerns, benefits and risks. He mentioned considering new options and technologies that are available today and shifts that have occurred since the proposal was first released, including on traffic numbers and patterns as a result of COVID. He understands "the passion and feeling people have" around this issue and is sensitive to Naremburn having had its share of disruptions over the years.

He expressed the view that while ultimately not responsible for the Beaches Link Tunnel decision, given he is only one of 93 members of the Assembly, his intention is to be an informed, considered and representative voice for the community but also a strong one. "More official pronouncements will come in the weeks to come and the State Budget on 21 June will provide a clearer picture" he stated.

Action on more local schools?

Tim has been on the record as a keen supporter of local schools. He suggested opportunities for new schools exist in the area, including around the Gore Hill/St Leonards industrial areas that are currently undergoing revitalisation.

When asked about the proposal for redevelopment of the now decommissioned

St Leonards Catholic School, he stated he was aware of the DA before Willoughby Council and while ultimately a decision for the owners of the site, the Broken Bay Diocese, he feels that there would be incredible value to the community if a school were retained there. How that could happen given the DA is lodged is not however clear.

Retaining and increasing greenery and open spaces?

Tim was grateful for the open spaces and green spaces he was able to enjoy during the various COVID lockdowns, stating, "We know how precious it is; how much it means to families today, what we learned from COVID, is how important the space is."

Tim is keen to explore opportunities and utilise technologies to get back more green space. He pointed to the Holtermann Street Crows Nest car park, which will be moved underground to make way for a plaza and open green space, and the plans for a green canopy over the railway near St Leonards Station as good examples of this.

Busy year ahead

It's a busy year ahead for the new Member for Willoughby but according to Tim, his most important task is to listen. "I'm doing everything in my power to meet with people, to get to community events, meetings, opportunities for engagement... hopefully it's a reflection of who I am - I want to take it all in. I am all ears! I know it's kind of a cute line, but I really am," says Tim.

KATHERINE RASKOB
EDITOR, NAREMBURN MATTERS



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9439 2949

EMAIL
info@theivyleague.com.au

WEBSITE
www.theivyleague.com.au

1/284a Willoughby Rd, Naremburn





North Shore Vet welcomes a pet MRI

North Shore Veterinary Hospital received their new MRI device on Friday 24th January 2022. A crowd gathered on Punch Street in Artarmon to watch the construction crew lift the machine in through the roof of the hospital.

The MRI is a long-awaited addition to the hospital's services they can provide to local pet owners. The service is open and operating. In the past, pet owners have had to travel long distances to other specialist hospitals for this service.

With the MRI, the veterinarians can have a closer and clearer look at the brain, spine, soft tissue and other organs of their pet patients and it offers a more accurate diagnostic tool. Along with the MRI device comes a team of radiographers and imaging specialists to operate the machine and interpret the studies.

Please speak with us if you have any questions. Our team of veterinarians and clinical staff would love to chat. We operate under the current NSW Health guidelines.

Tel: 9436 1213

Open 24/7 @ 57-63 Herbert Street Artarmon

Undercover parking and lift access off Punch Street



MAYOR'S REPORT

I was thrilled to see so many residents and business owners involved in the Naremburn Local Centre renewal co-design workshop.

I'm pleased to report the Naremburn Local Centre renewal project has attracted \$750,000 in additional Commonwealth funding to expand the scope of works. This will bring the total investment in the project to \$1.15 million to deliver improved pedestrian amenity, more alfresco dining spaces and better bus stop integration.

It was also wonderful to see more than 30 people attend the Naremburn webinar for the proposed Local Environment Plan and Development Control Plan. This webinar can be viewed here <https://www.haveyoursaywilloughby.com.au>, search Naremburn LEP slides. The draft planning documents remain on exhibition from 5 March until Tues 7 June 2022, for community review and feedback.

The Draft Community Strategic Plan (CSP) is also now on public exhibition and sets the direction for the community over the

next decade. Proposed changes within the draft CSP include a greater focus on community resilience, greener places and spaces, housing choice and affordability, excellent customer service and maintaining financial sustainability.

Reserving and collecting library items is now easier following the introduction of a Book Locker at the Naremburn Community Centre. Visit the library website to find out more.

Willoughby Council is continuing to progress several exciting projects and we'd love to hear your feedback on [haveyoursaywilloughby.com.au](https://www.haveyoursaywilloughby.com.au)

If you would like to contact me regarding any Council issues, please email me at Tanya.Taylor@Willoughby.nsw.gov.au

MAYOR TANYA TAYLOR
WILLOUGHBY CITY COUNCIL

'COMPLYING DEVELOPMENTS' EXPLAINED

Complying Developments fall under a State Government planning policy, and have generated considerable interest in our community. A Complying Development Certificate (CDC) is issued by a registered certifier, either by council or privately.

There is no merit assessment associated in issuing a CDC, essentially it is a "tick a box" process against the requirements for a CDC.


A CDC can be issued for a range of different developments including dwelling houses, terrace houses, dual occupancy, industrial and commercial buildings, subdivision, and a range of other developments, all subject to satisfying the specified standards.


If a resident or other party have concerns that the development is not being constructed in accordance with the CDC, the Principal Certifier should be contacted in the first instance. If the response is unsatisfactory, the development can be referred to the Building Professionals Board (Department of Fair Trading).

Council's Compliance Section (Safe City Unit) may also be contacted to follow up with a Certifier where non-compliances are believed to be occurring.

If you would like to talk about this or other issues that are important to you, please email Anna.Greco@Willoughby.nsw.gov.au or call M:0459 866 064

ANNA GRECO
WARD COUNCILLOR






*Artist's Impression

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Learn more at the Display Gallery located at 6 Artarmon Road, Willoughby, open daily 11am – 4pm.



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*Artist's impression. Indicative for illustrative purposes only, and not intended to be representative of the final product. Amenity and other aspects of the project may differ from this illustration. Mirvac makes no representation about the ultimate identity, retail mix or timing for delivery of the retail offering at The Plaza. *The size of open space, 6,500sqm is approximate only and not to be relied on as the final size and is subject to change. #References to time are approximate only and are calculated via car outside of peak hour.

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, September 2022

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

Next issue deadlines:

Advertising: 6 August

Articles: 10 August

naremburn.matters@naremburnprogress.org.au

Next NPA meetings

7.30pm 9 June and 11 August Naremburn Community Centre 7 Central Street (check website for details)

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.

Community Get-Together – Christmas celebrations

Prior to Christmas, Naremburn Progress Association with Flat Rock Brew Cafe hosted a Christmas Celebration evening.

We had a wonderful turnout and the event served as a much needed reprieve before Omicron saw us all dive back indoors. The President gave an overview of the year and what's coming up in Naremburn. It was also wonderful to support local businesses with Flat Rock Brew Cafe, Naremburn Pizzeria, Ivy League, Friendly Burger and Cornucopia all contributing to a fabulous evening.

Thank you to all of those who attended and if you would like to be part of the growing voice who want to see Naremburn thriving into the future please head to our website and join the NPA. Each member matters, join the NPA and come along to our next meeting 7.30pm, 9th June.



BEAUTIFY OUR BRIDGE - DESIGN COMPETITION

Do you want to be part of beautifying our suburb? We are inviting members of the community to submit their ideas for a mural for the Ella St Bridge. Your art work can either be digital or hand drawn/painted and must be in the approximate shape of the white panels shown in the pictures here. Submissions are due by 30th June and should be submitted to secretary@naremburnprogress.org.au. The top three entries will be published in our next issue and presented to Council and our State Representative for consideration. Aboriginal and Torres Strait Islander submissions and submissions from people of all ages very welcome.



TRUE: Michelle Costello's North Sydney hair salon was Rob Forsyth's first customer. Now a Naremburn resident, Michelle still enjoys a regular coffee at Forsyth's Coffee and Tea House.



Remember to follow us and tag @Naremburn on Instagram to share glimpses of your life in Naremburn :)