

“WHO” IS NAREMBURN?



The 2021 census reveals what the Naremburn community looks like.

How old are we?

The median age is 39. Half of Naremburn is younger than 39 and half is older. Not far behind are 40-44 year olds and 30-34 year olds. Add that all together and the biggest cohort are the Millennials, closely followed by Generation X. This explains the number of good coffee shops.

Where do we come from?

Like all good Australians, we come from lots of places. Just over 60% were born in Australia with the other top responses being, England, China, New Zealand, India and Hong Kong. When asked to nominate 2 ancestries, we went for English, followed by Australian, Chinese, Irish and Scottish. But really, we come from a huge variety of places including Fiji, Greece, South Korea, Malaysia, Hungary and Vietnam. The list is long. For a number of us, both parents were born overseas (45.5%), which is higher than the 36.7% reported Australia-wide.

If we speak other languages at home, what are they?

The top 5 responses were Mandarin, Cantonese, Japanese, Spanish and Arabic. But there is a huge variety of languages spoken, ranging from Vietnamese, Macedonian, Dutch, Australian Aboriginal,

Khmer, Tamil and Afrikaans. Just under 28% of us are in a household where a non-English language is used.

Who do we live with?

Just under 50% of households are a couple family with children, but pretty close to that (just under 40%) are couples with no children. There are also just over 10% one parent households. The average number of people in a household is 2.4.

How do we live?

No surprise that a sizeable number live in apartments (42.7%). Just over 60% of us own or have a mortgage and just under 36% are renting. Compared to the rest of Australia (30.6%), a few more of us are renting in Naremburn.

Are we religious?

48.4% of us recorded ‘no religion’, ‘secular beliefs and other spiritual beliefs’ - the largest group overall. We then have a variety of other religious groups, from Catholic, Anglican, Hinduism, Islam, Judaism, Buddhism and Eastern Orthodox, to name a few.

Men or women rule?

Women. 52.3% are recorded as female and 47.7% as male.

Source: Australian Bureau of Statistics

EDITOR, NAREMBURN MATTERS

The Benefits to YOU of joining the Naremburn Progress Association

Enjoy Halstrom Park (the one near Willoughby Leisure Centre)?

Did you know the Gordon Rugby Club wanted to take over this park at one stage and install a grandstand & playing facilities? The Naremburn Progress Association (NPA) successfully lobbied against this and today you are able to enjoy some valuable open space.

Concerned about a DA that may impact on your home?

If you are a NPA member you can contact the NPA and ask for assistance on how best to respond to or even just understand any proposed developments that may impact on your home. This is a very valuable resource available to NPA members, as developments and redevelopments are not going to stop in this highly sought-after suburb.

Concerned about the height of some of the newer developments?

2-12 Chandos St (across from Sergeants Lane) was initially down for redevelopment into a 70 storey building. The NPA was one of the more vocal community groups which lobbied hard against unreasonable building heights and any redevelopment of this site is now restricted to 13 storeys.

No one can pretend the NPA is always going to be able to successfully lobby for only sustainable development and changes within Naremburn, but if it's a choice between having the more than occasional

...CONTINUED TO P4



Our community has changed somewhat since this 1890 photo of the Ward family from Naremburn. Image courtesy of Picture Willoughby, Willoughby City Council

TRUE OR FALSE

Gas and Electricity services were supplied to our area from 1882

ANSWER ON PAGE 16

FOLLOW AND SHARE YOUR PHOTOS ON
INSTAGRAM @ NAREMBURN



The recent Census has confirmed what locals already know, that Naremburn is a dynamic, up and coming suburb! As I move around Willoughby to attend events such as the recent President's catch up with the Mayor and Councillors, meetings with Tim James and National Tree Day, it becomes clear how lucky we are to have residents who are passionate about our area. Bringing that enthusiasm together is an important part of effecting change. With more residents living in units and working from home, the character and amenity of our shared spaces is more important than ever. In this issue we explore some of the changes needed to grow our area sustainably.

To ensure we can achieve the best outcomes from a long list of plans our new Planning Committee is up and running and looking for additional members. Recent submissions have included responses to local DA's and proposed LEP/DCP changes. I presented to Willoughby's planning panel regarding the proposal to develop the Catholic Church land. We are pleased that the proposal has been refused, with history and character being a central concern. We will continue to work with decision makers around the need to extend our conservation areas to better protect our character and for a review of complying development processes. Our submissions are available to members via our website and are helpful in seeing a quick summary of key issues.

Good planning is transparent and accountable, and this forms a key part of our advocacy. We are pleased that the public forum at council meetings has been retained but remain concerned that Advisory Committees i.e. Bicentennial Reserve and Flat Rock Committee may not be continued.

One of the goals of the NPA is to bring our community together. We are very much looking forward to bringing you the "Tastes of Naremburn Event". Please consider volunteering, holding a stall or attending to ensure the event is a roaring community success!

The next meeting of the progress association will be held on Thursday 13th October, 7.30pm Naremburn Community Centre with special guest speaker our Federal Member The Hon. Kylea Tink. All are welcome. Head to our website for more detail.

I'll see you there!

LARISSA PENN
President

The NPA is run by a group of very busy local volunteers. If you can help, please do reach out! We would love to hear from you
secretary@naremburnprogress.org.au



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

The opinions expressed 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 for articles, letters or advertising.

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>

NAREMBURN MATTERS QUARTERLY NEWSLETTER OF THE NAREMBURN PROGRESS ASSOCIATION (NPA)

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1 November 2022

We welcome ideas regarding topics of interest to the community and letters. Please email naremburn.matters@naremburnprogress.org.au with your ideas and letters.

We do not publish anonymous letters and we will contact you should we need to edit your contributions.



Naremburn
Progress
Association

JOIN THE NPA

Become an active member of your Naremburn community and have your say

Join or renew your membership at www.naremburnprogress.org.au/membership/join-renew/

Fees:
\$15 (\$10 concession)
plus \$5 joining/lapsed member.

Our Wishlist to Willoughby City Council

Historically there has been a disconnect between what the local community may see as the top priority issues in the area and those items that are actioned by Willoughby Council. No single party has caused this, as there is often a range of opinion across the community as to which issues should be targeted with perpetually limited resources. In an effort to focus these limited resources, a “wish list” of goals was developed early this year by representatives from the Naremburn PA Committee and presented to the Mayor of WCC and the Naremburn Ward councillors. We have been tracking this wishlist in consultation with our Ward Councillors.

“WISHLIST” from NPA to Willoughby Council

Confirm ongoing concerns re previously identified but unmitigated risks within Beaches Link Tunnel proposal as well as Warringah Freeway Upgrade and Western Harbour Tunnel projects.

Commit to ensuring at least one Naremburn Ward councillor attends each Naremburn PA General Meeting on a rotational basis.

Provide active support to proposals arising from Area Pedestrian and Traffic Management Action Plan, including issues arising along Brook St, Willoughby Rd and Merrenburn Ave.

Implement DA notification system such that all Naremburn DAs are automatically emailed to NPA at time of posting onto WCC website.

Proactively engage with Council Officers to ensure Naremburn-centric projects identified and funded within 2021/22 Operational Plan are completed on time and within scope.

Ensure early engagement of Council with Sydney Water regarding proper scoping of sewerage upgrade and subsidence works in Flat Rock Gully and Naremburn area – required due to a combination of age of existing service and the cumulative effect of large-scale residential developments across the area.

Raise and then proactively support a motion for the rescission of WCC’s earlier decision to disband Advisory Committees, with concurrent actions to improve information flows to/from these Committees.

Provide a mutually-agreed solution to address ongoing graffiti issues at certain locations eg Ella St railway bridge.

Work with Metropolitan Local Aboriginal Land Council to ensure orderly transition of management control and title following the recent Talus decision, with maximised benefits to the Land Council and the community.

Provide active support to achieve earliest commissioning of Council’s Community Participation Plan.

Continue to resist overdevelopment that is adjacent to or not in keeping with preservation of liveability within the Naremburn Conservation Areas.

EXECUTIVE COMMITTEE OF THE NPA

Welcome to the first local property update for the new financial year.

The previous 12 months was one of the most successful real estate markets that Sydney has seen in the last 30 years. 96 properties traded in Naremburn during the last financial year with McGrath selling 55 of these. Team Chauncy was responsible for eight of the top 10 house/semi sales and sold the highest price house, 2 Quarry Street for \$5,000,000.

As a team we had great success throughout the year and were recently ranked number 12 in the Real Estate Business Top 100 agents Australia-wide and number one for the McGrath metro network.

The first few months of the new financial year have already provided some strong results, highlights included 5 Darvall Street and 2 Gaza Road both selling prior to auction after just 12 days on the market. On the apartment front 6/34 Station sold prior to auction for \$1,150,000 and 2/5 Garland Road was a record for a two-bedroom in the block selling for \$1,330,000.

We have now sold 6 properties on Market Street over the last few months, the most recent sales

include 30 Market Street, 24 Market Street, and 51 Market Street selling for \$2,675,000, \$2,703,000, and \$2,875,000 respectively.

My team and I pride ourselves on the relationships we hold with local buyers, and it helps us successfully negotiate off-market sales. The latest example was 47 Market Street selling for \$2,410,000 to one of the buyers on our database.

Stock levels are generally low at present; however, we are meeting a lot of qualified ‘hot’ buyers who are ready to go. If you are looking to take advantage of the spring real estate market, get in touch with us to find out how we can maximize your price and take advantage of current market conditions.



We recently delivered our financial year report across the suburb which will provide you with a summary of the Naremburn market over the last 12 months, and its comparison to the previous year. Should you have not received one please let us know and we can arrange to deliver a copy to you.

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*The Benefits to YOU of joining the Naremburn Progress Association
CONTINUED FROM P1...*



Help the NPA to continue lobbying for sustainable & appropriate development that complements our streets

win and ending up like the elderly man in the movie “UP” with your house wedged between 2 multi-story developments (or with a giant tollroad running underneath it), lending support to the NPA is a better bet.

Strength in numbers

The NPA works best if it has a decent number of community members.

Commonsense tells you that getting the message across to any layer of Government is easier if you can point to a not insignificant number of people supporting the message, rather than just a lone voice or two.

Help us to preserve what is best about this suburb by adding your name to membership of the NPA. This does not



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Email/call Jill for info, bookings & specials.
jill.selecthealth@gmail.com
M: 0414 327 940
www.selecthealth.com.au

mean committing hours to poring over development documents or attending meetings, although if you have time to volunteer some time please let us know - it can mean as little as turning up to some NPA meetings, adding your signature to petitions dealing with local issues of concern or just paying the annual fee.

UPCOMING MEETINGS NEEDING A SHOW OF COMMUNITY SUPPORT:

Urgent Community Led Meeting re: our green spaces
When: Sat 3rd September 1.30pm Green Park Cammeray



Come along, get an update and show your support for saving our tree canopy and parklands. There is widespread tree clearing planned as part of the tunnels project and the first clearing at Cammeray is underway. Family friendly, make a white cardboard 20-30cm tree on a skewer/ stick to “plant” on the day to represent the trees earmarked to go so far (up to 1000!) and to ask

decision makers for a defined plan for the replacement. Also to demonstrate community support for the retention of community land for green space into the future. Organised by various local community groups including Bay Precinct, Save Flat Rock Gully/ Middle Harbour and Save Cammeray Park

Community town hall meeting with Tim James
Wednesday 7 September 6pm at the Fred Hutley Hall, North Sydney Council Chambers (Registration from 5.30pm).

SPECIAL COMBINED PRECINCTS MEETING* - Western Harbour Tunnel and WFU Impact on Willoughby electorate.

Members of the public are invited to attend and to ask questions.

GUEST SPEAKER: Mr Tim James MP, Member for Willoughby

In May 2022 Mr James addressed residents at a combined precincts meeting regarding the impact of the WHT and WFH. Mr James has agreed to give an update on the WHT and WFU, particularly in regard to Cammeray Park and commitments made at the May meeting. His address will be followed by a questions from the floor.

* Bay, Registry, Parks, Brightmore and. Willoughby Bay Precinct Committees.

Donnelly Rd Development Refused

Resident action preserves Naremburn's character



Photo: Willoughby City Council

At its meeting on 26th July, 2022 the Willoughby Local Planning Panel (WLPP) considered whether to Approve or Refuse Development Application DA-2021/340, being a proposed mixed-use development comprising the demolition of an existing school building, additions to the St Leonards Church area comprising parish hall and presbytery, construction of 12

town houses, conversion of existing presbytery to a dwelling and construction of an additional detached dwelling. The Proposal was referred to the WLPP as it was regarded as a Contentious Development (more than 10 submissions) and was seeking to depart from normal developmental standards by more than 10%.

A comprehensive report from the WCC's Development Assessor recommended Refusal of the Proposal on the grounds of non-compliance with both the Environmental Protection Act 1979 and Willoughby Local Environment Plan 2012 as the Proposal:

- did not comply with zoning requirements;
- did not conserve environmental, cultural and heritage impacts;
- did not meet landscaping requirements;
- did not provide appropriate stormwater management;

- failed to provide appropriate vehicular access and parking.

A large number of written submissions had previously been made by the local community, with key issues being:

- impact on character of the area;
- impact on items of heritage significance;
- loss of privacy;
- overshadowing;
- traffic and parking;
- building height, bulk and scale issues;
- landscaping and tree loss;
- loss of green space.

The community is to be commended for banding together and, together with the NPA, providing a united voice, flagging many inconsistencies in the Proposal. However, at the time of printing it remains unclear as to what reaction will be forthcoming from the Applicant.

belle PROPERTY

Naremburn is defying the property market slowdown

Welcome to the first local property market update for the new financial year.

A lot can happen in a quarter and has it what! At the time of writing the Reserve Bank of Australia has hiked interest rates for the fourth consecutive month, lifting the nation's cash rate target by 50 basis points to 1.85 per cent, the fastest rise in more than 30 years.

The media is quick to tell you properties have come back 10-15% minimum, however we're only seeing Naremburn homes back 5% from the peak, underlying the demand there is for this fantastic pocket of Sydney.

Our office has sold over 50 properties across the Lower North Shore in the last quarter with some exceptional results being achieved.

One in particular is the recent sale

of an architecturally designed home sitting on 442sqm land in neighbouring Cammeray at 15 Stratford Street selling well over \$7,000,000!

We have some fantastic Naremburn properties coming to market locally this Spring including one of the best renovated freestanding homes to have hit the market in the last 18 months - 1A



McBurney Street, Naremburn. We also have several properties off market also so if you have thought about a move, please don't hesitate to reach out for some honest advice.

Kind Regards,

DAVID BENJAFIELD
BELLE PROPERTY

0422 560 652

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President, Federation of Willoughby Progress Associations Report



The Federation of Willoughby Progress Associations is currently engaged in three main activities.

1. An issues paper was prepared earlier this year for the constituent Progress Associations' consideration and input. At the time of writing this report, it is intended that this document will become a strategic goals document at the Federation's August meeting. An order of priority for action to be taken regarding each of the goals will also be set.
2. The Constitution of the Federation directs that the Federation will only take up issues which are City of Willoughby

Local Government area-wide issues, unless assistance has been requested. An issue where such a request has been made concerns the impact of developments in the suburbs of Crows Nest and St Leonards on the sewerage system in Naremburn.

3. The Beaches Link Tunnel and the Western Harbour Tunnel issue keeps on taking up a lot of time. The Federation is to consider tackling the stubbornness of the NSW Department of Transport in its continued and long-term failure to address the concerns of residents. It needs to respond in a meaningful manner. The action of the officials of this Department displays an insolence towards the residents, and their representatives, in written replies and reports. Their visible contempt is an insult to the intellect of

the local community. The Executive of the Federation have voiced the opinion that 'enough is enough' and the delegates to the Federation will be considering a Federation response to this matter.

Tim James, the Member for the State electorate of Willoughby, has agreed to a rolling series of meetings which have commenced. This is useful to maintain dialogue on key issues.

Letters to Willoughby City Council concerning community advocacy committees sent in February 2022 remain unanswered.

STUART COPPOCK

Library News



While Naremburn Library remains closed, there are programs available at many Willoughby City Library branches.

Story Play Time

Children ages 0-5 are invited to join our weekly Story Play Time during school term.

Artarmon Library:
Mondays, 10 – 10.30am

Northbridge Library:
Tuesdays, 10 – 10.30am

West Chatswood Library:
Tuesdays, 3.30 – 4.30pm

Justice of the Peace Service

Artarmon Library:
Thursdays, 6 – 7pm

Northbridge Library:
Thursdays, 5.30 – 7pm

West Chatswood Library:
Tuesdays, 3.30 – 4.30pm

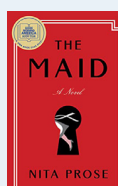
Artarmon Library Historical Building Display

Since it was built in 1925, the historical building situated at 139 Artarmon Road has served the local communities for almost a century and currently serves as Artarmon Library. A historical building display will be created to celebrate this significant milestone. Viewing available later this year.

Naremburn Book Locker

Access is available Monday to Friday 7:30am – 5pm or apply for after-hours access to use this service 7 days.

Book Recommendation



The Maid by Nita Prose

What readers love about this debut by the Canadian writer is the quirky and solid protagonist. Molly is a crime-solving maid at a prestigious hotel who is fanatical about returning rooms back to 'a state of perfection'.

With an Eleanor Oliphant vibe, socially awkward Molly fortunately has a few people who guide her along the way. Readers go on an adventure with her to get to the bottom of a murder case.

If you are looking for an easy-to-read novel with a protagonist with a strong point of view, you should give it a try.

Contact

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

"Often on a wet day I begin counting up; what I've read and what I haven't read."

VIRGINIA WOOLF

Murals can bring urban spaces back to life

The North Sydney council website states:

"The inspiring work in North Sydney depicts McGrath Breast Care Nurse Joylene Fletcher and her 26-year-old patient Emily Quinlan. In capturing Joylene and Emily, the mural represents the more than 20,000 Australians diagnosed with breast cancer each year, the 185 McGrath Breast Care Nurses caring for them today, and the 65 more required to reach the Foundation's goal by 2025.



Photo Credit: North Sydney Council

The striking mural was designed and painted by acclaimed Australian visual artist Sarah McCloskey, known for her engaging portraits of women that aim to capture both their vulnerability and strength."

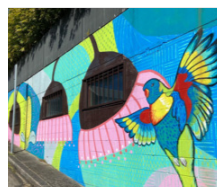
Murals that celebrate community precincts

In October 21, popular High Street precinct



Photo Credit: Willoughby Living

Murals that proactively manage graffiti



The Iceworks celebrated 10 years and gifted the community this beautiful mural based on Australian Flora

This laneway in Crows Nest is well worth a visit - a great way to discourage graffiti and add life to a rear lane (Chandos Lane).

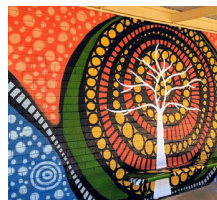


Photo Credit: One of Mr Rathman's murals at Llandilo Public School on NSW. (Supplied: Scott Rathman/ ABC News)

Murals that celebrate heritage

This public school mural has been a collaborative and educational project at Llandilo Public School

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 September 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.



CAN I STILL GET THE AGE PENSION WITH \$600,000 IN ASSETS?

Hello Jane,

My wife and I are set to retire, both aged early 70s. We own our home unit and have about \$600,000 in assets (super, shares, car, furniture etc) after down-sizing. Are we entitled to a part Aged Pension and if so, would the amount be fixed forever?

– Peter, Naremburn

Hi Peter, you've done well to retire with no home loan and a strong asset base. Your question comes up a lot. Many people with a similar amount of assets assume they won't get a part pension. This is because a lot of people think their home is part of the pension test....it isn't.

The asset test threshold limit for the pension is currently \$915,000 for a couple...and cars, boats, home contents etc are assessed at market value - not replacement value - so you are eligible for a part pension (possibly about \$450 each per fortnight).

A part pension also means access to the Pensioners Concession Card, providing cheap public transport, health

care and medicine, plus, in NSW, free driver's licences and car registration.

You will also be assessed under an income test, but you should fall well under the income limits, based on your asset details. The amount of pension may vary over time, so it won't be fixed forever. Government policy and your changing financial position will shift the assessment criteria. If your investment assets shrink, you will keep getting more from the Age Pension. I hope that helps Peter.

JANE RIDDER

* 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 particular circumstances.

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**Naremburn residents serving
the local community**

ONES TO WATCH

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.communityanalytics.com.au/rms/wht> for updates)
- Warringah Freeway Noise Walls Project (NSC google Noise Walls)
- 48 Chandos St, adaptive reuse (WC DA2021-189). An amendment lodged to remove garden area for residents and replace with commercial unit. Submissions closed 10/6/22. Being assessed by Council.
- Walter St and Willoughby Rd Integrated Development (WC DA2021/300), now as residential high density with 164 units - approved by SNPP 2/2/22 (PP-2020-535.)

Approved

- Crows Nest Over Station Development - Seeking planning consent for detailed design and construction at Site C (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 rebuild of pool plus new indoor sports courts (WCC website) - to commence late 2022.
- 2-14 Northcote Street, Shop Top housing/ Roof Garden (WC DA-2013/147/F) - Determined and approved by SNPP (PPSSNH-250).
- Extension of lighting hours, baseball diamond, Bicentennial Reserve. DA approved.

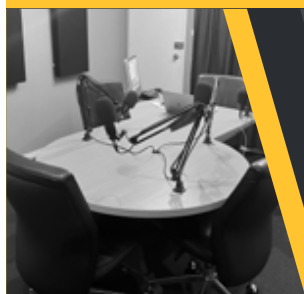
In Planning

- Beaches Link (Tunnel) and Gore Hill Freeway Project (Go to DPIE Major Projects SSI_8862)
- Gore Hill Indoor Sports Centre; Stage 2 of Gore Hill project. Construction expected to commence from 2023.(WCC website)
- Sydney Water Naremburn/ Bicentennial Reserve Sewer Project. Expanded scope due to commence 2024.
- 43 Donnelly Rd (WC DA-2021/340) - St Leonards church area redevelopment; 12 townhouses, new private dwellings, adaptive reuse of Presbytery. Refused by WLPP 29/7/22.
- Holtermann Street Park Crows Nest - NS Council considered post exhibition report April 2022 and resolved to adopt option 1 and proceed to DA stage (NS Council website)

- Naremburn Local Centre Streetscape Design and Construction (WC project 301983). Concept plan to Community was scheduled for August 2022. That has been delayed. Because of funding guidelines, project must be completed by 30/6/23.
- Extension of trading hours to 24 hours, 7 days, McDonalds St Leonards station (WC DA-2022/200.) Submissions close 18/8/22.

Plan and Strategy Reviews

- WCC LEP and DCP. Report to Council in October to include feedback from community consultation.
- Urban Bushland Plan of Management - Report completed; to be submitted to Council in September.
- Our Future Willoughby 2032, (a community strategic plan)- Ratified by Council June 2022.
- Crows Nest/ St Leonards 2036 Plan - (google "DPIE 2036"). WCC LEP and DCP 2036 follows this plan in Naremburn/St. Leonards
- Willoughby Local Centres Strategy 2036 - (google "Naremburn 2036").



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Are we Planning a Sustainable Future?

Did you know that according to the recently released State of the Environment Report (SOTER) “Australia is one of the most urbanised countries in the world with more than 96% of the Australian population living in urban areas!”

The report warned that “As our urban areas grow and expand, this standard (liveability) will decline without a collective and concerted effort to build better, greener and more resilient urban environments” but it’s not just our liveability that will be impacted, our urban centres play an important role in protecting our unique Aussie flora and fauna “A report by the Nature Conservation Council 2020 found that 25% of all nationally listed threatened plants and 46% of nationally listed threatened animals can be found in 99 of Australia’s largest towns and cities.”

A Master Plan is needed to manage growth in our area

With development rampant across Willoughby, the Federation of Willoughby Progress Associations recently wrote to our State member Tim James and Council regarding the need to properly master plan the growth areas of St Leonards, Bicentennial Reserve Area (Naremburn/ Artarmon) and Chatswood considering the environment, transport needs and even the basics such as our sewerage systems. Residents may be surprised to know that planning is still being completed one DA at a time and there is little in the way of holistic oversight.

Where we work and how we move around our urban areas will have a fundamental impact on future liveability and local environmental health.

The planned Western Harbour and Beaches Link toll road tunnel projects fly in the face of the SOTER recommendations. Rather than looking to modern models in design and space



Extension of Warringah Expressway near Willoughby Road, circa 1976. Naremburn is again looking at major disruptions to its community due to roadworks for the proposed Tunnels. Image courtesy of Picture Willoughby, Willoughby City Council.

planning we are rewinding the clock to a car dependent past that the world is leaving behind.

Whilst community groups have asked for changes over several years such as the undergrounding of facilities at Cammeray, construction methods that avoid dredging the Harbour and Middle Harbour and removing the need for a dive site at Flat Rock (we are yet to see any solid plans which demonstrate that these changes will in fact be made) a bigger question needs to be asked. **Are urban toll roads the most sustainable transport option for a growing city?**

Planners judge the sustainability of cities by a number of metrics, one being the vehicle kilometers travelled. Cities that are decentralised, that have good active and public transport networks and encourage flexible work patterns travel less – cities dependent on the 1950’s model of centralised work and freeways travel more. In the case of these projects, we are looking at an increase of almost 1 Million Vehicle Kilometers travelled PER DAY and those Km’s will be travelled through Sydney’s largest schools zone where unfiltered pollution will be released via a series of pollution stacks. It’s time the government re-assessed the need and sustainability of investing in this \$20 Billion toll road project and took another look at the sustainable planning options that are on the table.

For more information on what you can do and where the Western Harbour and Beaches Link toll road tunnel are up to, go to our website:

<https://naremburnprogress.org.au>

LARISSA PENN



NPA VOLUNTEER OPPORTUNITIES



With a new committee and the level of activity in the community, there are new opportunities to contribute for NPA members.

Contact us at:

secretary@naremburnprogress.org.au

if you want to discuss assisting with any of the roles below.

Naremburn Matters Subcommittee:

We are seeking contributors so we can better reflect our community, including

any students who have an interest in writing or design or photographers who are happy to assist with providing images.

NPA: Website volunteer:

We are seeking a volunteer to maintain our website, including updating web content and registering new members.

NPA: Community Outreach Volunteer:

We are seeking a volunteer who can develop flyers and event invitations, circulate information on social media and liaise with Willoughby City Council about upcoming events.

Planning Subcommittee:

We are seeking volunteers who can assist with tracking local DA's and Major Projects, assist with submission writing, attend briefings and committee meetings (once a month) and develop planning strategies.

NPA Executive – Secretary :

We are seeking a secretary to join the NPA Executive. Responsibilities are issuing meeting agenda, taking and issuing minutes & managing (predominantly electronic) correspondence.

Naremburn Matters Editor:

We are seeking an Editor for Naremburn Matters. The responsibilities are working with the NM sub-committee to generate ideas and themes for articles, co-ordinating and collating articles, co-ordinating with advertising co-ordinator regarding advertisements, ensuring community events and NPA information remains up to date, contacting and co-ordinating with regular contributors regarding articles, reviewing contributions, preparing, amending and editing content, proof reading all content, coordinating with designer, printer and distributor.

WILLOUGHBY NEIGHBOURHOOD WATCH

FREE SCAM SUPPORT

Willoughby Neighbourhood Watch has recently learned of a new, free service for you, following an online scam or other cyber security issues.

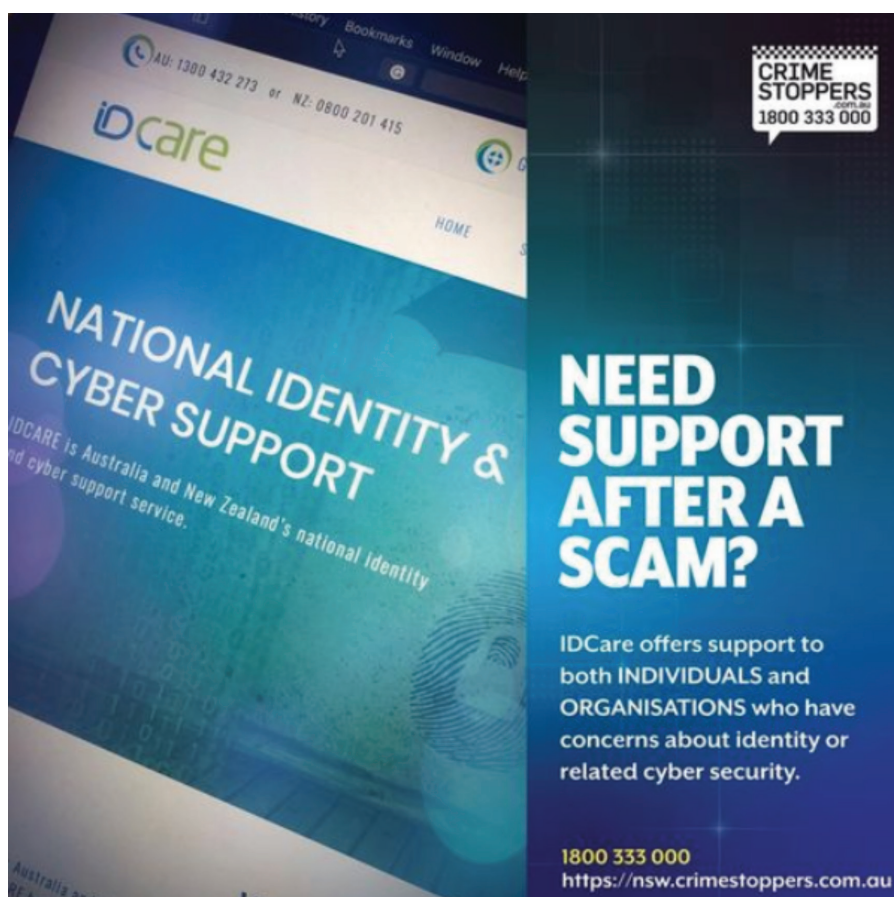
IDCARE is Australia and New Zealand's national identity and cyber support service. Their service is the only one of its kind in the world. They have helped thousands of Australian and New Zealand individuals and organisations reduce the harm they experience from the compromise and misuse of their identity information, by providing effective response and mitigation.

IDCARE as a registered charity does not ask individuals to donate or pay for their front-line services.

IDCARE connects the community to expert Identity & Cyber Security Case Managers who listen and provide the best advice on how to respond to data breaches, scams, identity theft, data breaches, ransomware lost/stolen credentials and cyber security concerns.

IDCARE expert advice, fact sheets, how to videos, tips on apps and tools, and news updates can be found at <https://www.idcare.org>

For regular tips and news about other security concerns in our local area please join <https://www.facebook.com/groups/WilloughbyNeighbourhoodWatch/>



CRIME STOPPERS
1800 333 000

NEED SUPPORT AFTER A SCAM?

IDCare offers support to both **INDIVIDUALS** and **ORGANISATIONS** who have concerns about identity or related cyber security.

1800 333 000
<https://nsw.crimestoppers.com.au>

Local economic sunshine grows four small businesses

Many small businesses in Naremburn Matters' distribution area have struggled through this Winter. So how refreshing it is to hear that four owner-hands-on local business ventures have not just survived 2022's economic storms, but three have expanded their physical size and customer base. The fourth success story has re-blossomed as an exciting home-based business, unique to the area



The Ivy League – now delivering flowers as far afield as the Northern Beaches & the Eastern Suburbs

The four local economic sunshine business heroes -- all advertisers in Naremburn Matters -- are:

infocus
St Leonards

Infocus, is a modern-to-the-minute financial advisory and mortgage broking service, situated at 11 Chandos Street St Leonards. In an exciting move, Infocus have engaged local architects (RFA Crows Nest) to design a state-of-the-art renovation to take advantage of its prime ground-floor street-frontage, to provide a calm place to meet clients.

Infocus has been a successful business operating locally for the past seven years by highly experienced Naremburn pair, Financial Adviser Jane Ridder and Mortgage Broker Jim Leone.

In a first for Naremburn Matters, Infocus will now provide a question-and-answer column for readers seeking information on all aspects of investing, including retirement strategies, SMSF, wealth protection and mortgage/property issues.

THE
IVY
LEAGUE

The Ivy League, originally one of Sydney's smallest and cutest flower shops has a 2.8m shop frontage at No 1/284A Willoughby Rd in the Naremburn Central shop strip. In

the past four years the business has steadily grown and with the return of events and weddings the quaint shop has now sub leased an additional event preparation space nearby, doubling The Ivy League's square meterage.

Carla, the owner of The Ivy League, has been able to grow the customer base to deliver florals as far afield as the Northern Beaches area and the Eastern Suburbs while also satisfying a large stream of local flower lovers and many weddings and events.



The biggest business expansion success is doubtless the **Sydney Podcast Studios** (SPS), which has grown from a tiny office and a small studio (approximately 35 sqm) in a building listed for demolition in St Leonards, into a spacious office and three studios at 56-62 Chandos Street, St Leonards (occupying about 70 sq m). Its physical growth is more than justified given SPS proprietor Rod Morri (for 30 years a Sydney newspaper journalist and a national magazine golf columnist) has attracted an array of famous journalists (the ABC's Stan Grant, James O'Loughlin and Geraldine Doogue plus some of Australia's best-known podcast producers) to make use of his world-class audio and video studios in just three years of operations.

At the same time, he has launched Sydney's only college for would-be professional and hobby podcasters to begin their careers.



Our newest advertiser success story is the unique **Select Health Effects**, a proven natural therapies service provided by reflexologist Jill Freestone in a studio at her home at Station St Naremburn. Select Health Effects has a history of success with Jill having operated her clinic in Mosman for 16 years, then 4 years in Neutral Bay. The 2021 Covid lockdown convinced her to return to a home-based operation, where she first began, after a career change from advertising and television. Jill studied reflexology at Nature Care College and completed many other courses and diplomas, including with internationally renowned teacher Lone Sorenson in Barcelona. Jill says: "The benefits of Japanese Cosmo Facial Lifting are many and all without painful surgery. I use pure organic oil for my face sessions, helping the skin appear rejuvenated while wrinkles dramatically reduce. Clients often report improvements in sleep, sinuses, digestion and stress levels." Reflexology, working on the feet, helps to get the body back in balance using massage techniques and can also be a relaxing therapy.

BILL COLHOUN

DECADENT AFTER DINNER TREAT

Rum Balls



INGREDIENTS

150g gms cooking chocolate
75 gms copha
2 egg yolks
2 tbsps rum
1 level tsp instant coffee
½ tspn vanilla
75 gms ground almonds
Chocolate sprinkles

METHOD

1. Melt chocolate and copha over hot water.
 2. Remove from heat, add beaten egg yolks and rum and mix in well, then add coffee and vanilla.
 3. Stir gently and mix in ground almonds
 4. Refrigerate until mixture thickens enough to form into small balls.
 5. Roll in chocolate sprinkles.
- Makes 25-30.

Time to start a revolution



Paul, Max and baby Jude delight in the finished compost bin upgrade.

You asked and we delivered - helping you conquer food waste in the compost revolution.

Many of you asked for more compost bins so we have been working tirelessly to get our community compost running at best capacity. We are proud to say this has now been completed.

By composting your food scraps instead of sending them to landfill, Naremburn households significantly reduce their climate change footprint. Composting is the natural process of recycling organic matter, such as leaves and food scraps, into the best fertiliser that we use to enrich our garden soil and plants.

Everyone is welcome to donate their food scraps for the compost revolution as well as pick and grow produce at any time.



Naremburn Community Gardens

Follow us on Instagram for updates:

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



JESSE HARRISON
NAREMBURN RESIDENT

THE IVY LEAGUE

MONDAY - FRIDAY
7.30am - 5.30pm
SATURDAY
7.30am - 3pm
SHOP NUMBER
9439 2949

EMAIL info@theivyleague.com.au
WEBSITE www.theivyleague.com.au
ADDRESS 1/284a Willoughby Rd, Naremburn

Why can't I lose weight?

As a GP, I often get asked this question. Here are 10 simple habits that are backed by medical science.

1. **Keep to your meal routine:** try and eat at roughly the same time each day, whether this is two or five times a day.
2. **Go reduce fat:** Choose reduced fat foods where you can. Use high-fat foods (e.g. butter and oils) sparingly, if at all.
3. **Walk off the weight:** Walk 10,000 steps (equivalent to 60-90 min moderate activity) each day. Take the stairs, walk escalators and get off the bus one stop earlier – it all adds up.
4. **Pack a healthy snack:** If you snack, choose a healthy option such as fresh fruit, plain yoghurts, or a handful of nuts instead of chocolate or crisps.
5. **Learn the labels:** Check the fat and sugar content on food labels when doing groceries.
6. **Caution with your portions:** Do not heap food onto your plate (except vegetables). Think twice before having seconds.
7. **Up on your feet:** Break up your sitting time. Stand for 10 minutes out of every hour. Stand more anywhere, anytime – bus, train and breaks or while on the phone.
8. **Think about your drinks:** Choose water first.
9. **Mindful chewing:** Slow down. Do not eat on the go or while watching TV. Eat at a table if possible.
10. **Do not forget your 5 a day:** Eat at least 5 portions daily of various vegetables and fruit.

Remember to be patient and kind to yourself – perseverance is the key!

If you haven't been able to lose weight even after adopting a healthy lifestyle and you can't understand why; it would be safer to see your doctor to work out whether there is a medical condition making it more difficult to lose weight.

These could be hypothyroidism, polycystic ovarian syndrome (PCOS), sleep apnea, chronic stress and hormonal changes in women, to name a few.

Losing weight and keeping it off can be a frustrating challenge and the odds are against you if you don't reach out for help.

DR RADEEKA LIYANAGE
WILLOUGHBY MEDICAL PRACTICE



Willoughby Medical Practice
Offering Holistic Health Care,
with New Doctors

We offer

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www.willoughbymedical.com.au

02 9958 8778

160 Mowbray Road, Willoughby

PREVENTION AND MANAGEMENT OF BLISTERS

Now we are into Spring, more of us will be walking and running outdoors for longer periods. For some, this may lead to the formation of friction blisters. Whether they are painful or painless, blisters are still important to treat. A blister is a small sac of fluid that forms in the upper skin layers in a particular location of the foot where excessive friction is present or an injury has occurred. It may also develop due to infection, allergies, burns, insect bites and many other causes.

Generalised predisposing factors to friction blisters of the foot include, but are not limited to: poor fitting footwear, foot deformities (eg. bunions, prominent bones/joints), moisture from sweating, increased temperature within the shoe/sock, prolonged and vigorous exercise, new shoes, inappropriate socks, hard/rough materials of the shoe, biomechanics (eg. particular way of walking, particular foot type).

How to prevent friction blisters

1. Make sure footwear fits properly - length, width and depth
2. Wear nylon or moisture-wicking socks, avoid cotton socks
3. Use of petroleum jelly or other lubricants
4. Use of powder, anti-perspirants or other skin drying strategies
5. Taping methods with particular blister prevention materials
6. If a particular area becomes red and painful at a high friction area of the foot, this usually is a sign a blister is about to form and needs to be addressed quickly
7. Stop the activity if pain is unbearable and no immediate treatment is available

How to manage friction blisters

1. If intact, cover with soft adhesive dressing
2. If torn, apply antiseptic and cover with soft adhesive dressing
3. If intact, fluid filled and painful, cover with soft adhesive dressing and contact our podiatry clinic for an appointment
4. Do not pop any intact blister yourself at home as it can lead to more pain and possibly infection
5. Visit podiatrist for tailored prevention advice, treatment and management

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

WE TREAT:
Lower Back Pain
Knee Pain
Foot Pain





NAREMBURN PODIATRY

ORTHOTICS Designed, Made & Fitted Here

276 Willoughby Road, Naremburn 2065

We care for your

- Corns & Calluses
- Heel and Knee Pain
- Ingrown and Fungal Toenails
- Diabetic Foot Care
- Footwear Store
- Nail Surgery

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We Specialise in Children's Feet

Health fund, DVA & Medicare rebate available

ONLINE BOOKING | **8964 6648**
www.naremburnpodiatry.com.au

COUNCILLORS' REPORT



ANNA GRECO

Perhaps the most recognised “fear” shared by all citizens of the world is the fear of public speaking. I still remember being terrified the first time I exercised my citizen’s right to address Willoughby City Council (Council). The simple advice given to me was - do it anyway!

It can never be emphasised enough the vital role citizens play in shaping how Council can deliver services, maintain assets, manage development, protect built and natural heritage etc. Therefore, I believe the right of its citizens to address Council is essential to the equitable functioning of Local Government.

The provisions for Public and Open Forums on the Code of Meeting Practice (CMP) are no longer mandatory. However, on 27 June 2022, Council resolved unanimously to reinstate the rights of its citizens to address Council at Open and Public forums.

The CMP is complicated, but essentially, it allows citizens to speak for 3 minutes on matters on the agenda (Public Forum) and /or any issue not on the agenda (Open Forum). The “Rules” to keep in mind when addressing Council are to be respectful, clear, and to the point.

If you would like to know more about how to address Council on issues that are important to you, contact me and I will help you. The new code of meeting practice can be found on Council’s website: <https://www.willoughby.nsw.gov.au/Council/Policies-and-publications/Policies/Code-of-Meeting-Practice>

ANNA GRECO

P | M +61459866064

E Anna.Greco@Willoughby.nsw.gov.au



GEORGIE ROUSSAC

Naremburn Ward Community Swap - Children’s Toys and Books - 2 to 4pm on Sunday 11 September 2022 at Artarmon Parklands Community Garden. A group of local residents in Naremburn and Artarmon are working together to reduce waste in our community. Bring your good quality toys, books, games and puzzles to swap - no money is exchanged. Save money, recycle, and meet people in our community. Yay, yay, yay!

Advocating for changes to State Government Complying Development controls - in June Councillors supported my motion seeking our local state member’s support to advocate for changes to the Complying Development Code to address community and council concerns.

Key concerns with the Code include that the complying development pathway is too fast, only requires that immediate neighbours are notified (not consulted), and does not allow for community input, objections or feedback to manage local impacts on amenity, safety, traffic, and local character. Aerial imagery of the Willoughby Local Government Area shows an increase in tree coverage in council-controlled areas but a decrease in residential areas. Early indications suggest complying development controls are having a big impact, for example trees under 8 metres can be removed as part of a complying development for a new house with no requirement that trees be replaced.

GEORGIE ROUSSAC

P | M +61459 879 379

E: Georgie.Roussac@willoughby.nsw.gov.au



NIC WRIGHT

You’ve probably noticed the new pedestrian crossing near Forsyth’s Café, frankly it’s hard to miss. For two years I had argued at Council that changing this crossing would cause more problems than it solved, supported by local residents and shop owners who know that area best. Despite my protests, Council resolved to move ahead with this flawed design in early 2022 and what we’ve been lumped with is an excellent example of why Council needs to listen to the community about what will work, rather than dictate solutions. The traffic is worse, it’s arguably less safe for pedestrians, and the loss of both parking and trees is unacceptable. Now starts the unenviable task of working to fix a problem that shouldn’t exist. I have raised the numerous issues with Council staff and will work to find solutions. I would love to hear your feedback on the changes, and any thoughts on how we might improve it.

In better news however, I’m pleased I’ve delivered on an important election commitment to reduce our rates bills. Rates revenue will fall by 5.2% this financial year, and will result in the average residential rates per property decreasing by \$38. It might not be much, but every little bit helps.

NIC WRIGHT

P | M +61481 033 442

E: nic.wright@willoughby.nsw.gov.au

MAYOR'S REPORT



In a major step towards Council's target of achieving Net Zero emissions by 2025, Willoughby City Council has flicked the switch to be 100% powered by solar energy.

We are looking at what we can do to reduce our carbon footprint across the board, whether that be adopting solar powered landscaping tools, replacing street and main road lightbulbs with LED alternatives or providing incentives for residents to switch to renewable energy with Council's Solar Bulk Buy scheme.

To help support our aspiration to be a green city, and create a safer, more connected and liveable local centre, Council has completed work on a wombat crossing at Rohan Street.

The Naremburn crossing was one of 12 new raised and marked crossings completed over the past 14 months with \$1.95 million funding from the Federal Government.

Spring is here and what better way to celebrate than at the Emerge Festival.

The festival features 39 days jam-packed full of unmissable events from September 1 until October 9. As we emerge from Winter and the pandemic, this is your opportunity to discover hidden gems in our local community.

Emerge will feature art exhibitions, workshops, outdoor activities, live performances, food and beverage and plenty of fun for kids. Visit emergefestival.com.au for the full program of events. I hope to see you there!

MAYOR TANYA TAYLOR
WILLOUGHBY CITY COUNCIL



EMERGE

FESTIVAL 2022

Celebrate Willoughby's vibrant culture and community as we leap into Spring

1 SEPTEMBER - 9 OCTOBER

Discover the hidden gems in your neighbourhood and support local.

EMERGEFESTIVAL.COM.AU

WILLOUGHBY CITY COUNCIL

Community activities

Naremburn Community Centre

7/8 Central St, Naremburn

Ph: 9967 2917

willpark@willoughby.nsw.gov.au

Contact the Centre, for room availability

Current Face-to-Face Activities
at the Centre:

Willoughby Community Pre-school

Ph: 9427 4260

director@wcp.org.au

Monday to Friday 8:00am-4:00pm

Naremburn Progress Association

Larissa Penn

secretary@naremburnprogress.org.au

2nd Thursday of February, April, June, August,
October and December at 7.30pm.

Next Meeting: 13th October 7.30pm

All members and residents are welcome

Pre-registration may be required
due to COVID-19

See www.naremburnprogress.org.au
for details.

Volunteers urgently needed -

Naremburn Community Playgroup

Volunteers needed to help us get the
Naremburn Community Playgroup up and
running again. We are looking for parents or
carers willing to form the committee to run the
playgroup, otherwise we may need to close this
valuable community group.

Please contact Pooja at
naremburnplaygroup@gmail.com

Bushcare

Bicentennial Reserve Bushcare:

Meet on the 2nd Sunday of each month
9am-12pm. Sue: 9958 2122

The Drive (Flat Rock Gully) Bushcare:

Meet on the 2nd and 4th Friday of each month.
Heidi: 0405 454 300

To join a group please fill out
Willoughby Council's Bushcare Volunteer
Application Form found at:
bushcare@willoughby.nsw.gov.au

Willoughby Community Men's Shed

Warners Park, The Outpost, Northbridge

Mon-Friday, 10am-3pm

(Women attend on Wed)

See willoughbymensshed.com.

COVID-19 Restrictions remain in force
at the Shed. For bookings please email

Covid_Bookings@willoughbymensshed.com

Naremburn Community Gardens

Bongalong Street 9am-11am Sundays

Station Street 9am-12pm Sundays

Marks Street - coming soon

Email: naremburngardens@gmail.com

Help pick local coffee-beans harvest



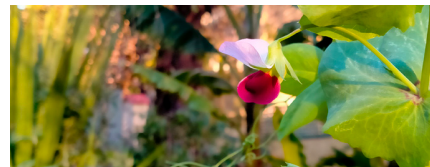
On September 18 you have the chance to
join in Forsyth's annual street-coffee-bean-
picking harvest.

For the past 20 years Forsyth Coffee's
husband and wife proprietors, Rob and Jo
Forsyth, have hosted their annual coffee-
bean harvest from the "mini-plantation" of
trees which grow adjacent to their cafe on
the corner of Rohan St and Willoughby Rd.

The Forsyths encourage local children to
be involved in the picking and processing
of the red coffee cherries. The focus is to
educate and enlighten everyone as to how
third-world countries produce coffee and
the hardship of the workers.

To highlight this, Forsyths will pay their
workers the Australian equivalent of world
wage rates.

No coffee-bean picking experience or
special equipment is needed -- just add
your name to the list in Forsyth Cafe.



*Join Naremburn's gardening community - come and
spend some time at one of Naremburn's community
gardens.*

JOIN US FOR TASTES OF NAREMBURN

Tastes of Naremburn
Community Event, Sunday 18th
September 1-4pm

Join us for an afternoon of
fun, food and fine tunes at
Naremburn Village Shops
proudly supported by NPA and
Willoughby Council.



FALSE: Gas was supplied to our area from
Neutral Bay as early as 1876. Electricity
was requested and supplied from 1914.
the process.



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