



Naremburn Matters

September 2013 Vol.9, No.2

Circulation 3,000

The newsletter of the
Naremburn Progress Association (NPA)

Volunteer in your community

Valerie Willemsen, the Volunteer Referral Coordinator at Dougherty Community Centre, will be giving a presentation at 7.30 pm at the next NPA meeting on Thursday 12 September 2013, about the benefits of volunteering.

This presentation will provide you with information regarding volunteer opportunities in your local community.

Volunteering is a great two-way system; it provides just as much benefit to the receiver as it does to the giver (volunteer). We hear many stories from our volunteers expressing how much they enjoy volunteering. And for the people receiving the assistance, the help of a volunteer can make it possible for them to continue to live in their homes with comfort and dignity.

Apart from the many benefits to both your mental and physical health, volunteering is great for expanding your social network and your confidence. Volunteering can also create a pathway to employment, and it has the benefit of being flexible. Volunteering may be something for you or for someone you know.

In a society like ours that is so fast paced and busy, it is great to occasionally slow the pace down and assist someone less able who, with your support, can continue to live independently. It is this support for our fellow community residents that builds strong and caring communities.

If you would like to hear more about volunteering in your area and the variety of opportunities available, come along and bring a friend to the NPA meeting on Thursday 12 September at 7.30 pm.

Naremburn Library new online catalogue

Have you been online lately? The new Willoughby City Library catalogue went live on Monday 24 June 2013, providing you a range of new and exciting features.

What can the new online catalogue do for you?

- Apply for membership, update your details, and manage your account online including renewing your loans, reserving items, and perusing your previous loan history.
- Add your email address and be sent a courtesy email reminder regarding loan due dates or notification to pick up reservations.
- Make a suggestion for purchase, browse the V(irtual) Shelf and write a review for that book you just read.

Don't forget to check out the many eCollections on offer: download eBooks and Audio books to your own mobile device; view full digital copies of a range of popular Australian and international magazines covering topics including sports, fashion, cooking, architecture and more; search newspaper and journal archives; learn a language; trace your family history; all this and more.

Discover a range of wonderful reading suggestions in *Book Clubs and Good Reads*. Search for historical images of our municipality via *Picture Willoughby*. *What's On* will lead you to the many events and activities available throughout Willoughby City Library and Community Learning Services – keep an eye out for the Carnivale School Holiday program and Spring Festival information.

You don't have to leave home to use the library – discover a whole new world through the online catalogue. And library membership is free; why not join today?

Visit the Library web page www.willoughby.nsw.gov.au/Library/ then click on Catalogue.

Happy reading and online searching to all.

Diana Revington
Naremburn Branch Librarian

**NAREMBURN
VILLAGE SHOPS**

Photographic artwork by:
David Waters
7 June 2005





NAREMBURN
MATTERS

Naremburn Progress Association
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Incorporated 2004
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Viviane Leveaux
Joann Morand

General Meetings

Second Thursday of the month
excluding January and July
Naremburn Community Centre
7 Central Street
Commencing at 7:30 pm with an Open Forum

**Naremburn Matters
Editorial Committee**

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The opinions expressed in articles, letters and contributions published in Naremburn Matters do not necessarily reflect the opinions of the Naremburn Progress Association or its officers. While all possible care is taken to be accurate, no responsibility whatsoever will be taken by the Naremburn Progress Association, Typesetters or Printers.

President – out and about

Spring is just around the corner so I do hope you take advantage of the many activities that are taking place in our local community.

The most significant event will be that of the Spring Festival, which is in its seventeenth year. Events will be conducted throughout Willoughby City during September. The Spring Parade will be held in Chatswood on Saturday 7 September in conjunction with a Street Fair of arts, crafts, gourmet food and lots of entertainment. This is an event not to be missed! Keep an eye on the council website for regular updates: www.willoughby.nsw.gov.au. There is also fun to be had at the Crows Nest Festival on Sunday 20 October.

The Executive of the NPA has been keeping a watch on the proposed White Paper, which is a new planning system the NSW Government wish to implement to “promote and enable economic growth and positive development for the benefit of the entire community, while protecting the environment and enhancing people’s way of life. It is about enabling development that is sustainable.”

One of the most concerning aspects of the White Paper is that it proposes that 80% of all developments will be “complying development” within the next five years, which means that neighbouring residents will no longer be notified of proposed developments. The stated reason for this is to abolish the process of development applications, but it also means that residents may not be notified of proposed developments. We have joined with the Federation of Willoughby Progress Associations to write a submission stating our concerns. The NPA has also joined the Better Planning Network (BPN) in advocating for the rights of the general community. See page 5 for further details.

In Naremburn we are so lucky to be surrounded by beautiful parks and reserves — this is what makes our suburb such a desirable area to live. But this may soon be eroded with the proposed development of the Channel 9 site. I am not sure that the residents of Naremburn understand the impact that this development will have on our community, not only visually but also from an environmental point of view. No longer will we be able to gaze across at a relatively leafy, green vista.

It is important that we band together to have a strong voice to the government and legislative authorities. This is one of the many reasons why you should consider joining the Naremburn Progress Association. We need to keep up the fight! The more members we have the greater the voice that we have as a community.

So come and join up so our suburb will retain the character that we love rather than have it changed before our very eyes.

Frances O'Brien
President, NPA

Letters to the Editor & Articles

Articles or comments or suggestions to:

The Editor, naremburn.matters@naremburnprogress.org.au

or mail to: PO Box 393 St Leonards NSW 1590

Next Issue: December 2013

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

September issue deadlines

Ad Booking: Monday 28 October
Ad Artwork: Monday 4 November
Articles: Wednesday 6 November

naremburn.matters@naremburnprogress.org.au

Under Copyright Laws a copy of each issue is forwarded to the State Library of NSW

NPA Meeting Dates

**Second Thursdays
7:30 pm**

12 September 2013
10 October 2013
14 November 2013
12 December 2013

**Naremburn
Community Centre
7 Central Street**

Who can be a member of the Naremburn PA?

- Naremburn residents – 18 years and over;
- Non-resident Naremburn property owners;
- People who run businesses in Naremburn.

\$10 per person per annum

\$5 Concession per person per annum

Fees for the calendar year are set in March and are due for payment by 15 June each year in order to retain membership rights.

www.naremburnprogress.org.au

It has 'sprung' again just like clockwork!

Yes, it's that time again!! Spring is here — well it seems like it has been here for a while with such an incredibly mild Winter. In fact, did we even have a Winter?

For those who vax pack you would have stowed your jumpers and cardigans away for another year — does anyone actually do this?

Spring is a great time to do a big clean in and around the house. Start inside and clear out all of the excess clutter you have collected over the past few months. Give everything a good airing, and wash, dust, polish or whatever you need to do, etc.

Now that the inside is all nice and clean take a small break and have a quick cup of tea because there is still more to do — it's time to get into the garden.

With some preparation right now in the garden you will set everything up to have a stunning, amazing, luscious lawn and garden that will turn the neighbours green with envy!

Your garden beds need to be thoroughly weeded (if you had a lazy spell over Winter you will have more to do, won't you?), fertilised and then covered in a thick layer of garden mulch, which will help keep down weeds and hold in soil moisture. Now is the time to plant new herbs and vegies in your kitchen gardens, new annuals for summer colour and new permanent plants to fill in bare spots or to plant out a new garden bed.

The lawns need to be edged (but you have already been doing this regularly, haven't you?), then aerate them, patch and repair any worn and bare areas, fertilise with a complete fertiliser and water in well.

An important note for both your garden beds and lawns (and don't forget the pots): there haven't been many rainy days. (I'm adding a disclaimer here: at the time of writing this piece it has been quite dry so if it's raining like hell while you're reading this, don't think I've lost the plot and have no windows!). Now that the days are warming up and everything is about to start growing it is important that your lawn and plants are watered — they need your help. Don't let them struggle with thirst!

Check out your potted plants, including any indoor plants — they may need a repot if they are pot-bound. Remove any dead leaves then fertilise with a slow-release fertiliser. If you have indoor pots, place them outside for a few days and give them a good spray over.



I've sprung to it, all done; now it's time to enjoy my cup of tea.

Once you have completed all the above, but before you sit down on the outdoor furniture you will need to give this a clean, too, with some warm soapy water or you may need to sand and restain or varnish.

One last thing while the outdoor furniture is drying: sweep down all the paths, decking, patios etc — a high-pressure hose can really clean off the more stubborn spots like those slippery areas covered with algae. If you have a deck, give it a light sand and reseal to protect it from those barbecue and red wine spills.

My final tip — my biggest secret that keeps my place so green — spray everything that is green in the garden with Seasol (or similar liquid fertiliser). So come on: get up and begin! The neighbours are watching! Spring to it!

Andy

41 Central Street



Peter Chauncy and his team

Ready for a strong start to Spring

Naremburn continues to be a shining star in the recovering Sydney market with demand far outstripping supply over the Winter period creating a perfect storm for local sellers.

Two key factors in measuring the strength of the market are auction clearance rates (the percentage of properties booked for auction which sell either before or on the scheduled auction date) and days on market (the number of days it takes for us to sell a property after it has been listed for sale).

In July alone, Sydney auction clearance rates were around the 80% mark, which is the highest at this time of year since 2005. We maintained an average 83% clearance over the year, in some months rising to 100%. However, the area's popularity was most reflected in our days on market figure which dropped to just 11 days. In summary, there are not enough properties to satisfy demand, which has placed upward pressure on prices.

At a macro level it's now clear property is the obvious benefactor of record low interest rates, which have spurred

buyer confidence this year. Taking into account inflation we basically have an effective prime interest rate of zero. In comparison, it is almost impossible to believe that, in 1990, interest rates were 17.5% with special "honeymoon" rate offers of 14.5%. Local investor activity has also increased as the combination of yield and capital gain becomes increasingly attractive over holding cash.

The improving trend in Naremburn has been amplified by very low levels of available stock. While supply is likely to increase as people gain confidence and seek to secure strong prices on offer, there is no doubt the next 60 to 90 days represents a unique opportunity to access a pool of qualified buyers who have not been successful in securing properties over recent months.

Indications are that Spring will get off to a good start and with the election out of the way on 7 September, results should continue the solid run from the first quarter of financial year 2013–2014.

Distribution of our Annual Report

We have been busy hand delivering the annual Naremburn Report to all the homes in the suburb. If you didn't receive a copy and would like us to send you one please don't hesitate to contact us.

For any Real Estate advice, please feel free to contact Peter Chauncy on 0402 036 489

McGrath Crows Nest

1A/29 Holtermann Street Crows Nest NSW 2065

Phone: 8115 0401

HEALTH MATTERS – Vitamin D

Vitamin D is a hormone that controls calcium levels in the blood. It is essential for bone and muscle development and for preventing osteoporosis.

Vitamin D deficiency may not cause any obvious symptoms but without treatment it can have significant effects on a person's health. Low vitamin D has been linked to an increased risk of:

- multiple sclerosis
- diabetes mellitus
- various cancers (especially colon cancer)
- heart disease
- altered immunity

Ultraviolet (UV) radiation from the sun is the best natural source of vitamin D. For vitamin D to be produced, the skin must not be covered with clothing or sunscreen. The recommended skin exposure is 5–15 minutes of sunlight (depending on the time of year and the surface area of skin exposed) 4–5 times a week. Prolonged sun exposure is not necessary and it will increase the risk of skin cancer. Solariums should not be used to boost vitamin D levels.

A small amount of vitamin D (less than 10%) is obtained from the diet. Foods that contain vitamin D include oily fish, liver, eggs, mushrooms and foods fortified with vitamin D.

People at risk of low vitamin D include:

- people with little or no sun exposure
- naturally dark-skinned people (pigment in skin acts as a filter)
- those who cover their skin for religious or cultural reasons
- babies of vitamin-D-deficient mothers

If you are at risk or are considering taking supplements you should consult your GP for vitamin D testing and advice about correct supplementation.

Dr Raffi Sahagian
Mowbray Road

Turning Naremburn's hot spots into cooler urban areas

Have you ever noticed how some of Naremburn's streets appear hotter than others? Surface areas under tree canopies can be an average of up to 7 degrees than concreted areas, according to researchers at Monash University. Hard surface areas in cities can create 'heat islands', which can create issues for children and the elderly.

Technology now allows for councils to do heat mapping of suburbs to work out which parts of suburbs are heat islands. This can assist councils in establishing actual baselines and planning of tree canopies in the mix of suburbs.

National Tree Day was held around Australia on the last Sunday of July this year. Their logo for this year was 'Get outside and grow'. Over the last number of years, residents of Naremburn have come out on National Tree Day and planted street trees with great assistance from Willoughby City Council. Council determines the best possible tree species, its proposed location and takes into account underground services and the presence of any overhead wires. Many streets in Naremburn have been planted up by residents over the years. This year saw some 14 residents, including two of our ward councillors, Michelle Sloane and Nic Wright, gather to plant trees in Merrenburn Avenue. Kennard's Hire lent a truck and digging utensils for the day.

One of the biggest challenges for new street trees is the damage caused by whippersnippers being used to cut grass at the base of trees. Naremburn does lose trees due to the cuts caused by these relatively new labour-saving devices. If you see damage at the base of a street tree Council will be happy to have a small non-intrusive wraparound tree guard placed on the tree.

If you don't have a tree planted outside your home and would like to contribute to the ongoing greening of our suburb you can ask Council to have one planted.

Ronan Ahern
Northcote Street

Update on schools

Anyone with children in Naremburn will know what a hot topic the issue of schools overcrowding is. It seems that there is finally some good news following the NSW State Budget in June this year.

The Northern Sydney Schools Plan is a \$70 million plan to address crowding issues on the north shore. Among the developments will be a new primary school, ready to accept children in 2016. The site has not been confirmed but it is thought it may be located in Cammeray. This will help ease the pressure on other local primary schools in the area, which are currently bursting at the seams.

A new comprehensive high school was also announced, which will operate on the site of Bradfield College at Crows Nest. Bradfield College will be relocating to St Leonard's TAFE by the end of 2014, which will allow the new high school to accept Year 7 students in 2015. Again this will provide much-needed facilities in the area. There was also funding in the budget to upgrade existing schools, including Artarmon Public School.

Will it be enough? That remains to be seen, but it is certainly a step in the right direction.

Zoë Harpham
Waters Road



COMMUNITY VOLUNTEERING

GREAT OPPORTUNITIES!

- Volunteering provides many benefits to both mental and physical health.
- Volunteering can provide a healthy boost to your self-esteem and confidence.
- When you are doing something good for someone else and your community, you get a natural sense of accomplishment.
- Volunteering contributes to your physical health.
- It is good for any age, but it's especially beneficial in older adults.
- It keeps you in regular contact with others and helps you to develop new friendships.

If Interested contact:

Valerie, Lower North Shore Volunteer

Referral Coordinator on:

P: (02) 9777 7815

E: Lnsvolunteer@willoughby.nsw.gov.au

W: www.willoughby.nsw.gov.au

Update on Channel 9 Redevelopment

After a period of strong community protests at the time of the last issue of *Naremburn Matters*, things have quietened down on the Channel 9 redevelopment front. The community's myriad concerns have not been forgotten but now is a time of assessment and reassessment.

Following the community action a few months ago, a delegation comprising the Mayor, Pat Reilly, council and community representatives, including Bob Taffel, President of South Willoughby Progress Association, met with the Minister for Planning & Infrastructure, Brad Hazzard, representatives from NSW Planning (NSWP) and the Minister for Transport (also our local MP), Gladys Berejiklian, to discuss Channel 9's Environmental Assessment and the process of community consultation.

Since that time the NSW Planning Department posted to their website all the submissions made in relation to Channel 9's proposed development including those made on behalf of the wider community by the Federation of Willoughby Progress Associations (FWPA). It is interesting that not one submission was in favour of the project. Willoughby City Council's alternate plan is also posted.

The submissions can be viewed by going to:

http://majorprojects.planning.nsw.gov.au/index.pl?action=view_job&job_id=4326

or <http://majorprojects.planning.nsw.gov.au> and searching for Channel 9.

On 12 July Bob Taffel received a copy of a letter to Channel 9 by the NSW Department of Planning & Infrastructure, which has identified their concerns and the issues to be addressed by Channel 9. While there was no clear directive from NSWP to reduce the height and scale of the buildings, NSWP have unambiguously expressed their concern about the height, bulk and scale of the proposal. It appears that most of the issues which have been of concern to us as a community are also of concern for NSWP namely the height, size and shadowing of surrounding areas; social and community impacts; tree retention; internal roadways, cycle and pedestrian access; and open spaces and environmental impact. As such NSWP's response would suggest a complete review of the proposal will be required by Channel 9 and, with any luck, some meaningful consultation with Willoughby City Council. Further, NSWP will issue further requirements and recommendations on completion of a traffic survey by engineering consultants, Arup, which NSWP have commissioned in conjunction with Willoughby City Council.

The next step is for Channel 9 to respond to the issues listed in the letter from NSWP to enable the NSWP to complete its assessment. The assessment and submissions will then be referred to the Planning Assessment Commission for determination.

I notice that Willoughby Area Action Group remain active with letters in *The North Shore Times* and a rather large banner posted on the overbridge at Naremburn.

It is clear that there is yet a long way to go before the battle related to the Channel 9 redevelopment is over. It is hoped that there will be further community consultation. We do know that we have the support of our Progress Associations, Willoughby City Council and our local member The Hon Gladys Berejiklian.

Viviane Leveau
Olympia Road

NSW Planning Laws – what next?

The White Paper – a new planning system for NSW and draft planning legislation was published in April 2013 and prompted more than 4000 submissions from interested groups and the general public.

Over 6000 people attended meetings chaired by the Department of Planning and there are nearly 400 questions awaiting response from the Department of Planning and Infrastructure. Submissions on the White Paper closed on 28 June 2013.

Naremburn Progress Association (NPA) has been playing its part in all these activities, most recently by becoming affiliated with the Better Planning Network (BPN), a non-aligned group of over 400 associations striving to achieve a better planning system for NSW. BPN has already achieved significant progress in raising awareness of the shortcomings and areas of concern within the draft legislation, which is anticipated to go before State Parliament very soon.

Many of the proposed changes to the planning and approval processes are welcomed and long overdue, being the most significant overhaul of state planning legislation in 30 years. However, the end result must always allow the local community to have appropriate and considered input into the approval process for any developments, and it is in this area that many associations have grave concerns as the proposals appear to give the Minister unfettered power to grant approval to contentious developments, whilst also seeking to remove the ability for public comment on more than 80% of any development applications lodged with the local council.

Streamlined approval processes should be supported and appropriate developments welcome, but not at the expense of transparency and good governance.

NPA supports ecologically sustainable development, with environmentally-sensitive and cultural heritage areas identified and protected. Appropriate infrastructure must also be provided.

In the coming weeks, it remains to be seen how all these important considerations are addressed within the legislation.

The NPA will endeavour to keep you informed on any progress; email updates will be sent to NPA members."

Roger Promnitz
Secretary, NPA

Designing better spaces for your Naremburn home

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**Northbridge
Physiotherapy**

Barbara Easson
Louise Breheny

**Physiotherapists
Pilates instructors**

Suite 4
173 Sailors Bay Road
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Back pain is a pain

Lower back pain is a problem that most people experience at some point in their lives. It can strike without warning as you suddenly feel a twitch when coming up from a bent position; putting groceries in the car; whacking a golf ball; lifting up your little one or stacking the dishwasher.


In most cases you may be able to manage the pain with painkillers and a few days of rest but when it comes to your spine, the story does not end there. Most people who experience activity-limiting back pain go on to have recurrent episodes. Lower back pain can readily become chronic, lasting for months, years and even a lifetime.

You may have visited many doctors' offices and been put through a series of tests and scans in order to establish the problem with your back. You may have been told that you have flattened intervertebral discs, wear and tear in your spinal joints or a disc bulge. You may also have undergone invasive strategies such as a nerve block, a cortisone/anaesthetic injection or even spinal surgery. Well, why does your pain still exist?

One obvious reason is that what is shown on imaging studies is not necessarily causing your pain. In fact, studies have shown that even people without back pain have flattened discs, narrow spinal joints or even disc bulges. So how come they don't suffer from pain? The answer may be that the main cause of your pain is none of these but instead your muscles. Yes! The primary source of 75% or more of all back pain is the muscles, not the spine.

Here at New Body Physiotherapy and Postural management, we fix many 'difficult spines' by releasing and retraining the main cause, your muscles. Do you want to learn more about the reason for your difficult back ... get the pain out of your back and your back back into your life?

Then get your back into it at New Body Physiotherapy.



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62 Frenchs Road Willoughby NSW 2068

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0420 988 601

www.newbodyphysio.com

Improve the way you move



Community garden – Spring 2013

The Bongalong Street Community Garden now has a full range of perennial herbs. We will also be planting lots of basil and parsley for Spring and Summer. The lemongrass has gone completely mad! Please come and help yourselves to any herbs that you would like.

The strawberries have decided that they are in just the right spot and are starting early this year. Someone has already harvested the first one of the season – and it was a beauty at half the size of my hand – although my hands aren't that big. There are many more coming, our estimate is for a crop of around 1,200 over the next three months, so there will be plenty for everyone.

The trellis is covered in sweet peas. They are lovely to look at but vile to eat. The passion fruit vines are just starting to look like they are settled in and ready to grow, so it will be good to watch them cover the trellis over the next few months.

Council provided us with a dwarf lemon tree, which is now covered in blossom. We have also been gifted a pomegranate tree – which will be moved into its permanent position once the new beds are completed – and a strawberry guava tree.

The organising committee is in the process of organising for new beds to go in along the western end of the garden. Dates for this and other activities in the garden can be found on the facebook page:

<https://www.facebook.com/BongalongStCommunityGarden?ref=stream>

We now have two worm farms in operation so feel free to drop any compostable items into either one of them – and if you need some liquid fertiliser for the garden, bring a bucket and drain some worm wee (then dilute to 1 part worm wee to 9 parts water before using).

There is usually someone working in the garden around 10 am on Sunday mornings, so please drop in and say hello and have a look around.

Sue Howes
Bongalong Street

Discovering Nareburn

We're a bit spoilt in Nareburn. Quiet tree-lined streets, interesting houses and gardens, friendly locals and just one traffic light away from the city — what's not to like? But are you enjoying everything Nareburn has to offer, or have locals been keeping mum about some of the great things to see and do?

Stroll down to Nareburn shops on the weekend and it's buzzing with locals grabbing coffees, lingering over brekkie and catching up with friends for lunch and dinner. Cream Gourmet Deli gets more than its fair share of customers on weekends, with tables filled inside and out on a fine day.

Co-owner and executive chef Adrian Turley says Cream Gourmet Deli is his third café venture but his first on this side of the bridge. He "tried to bring the vibe over" with him from former haunts in Bondi and Surry Hills when he took over Cream a couple of years ago [[delete if necessary]] — injecting it with a new look and feel, and a new menu.

Adrian changes the menu seasonally, but says the organic free-range eggs on organic sourdough toast and the OMG BLT are perennial favourites. He takes pride in making everything in-house, from the muffins to the quiches, and even the coffee is custom made — "we wanted something a bit special just for us". Cream is one of only two Sydney cafes serving 'The Panther' — a special blend handcrafted by Morgan from organic and fair trade beans that took months to perfect.

So what can customers look forward to at Cream in Spring? Adrian says Winter favourites are giving way to lighter fare, with super food açai berries likely to make an appearance for the first time in a new smoothie.

Open seven days with all-day breakfast – 7 am to 4 pm – this little corner of Nareburn is worth discovering.

Ali Millgate
Wheatleigh Street

Bells fit for a prince

A three hour peal of *Cambridge Surprise Royal* on 10 bells was rung in Westminster Abbey on 23 July to celebrate the royal birth. There was even mention of it in some television news bulletins, with a few seconds' footage of ringing in the Abbey's tower.

Of course, no such media coverage was given to two recent weddings in St Leonard's, Nareburn, where, for only the first and second times, the newly installed bells were rung to celebrate a wedding. For those who were lucky enough to hear the bells peal on either occasion, the sound represented every bit as much joy, love and celebration as a royal birth or wedding. Such is the power and magic of bells. If only they could have been heard farther afield!

Patricia Gemmell
Glenmore Street



Naremburn Neighbourhood Watch

September 2013

Recent Activity

The statistics for the period from January to March are now available and indicate the following:

Assault	5
Break/Enter	9
Malicious damage	10
Stealing	4
Other	2

Most of the Malicious Damage occurred in a small area near to St Leonard's railway station and involved spray paint and texta damage.

Most of the break and enter were through ground floor windows and doors, mostly late at night.

Most of the stealing was from cars.

The biggest issue with stealing from cars is not what is taken, but the damage that is done in the process and the cost and inconvenience of having it fixed.

If a car window is broken to allow access for a thief it can cost in the vicinity of \$600 to be fixed. There is also the time that the car needs to be at the repairers and the dropping off and picking up. There is the insurance and the excess to be considered.

Often what is actually taken is of little value – for example a three year old street directory or some loose change.

Some tips to make your car less of a target are:

- Store as many items as possible in the glove box.
- Failing that, store in side pockets or under the seats.
- Even though something may be of low value, the thief doesn't know that until they have ruined your window.

- Try to keep as little change as possible in your car, and if you do have some, keep it out of sight.
- If you have a wagon keep the boot cover closed over anything in the back of the car.

While on the subject of stealing from cars, the police find that many cars that are broken into are in underground car parks of unit blocks. Here are some tips that you might like to implement, or talk to your Body Corporate about:

- Ensure there is good lighting in the car park.
- Motion sensitive lighting alerts people to movement as well as providing light.
- Painting the ceiling white will reflect an enormous amount of light into the area.
- Painting the walls white will make any intruders, and their activity, stand out in silhouette.
- Agree with neighbours not to allow people to come into a security car park as they enter or exit with their cars.
- Get to know your neighbours so that if someone is doing something odd you won't be guessing whether they have a right to or not.
- Don't leave valuable things unsecured.
- If you see anything that looks odd, call the police and report it.

The more we do to deter thieves, the fewer chances they have and the more likely they are to be caught.

Email network

If you would like to join our email report service please email us at naremnhw@tpg.com.au

Sue Howes
Bongalong Street

KEEP THESE NUMBERS HANDY

For URGENT police assistance
including a crime in progress

000

For routine enquiries or advice after
an incident – Chatswood Police

9414 8499

Give Information about any criminal
activities, phone Crime Stoppers

1800 333 000

or the Police Assistance Line
(PAL)

131 444



**ST LEONARD'S
CATHOLIC
CHURCH**
Naremburn

Cnr Willoughby & Donnelly Roads

PARISH OFFICE – 9438 1011
office@LNS.org.au

**You are welcome to
join us for worship:**

**Saturday vigil Mass
(Maronite service) 6pm**

**Sunday
8am, 10.30am and
6pm (Youth Mass)**

**Weekdays:
9am Tuesday
& 9am Thursday**

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The bells are (open) rung on  
Sundays from 10.10 to 10.30am  
and 5.40 to 6.00pm.

You are welcome to come and  
see the ringers in the bell tower.

Prospective bellringers are  
always welcome.

Please email  
[pgemmell@tpg.com.au](mailto:pgemmell@tpg.com.au)  
if you are interested.

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YOUTH

**Sunday Evening 6pm Mass
is well supported by young
people, with modern music
and a candle-lit liturgy.**

**There is also the opportunity
for young folk to meet with
others of a similar age, and
groups range from early
teens to young adults.**

**We always welcome those
wanting to be part of the music
(tuition provided) and the
liturgy in various ways.**

**FOR FURTHER INFO,
CONTACT THE PARISH OFFICE**
office@lns.org.au

Naremburn Community Centre Activities

Naremburn Progress Association

2nd Thursday (except Jan & Jul)
7:30 pm to 10:00 pm
0416 161 536 (Frances O'Brien)

Playgroup

Wednesday – for children 5 and under
9:30 am to 11:30 am
0448 709 834 (Christie Tran)
Thursday – for children under 1
10:30 am to 12:30 pm
0488 248 880 (Danya Webb)
(School Term only)
naremburnplaygroup@gmail.com

Northern Suburbs Philatelic Society

3rd Thursday, 7:45 pm
Visitors always welcome
9419 7354 (Paul Storm)

Breast Feeding Association

1st Tuesday
10:00 am to 12 noon
abamns.contact@gmail.com

After School Care

Monday to Friday
3:00 pm to 6:00 pm
(School Term only)
9439 8814

Willoughby Community Pre-School

Monday to Friday
9:00 am to 3:00 pm
(School Term only)
9437 4260

Naremburn Library

Mondays – 2:30 pm to 5:00 pm
Thursdays – 2:30 pm to 5:00 pm
Saturdays – 9:30 am to 12 noon
9439 5584

7 Central Street



People Power, Assets and the new Democracy

“Although our interests as citizens vary, each one is an artery to the heart that pumps life through the body politic, and each is important to the health of democracy.”

BILL MOYERS

American journalist and commentator.

Willoughby City offers an extensive range of services that contribute to the quality of life we all enjoy. Most of these services rely on a range of assets with a combined replacement value of more than \$760 million. Willoughby's assets include buildings, footpaths, roads, stormwater infrastructure, parks, bushland and sportsgrounds.

Councils across Australia are facing significant challenges as a result of ageing assets. Strategic management of these assets is critical to ensure community needs are met and funding sources for asset renewal are secured for the future.

However, a key question is “**What are the community's expectations in terms of the importance, quality and use of these assets?**” To answer this question, Willoughby City Council embarked on a model of community engagement advocated by the newDemocracy Foundation, which promotes the idea that **service provision for the people should be determined by the people**. The central idea here is the principle of democratic deliberation – **the people decide!**

So earlier this year, **Willoughby City Council formed a Citizen's Panel** to assist in the long-term planning of asset expenditure. The Citizen's Panel consisted of 40 members from the Willoughby community, recruited via an invitation mailed out to a randomly selected group of more than 1600 residents and businesses. Panel members attended a series of workshops aimed at increasing their knowledge of Willoughby, community needs, and the assets provided across the City. Once in receipt of this information, they then began reviewing Willoughby's assets and developing recommendations.

The Citizen's Panel presented its report to Council in August. The Panel members spoke very positively about the process and the value they saw in this form of community participation and engagement. The Panel's recommendations plus a detailed analysis of asset survey results will be used to create targets for Council's maintenance and provision of community assets. **Willoughby's Citizen's Panel is an example of democracy in action.**

However, global debate is raging over how our notion of democracy is evolving and where democracy is heading. A recent poll by the **Lowy Institute** suggests many young Australians are ambivalent about the virtues of democracy, while leading democracy scholar Professor John Keane, Sydney University Director of the Sydney Democracy Initiative, warns that democracy has reached a ‘tipping point’ similar to the 1930s.

Our Citizen's Panel, and others like it, is an example of democratic republicanism, which is based on the civic virtue of people participating, taking on roles for themselves, and being much more engaged and involved. Our Panel created a very practical way for real debate and discussion of ideas to occur, in this case, regarding the importance, quality and priority of the assets of the City of Willoughby.

As Dr Greg Melleuish from the University of Wollongong would argue, “... back in 1910 these ideas of community engagement would have been much stronger – there was much greater emphasis on people being involved in the system, people taking a role. However, over the last 50 years or so, we have witnessed a decline in membership of political parties and a decline in membership of a whole range of other voluntary organisations as well.”

Our Citizen's Panel created an opportunity for people to think about the common good, to think about the interests of the community of the City of Willoughby as distinct from their own personal or sectional interests. And by all accounts – it was a tremendous success! Perhaps it is not that people are turned off political engagement altogether. Perhaps what people want is an opportunity to engage but in a respectful and collaborative way. Indifference and complacency are the real enemies of a liberal democracy. Willoughby's Citizen Panel maybe an antidote to such a threat!

Cr Michelle Sloane

michelle.sloane@willoughby.nsw.gov.au – 0412 267 828

