

Naremburn Matters

June 2014 Vol.10, No.1

Circulation 3,000

The newsletter of the
Naremburn Progress Association (NPA)

Naremburn library grand reopening



Thank-you to all who were able to join us at the official reopening celebration of the Naremburn Library and Community Centre on Saturday 3 May 2014. It was a fantastic day despite the cold and the poor weather at the beginning. There were activities for children, including face painting, story time and craft, as well as displays by the WCC Library's Local Studies staff, Sustainability, Bushcare and the Naremburn Progress Association.

Entertainment was supplied by a talented guitarist and a barbershop quartet with Naremburn connections (MetaFour). Refreshments included coffee and tea generously supplied by Forsyth's. Our distinguished guests included our local member, The Hon. Gladys Berejiklian, the newly elected Mayor, Gail Giles-Gidney, and Councillors Stuart Coppock, Michelle Sloane, Nic Wright and Wendy Norton. The red ribbon was cut and the new-look Naremburn Library and Community Centre was officially re-opened.

The attractive and intelligent refurbishment of the Naremburn Library and Community Centre has been much admired by the public with lots of positive feedback. There are two spaces available for hire including a meeting room with its own kitchenette and toilet facilities. The large community area includes a state-of-the-art projector for screenings, and the space is suitable for a variety of uses including workshops, specialist groups and exercise classes. These spaces can be hired through the Willoughby Park Centre (Ph: 9967 2917 or email willpark@willoughby.nsw.gov.au).

The refurbished library has a beautiful and functional dedicated area in which to operate, but it remains a flexible multi-purpose space suitable for many other community uses when the library is closed. More library users of all ages are enjoying the new collection encompassing your favourite fiction and non-fiction authors, children's picture books (now shelved in popular genres) as well as a new and expanded DVD collection. For your convenience there is now an out of hours book return chute just outside the centre's main entrance. Please make all returns via the chute before entering the library space. If you haven't had a chance to see the renovated premises please take time to call in at 7 Central Street Naremburn. Or call us on 9439 5584.

Even when we are closed, you can use the library 24/7! Check out the growing number of e-titles, downloadable magazines with Zinio, and comprehensive homework and research resources via the library databases. Visit <http://www.willoughby.nsw.gov.au/library/ecollections/>

Have you registered your email address in you or your children's library account yet? Just log into your account at 'My Login' at <https://www.aurorashore.com.au/opac/willoughby/>. Why do this? The library will send you courtesy emails to remind you that you have items due back the day before they are due and if you place reservations you will get an email notification. Saves time and paper.

The Naremburn library is open during the following times:

Mondays – 2:30 pm to 5:00 pm

Thursdays – 2:30 pm to 5:00 pm

Saturdays – 9:30 am to 12:00 noon

Diana Revington

Naremburn Branch Librarian
Willoughby City Council

**NAREMBURN
VILLAGE SHOPS**

Photographic artwork by:
David Waters
7 June 2005





Naremburn Progress Association
Founded 1901
Incorporated 2004
ABN 93 907 169 376
PO Box 393
St Leonards 1590

www.naremburnprogress.org.au

President

Frances O'Brien: 0416 161 536

Vice President

Viviane Leveaux: 0431 777 547

Secretary

Roger Promnitz: 0419 227 986

Treasurer

Carmen Loecherer: 0409 766 470

Committee Members

Helene Kemp
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**

Zoë Harpham
Viviane Leveaux
naremburn.matters@naremburnprogress.org.au

Typesetting & Printing by

Robin Phelan & Associates: 0407 467 376

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

Welcome to our winter edition of *Naremburn Matters*!

I hope that you have had an opportunity to enjoy the glorious weather and visit some of the many parks and reserves that surround our suburb, whether it is on foot or cycling along the many bike tracks that run through Naremburn. We are truly lucky to live in such a wonderful area, but in such close proximity to the city. In saying this though, our close proximity to the CBD does come at a price. We are often confronted with parking issues. Willoughby City Council is currently reviewing the parking strategy in this LGA. Council has asked for comments from the local community and they welcome your feedback. Please take the opportunity to make your comments no matter how minor they may be.

So much has happened since our last edition. We congratulate Councillor Gail Giles-Gidney on her election as Mayor of Willoughby City Council, and Councillor Stuart Coppock as Deputy Mayor. We look forward to working with Mayor Giles-Gidney.

Early in May, our refurbished Library and Community Centre was opened with great fanfare by Mayor Giles-Gidney. Many distinguished guests and residents were also in attendance including our local State member, the Honourable Gladys Berejiklian. There were displays from the Naremburn Progress Association, Bushcare, face-painting for the children and coffee by Forsyth's. Library staff were on hand to show us the upgraded facilities that are available to the local community including the Wi-fi, eCollections and meeting rooms. Demonstrations were given by staff on how to access the eCollection for books and magazines. Please take the opportunity to visit and use the improved facilities. Library hours are Monday and Thursday 2:30–5:00 pm and Saturday 9:30–12:00 pm.

Our local shops appear to be doing reasonably well, particularly on the weekends, but they do need our support. We are very fortunate to have such a variety of shops and it is through our patronage that our strip of shops will continue to prosper as they are the heart and soul of our suburb.

To date there has been nothing further to report on the Channel 9 redevelopment, but we will keep you informed as information comes to hand.

If you have any issues that you feel the Naremburn Progress Association can help you with, please do not hesitate to contact us.

Frances O'Brien

We are establishing a new directory of local services for Naremburn residents.

If you have a local service that you would like to advertise on this page

at a cost of \$50 per issue, contact the editor at
naremburn.matters@naremburnprogress.org.au

or call Zoë on 0415 869 529.

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: September 2014

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

March issue deadlines

Ad Booking: Monday 4 August
Ad Artwork: Monday 11 August
Articles: Wednesday 13 August

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 June 2014
No meeting in July
14 August 2014
11 September 2014

**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.

\$15 per person per annum
\$10 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

Are you short on space?

Would you like a fuller looking garden? A layered garden but you don't have much space? Well you can have it ... yes, a layered garden is possible in a small space!

You don't need to reach for the phone and be one of the first ten callers — this is not an infomercial so I'm sorry there will be no free steak knives!

If you have a small front or backyard or even a narrow spot between the fence and the house, create something amazing to look at. Why not plant a '2 or 3 in 1 hedge'? It's easier than you may think: plant them all on top of each other! 'What are you talking about?' I hear you ask (actually you'll need to speak up a little as I can't hear you from where I am) and 'How do I do that?' I can now hear you in the distance.

Imagine a *Camellia* hedge 2 metres tall in the back, a *Gardenia* hedge planted in front to 90 cm and then a *Liriope* (tall Mondo) border planted in a garden bed. Normally that bed would need to be at least 1.5 metres in width. Now that you have the picture in your head imagine sliding them in and under each other like a trundle bed — 'Oh!' I hear you say now — and you'll find that the garden bed only needs to be 30 to 50 cm wide. Will that fit at your place?

Now since you have the image of the plants in your head I'll use them as an example: buy your *Camellias* with a height of at least 1.2 metres and try to pick ones with a nice straight stem. Now strip all the leaves and branches to the 1 metre mark (as if you were forming a topiary i.e. ball on a stick), then plant them 1 metre apart. Next plant your *Gardenias* right underneath the *Camellias*, two to three between each one in the same line. Finally, plant the *Liriope* right in front of the *Gardenias* almost right under them. If you don't believe me this is possible, check out the pictures or if you see me at my place ask me to show you an example in the flesh.

Take care of the plants as normal: water, fertilise and keep pruned as you would most other hedges with the *Camellias* pleached (hedge on a stick) above the trimmed *Gardenias* and let the *Liriope* flop around or trim as desired.

You can achieve this with most plants, so what are you waiting for? Get to the nursery and get planting — you are never too short on space to make a beautiful hedge.

Andy
41 Central Street



A *Camellia sasanqua* hedge, underplanted with *Gardenia* and a *Liriope* border.



Camellia sasanqua underplanted with *Gardenia* beside the brick and gravel path



Peter Chauncy and his team at McGrath Crows Nest

Home sellers in Naremburn are seeing firsthand the strength of the local property market and its popularity among buyers looking to enjoy the lifestyle and city convenience. We've just come out of a mammoth autumn season which saw our team post some outstanding results. A new suburb record was reached when we recently sold a house in Talus Street, Naremburn for \$2,305,000. We also set a new price record for a semi-detached residence with a property in Grafton Avenue, Naremburn achieving \$1,600,000 before auction.

Looking ahead into the winter months, the market should remain buoyant and reasonably strong but we may start to see some cooling off as we head away from the traditionally busy autumn period. This is good news for vendors as stock levels stay relatively low, buyers have a limited number of properties to choose from and, as the demand curve goes upward relative to supply, so do prices.

More buyers than available properties is good for prices and Naremburn is seeing an average 63 people looking per property, compared to the NSW average of 24 – according to realestate.com.au.

Buyer demand is likely to stay high and we have been averaging about 14 days on market with our listings. So when stock does hit the market, it doesn't take long for it to be snapped up.

The Reserve Bank has left interest rates on hold at a record low 2.5 per cent and many experts are saying this will remain steady until at least the end of the year. The RBA board has indicated that overall growth in coming quarters is likely to be below trend as growth in exports is expected to slow and mining investment continues to decline.

It's often helpful to pause for a moment and think about what makes this part of the lower north shore such a special place to live and why there is so much demand for home-seekers wanting to buy into the area. A sense of community is the key to a suburb's lifestyle value and giving residents pride in the place they live. We notice this every day in Naremburn and like to contribute where we can. The local preschool had their annual Easter celebrations in April and the hamper we donated raised \$650 to go towards the school's funding. The Bongalong Street community garden which we sponsor enjoyed an Easter egg hunt for local families. These are just small things, but sometimes they can really help to bring the neighbourhood together.

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

McGrath Crows Nest

1A/29 Holtermann Street CROWS NEST Ph: 8115 0400

HEALTH MATTERS – *Herpes zoster* (Shingles)

Herpes zoster or 'shingles' is a common and usually self-limiting painful rash resulting from reactivation of the same virus that causes chickenpox earlier in life. The chickenpox virus lies dormant in the root of a nerve in the brain or spinal cord. It is stirred into activity by stress or by the loss of natural immunity as we get older. Between 20% to 30% of people will have an episode of shingles in their lifetime, most likely after the age of 50 years.

Shingles can occur on any part of the body but common sites are the face, chest and abdomen. It is characterised by pain and a blistering rash which is usually unilateral (on one side of the body).

The virus is present in the skin lesions of the shingles rash until the lesions crust over. It is contagious but only mildly. Children can get chickenpox after contact with someone who has shingles but shingles cannot be passed from one person to another. Recurrence of shingles is possible but uncommon.

The most common complication of shingles is post-herpetic neuralgia, which is a chronic neuropathic pain syndrome that persists after the rash has disappeared. It is more common in older people and can persist for months or years. Post-herpetic neuralgia occurs in about 10% of all patients with herpes zoster and up to 75% of those over 70 years of age.

There is no cure for shingles but there is effective antiviral treatment (Valtrex or Famvir). It needs to be commenced within 72 hours of the onset of the rash. Treatment decreases the severity and duration of the rash and also the incidence of postherpetic neuralgia.

A herpes zoster vaccine is now available in Australia on private prescription (the cost is approximately \$200.00). The vaccine is registered for use in people aged over 50 years as a single dose. It cuts the risk of developing shingles by half. The zoster vaccine has been recommended for use in adults aged 60–79 years on the National Immunisation Program but a government decision is still pending.

Dr Raffi Sahagian
Willoughby Medical Practice

Thank you Bob Taffel



Bob Taffel is President of Willoughby South Progress Association and a resident of Artarmon. He was instrumental in the fight against the Channel 9 development. It is thanks to him and his unflagging efforts to unite the community in the fight against an oversize development that the approved size is in keeping with community wishes.

First, a bit of history. In late 2010, Channel 9 submitted a proposal to the NSW Department of Planning for redevelopment of their site on Artarmon Road. The initial proposal consisted of 663 apartments and up to 20 storeys. This sparked, in Bob, an interest and concern in relation to the potential implications for the community surrounding the site. Not much happened until sometime in 2011 when there were again ruminations about Channel 9's proposed redevelopment of their site. Bob began discussions with Steven Head the then Director of Infrastructure at Willoughby City Council (WCC), meanwhile building up a network of concerned residents through an email contact list. He attended other Progress Associations' meetings, including our own, and got them involved in the campaign against Channel 9.


Over the months that followed Bob kept his finger on the pulse, attending meetings with both Channel 9 and WCC ensuring that the community were kept informed and involved in the various consultation processes. He instigated a community-run petition, both on paper and electronically, against the proposed development in the form presented, and consulted with WCC in putting together an alternate Concept Plan.

At a community forum in the Naremburn Community Centre, WCC's alternate plan was presented to the community and endorsed by the community; the petition was presented to Gladys Berejikian to pass on to the Minister for Planning. Bob's passion and enthusiasm were contagious. The Willoughby Area Action Group (WAAG) was set up that night and worked closely with Bob from then on, with a community street rally and later, successful presentations by members of the community to the Planning Assessment Commission (PAC). We now have a plan for a maximum of 350 apartments and a maximum height of 8 storeys. This is a size and density that the community feels is suitable for the site rather than the original plan which was much bigger.

While many worked hard and were involved in the fight against Channel 9 it was Bob Taffel who initially identified the issue, instigated the community action and lobbied on our behalf at various ministerial levels throughout the whole process. Thank-you Bob.

Viviane Leveaux
Olympia Avenue

NAREMBURN
PIZZERIA 1979
SINCE **AT YOUR SERVICE**



OPEN
7 DAYS
from 4.00pm
till late

FULLY LICENSED

10% off
if you mention
Naremburn Matters
when you book a table!

RESTAURANT TAKE AWAY HOME DELIVERY

9436 2059
300 WILLOUGHBY ROAD NAREMBURN

Mayoral outcome

At the April Mayoral by-election, over 45,000 people were enrolled to vote but a mere 31,193 (just under 70%) voted. This is an appalling outcome. In the last Mayoral election in 2012, there were 43,882 people entitled to vote and a much greater percentage of people voted: 34,759 (80%). Both Council and the State Government need to consider why people are abandoning local government.

As we all know by now, the result of the election was that Cr. Gail Giles-Gidney was elected Mayor. But many of us didn't know that this win was achieved with just 20% of votes of those enrolled and 29% of votes overall. It was a close contest. The first preference votes were:

Cr Stuart Coppock 6,259 (20.83%)
 Cr Tony Mustaca 6,163 (20.52%)
 Cr Gail Giles-Gidney 6,144 (20.45%)
 John C. Owen (former General Manager) 5,036 (16.76%)

However, the vote counting system was by optional preferential. That is, voters can decide for themselves if they wish to give a second or subsequent vote to other candidates (as well as their first choice).

To assist this process, candidates can suggest what voters should do via their 'How to Vote' card.

The most significant preference recommendation was between Cr Stuart Coppock (Liberal) and Cr Nic Wright (Labor). Strange 'bedfellows'? However, as often happens, most voters made up their own mind about preferences. Of Nic Wright voters, 56% did not indicate a preference. Coppock only received 23% of preferences from Wright.

John Owen did not suggest any preferences. 72% of his votes 'extinguished' – that is no preference noted. 12% of his preferences were for Giles-Gidney

Mustaca and Giles-Gidney cross-preferenced. Unfortunately for him, Mustaca had less votes than Giles-Gidney before the final distribution of preferences. He was thus eliminated. 24% of Mustaca's preferences went to Giles-Gidney.

At the end of vote counting, Cr Giles-Gidney (first time candidate) was declared elected with 9,094 votes. Cr Stuart Coppock who has unsuccessfully contested the Mayoral election on two previous occasions was defeated again, securing 8,806 votes.

The actual percentage of preferences lodged is also interesting. For candidates such as Wright and Coppock who suggested preferences the actual preferences granted were 44% for Wright and 39% for Mustaca. For candidates who did not preference (Owen & Norton) the outcome was 28% and 31%. Looks like that if you suggest preferences, more of your voters will indicate a preference.

The popularly-elected Mayoral election needs to be contested again in just over two years time. In previous Mayoral elections voters have traditionally supported the incumbent.

Terry Fogarty

Chatswood West Ward Progress Association

**WILLOUGHBY
FUN RUN
AND LEISURE CENTRE
OPEN DAY**

7am - 12 noon
Sunday 19 October

Save the date!

Runners, joggers and walkers are encouraged to join us for this family friendly event

RACE FORMAT
 5km and 10km distances
 1.5km Kids Fun Run featuring NEW Primary School Challenge
 ReachOut and Run - all proceeds will be donated to ReachOut.com, a service providing help and support for young people and their mental health.
 After the Fun Run enjoy a great morning at our Open Day

Registration opens soon for the Fun Run
 Visit www.willoughbyleisure.com.au



HOW does your hair look and feel?

HOW Hair is a boutique salon located at 2/22 Elizabeth Street, Artarmon. We have been operating for nearly 9 years. HOW Hair uses Alfaparf Milano, an exclusive Italian brand for colour and styling.

We are open:

Monday–Wednesday 9 am-6 pm,
 Thursday 9 am-9 pm, and
 Friday–Saturday 9 am-6 pm,
 with extended hours
 by appointment only.

Ross Dickson is the director of the salon and has worked on film, television and photography shoots. Ross has an eye for fashion of all ages and enjoys a good chat.

We also have wedding and formal packages that can be tailor-made to your specific needs.

HOW Hair also specialises in jewellery, featuring beautiful fashion pieces to match your new haircut.

The difference between HOW Hair and other salons is that we work one on one with you, giving you the attention that you need and deserve. We are reasonably priced and ready to assist. Call us today: 02 9419 8886!

HOW Hair
2/22 Elizabeth Street
Artarmon
Phone 9419 8886

HOW
 hair on wilkes

**Mention this advert
 when you book your
 appointment and get
 \$10 OFF***

your first service

*** NEW CUSTOMERS ONLY**

Attention all kids!

Our new resident baby blue tongue lizard needs a name.

Please ask your parents to send your suggestions to our facebook page by 30 June:

www.facebook.com/BongalongStCommunityGarden?ref=stream

Include your first name and street name and we will publish the winning entry in the September issue of *Naremburn Matters*



Community garden – Winter 2014

The garden is fairly quiet at the moment with the last of the summer produce fading. There are still shallots and lots of basil and oregano though.

The lemongrass has grown enormously, so attention all cooks, it needs to be regularly harvested and used.

The garden also seems to have become the home of a new arrival, a baby blue-tongue lizard has recently moved in and comes and goes in the garden.

We thought we might run a competition to name our new friend, so parents please send your children's suggestions to our facebook page by 30 June and we will choose a name for him/her from the suggestions (to identify your child please use their first name and street): www.facebook.com/BongalongStCommunityGarden?ref=stream.

The beds have been mulched for winter and we have seeds planted for seedlings, but these will not be transplanted into the garden for a few weeks.

Thank you to all the people who have been feeding our voracious worms with garden scraps. We and they are very thankful as the worm wee they produce is used on all the gardens to grow strong, lush veges and herbs.

When you mow your lawn, rather than put the clippings into the green waste bin, our compost bins would be more than happy to turn it into lovely compost, so feel free to come and dump them in.

Our poor little bees suffered an assault on their hive in the wee hours of Sunday 4 May when some undesirable smashed their hive to pieces.

We have patched them up as best we can and hope they will settle back down again.

There is usually someone working in the garden around 10:00 am on Sunday mornings, so please drop in and say hello and have a look around. We look forward to seeing you.

We are grateful for the support of McGrath Crows Nest to help us fund our community garden.

Sue Howes
Bongalong Street

No excuse not to get fit

With the recent upgrading of the fitness equipment and creation of a walking track around the ovals at Naremburn Park, we've got a great place to exercise locally.

Whether you are a dog owner, keen walker, exercise nut or parent with a pram, Naremburn Park can be your home base for all your exercise needs. You will enjoy the benefit of exercising in the fresh air and, best of all, you don't need to pay any gym fees.

The outdoor fitness equipment centre has everything you need to exercise your whole body, from your upper body, legs, arms and core. With a range of equipment and clear instructional guidelines, it's a great way to add some variety into your fitness regime. Most of the equipment is designed for adult use, but some stations can be used by upper-primary aged children and older.

For those who prefer more cardio-based exercise, the recently completed track around both upper and lower ovals is perfect for everyone: kids on scooters, dog walkers, parents with prams, walkers or joggers. It provides a mud-free, safe route around the ovals. The only question is: how many laps?

Zoë Harpham
Waters Road



Toddlers and babies enjoying the library playground at playgroup. © Christie Tran

Naremburn playgroup returns

The Naremburn Community Playgroup has been running for at least 27 years, connecting and supporting local families with play and social contact in a warm, friendly, fun and informal atmosphere.

After a six-month hiatus, we are now back in full swing in the newly renovated Naremburn library, including baby change facilities in the new accessible toilet, new furniture, a beautiful, green all-weather play area outside and of course our range of fun toys, activities and craft materials to be enjoyed.

Children love the small group, playing with other kids of a range of age groups and the relaxed atmosphere. The shared fruit platters always go down a treat for the littlies at morning-tea time and everyone loves getting out their creative flair with the weekly craft activity.

While we love our small and friendly playgroup we are also in need of more members and especially more volunteers to take on organisational roles to ensure the continued provision of such a vital part of our community.

Playgroup competes for families' time with such a range of activities available for children these days, but where else can you get involved in your community in such a hands-on way? Where else can you get down and play with your children among other children, not just the same age, not only from the same background? Where else can you chat and share with other parents, grandparents and carers about babies, parenting and life? Playgroup is cheap, light-hearted, safe, fun and connects you with others in a way that is really valuable and meaningful.

I've made lots of great friends through playgroup and it has given me the opportunity to become a really connected member of our community. I hope that many more of you will consider joining your local playgroup here in Naremburn.

We meet each Wednesday during school terms from 10:00 am–12 noon at the Naremburn library, 7–9 Central St. The session fee is \$5 per family and you must join Playgroup NSW but please come for a free trial visit. Call Christie on 0448 709 834 or email naremburnplaygroup@gmail.com.

Christie Tran
Naremburn playgroup

A lifetime of change in our suburb

Eric* has lived in Naremburn for his entire life, first on Darvall Street and for the past 60 years on Waters Road. Through that time he has seen many changes and seen many people come and go. He's a local institution on Waters Road and is always up for a friendly chat. We caught up for a cup of tea and a talk about some of the changes he has seen in Naremburn in his time.



Waters Road in the 60s



Waters Road today

through. The waterfall at Flat Rock Creek still existed and the boys would race their homemade 'boats', avoiding the area after heavy rain as flash flooding was a danger. Eric even kept racing pigeons and the North Sydney Pigeon Racing Club was located in the lane now known as Ross Lane.

Corner milk bars sold assorted items and the kids bought lollies like sherbet that they sucked through a licorice straw.

Throughout the suburb there were very few trees. Even Naremburn Oval was bare. Over the years there has been a concerted effort by the council to plant trees, which accounts for the much greener suburb we live in today.

Public transport was readily available. A bus went right down Waters Road and the trams started in Chatswood and went through Naremburn to the city or Balmoral. The tram driver had to get out to change tram lines at the Shirley Road, Pacific Highway and Falcon Street intersection.

Naremburn was a hidden suburb until the freeway went through; no one really had heard of it and often thought it was Narrabeen instead. This was how the locals liked it. Everything changed with the building of the freeway, which of course also changed the busy nature of the shops too. As locals today we are appreciative of our local cafés and shops, but it is a far cry from the diversity that existed in Eric's childhood.

Eric has loved living in Naremburn for his entire life. As he said to me, 'Why would you go anywhere else? It is so handy to everywhere and there are such friendly people throughout the suburb.'

* Eric wants us to use only his first name in this article.

Alison Herbert with Eric
Waters Road

As a child, Eric would walk out his back gate and up the road to Naremburn Public School, which at that time served as the local primary school and also the boys' high school. Many a parent today regrets the fact that their own child today can't walk up the road to school, but only a small part of the school was retained when the site was sold to developers in 1990.

Long before the freeway divided Naremburn, it was a busy shopping destination with 2 milk bars, a vet, 3 butchers, a doctor's surgery, 3 delis, 2 greengrocers, a chemist, haberdashery shop and a post office/Commonwealth Bank, plus other shops too. There was even a wedding reception venue where BP is located today.

In contrast, Crows Nest was quite small, a place where the tram lines intersected but not so much the busy hub it is today.

As children, Eric and his friends raced billy carts and sometimes slid on cardboard sheets down the hill under what is now the freeway. There were games of cricket and tennis in the street, which stopped each time a car or bus drove

New health treatments available in Naremburn

As a proud Naremburn local for the past 26 years, I am thrilled to be opening up a service in the Naremburn Podiatry building, initially only on Thursdays but over time I hope to grow the service.


I have been in business as a reflexologist and health practitioner since 2000. I trained at Nature Care College in St. Leonards, and my main practice is based in Mosman.

I also offer complimentary membership to the largest Global Shopping Network where members get cashback on their visits to me as well as cashback on daily shopping from a huge variety of companies.

The service my clients are loving at the moment is Japanese Cosmolifting. What is Japanese Cosmolifting? Essentially it is a natural facelift. As we age, our facial muscles soften and lose elasticity. Without the support of strong facial muscles, our wrinkles and fine lines become more apparent. Japanese Cosmolifting is like a workout for the face and, combined with deep tissue massage, it strengthens its structure, restoring tone and fullness. It relieves the tension that can lead to deep furrows and lines. The technique also dramatically increases blood flow and lymphatic drainage and boosts the production of the skin's building blocks — collagen and elastin. The results are clearer skin and a firmer, younger looking face.

'The massage is lovely. [After my treatment] I look very, very relaxed and smooth skinned. My eyes are bright and any pouchiness (the dreaded double chin) is gone. This is a wonderful treatment and I cannot recommend it more highly.' Anna W.

Jill Freestone
Station Street



Select Health Effects

Conscious Choices for Health –

- Japanese Cosmolifting
- Facial & Foot Reflexology
- Auriculartherapy
- Reconnective Healing
- Detox Footspa
- Wholefood nutrition

NOW available at Naremburn Podiatry
(initially on Thursdays)
For bookings phone JILL 0414 327 940

Naremburn Community Centre Activities

There are two spaces available for hire in the community centre. There is a meeting room with its own kitchenette and toilet facilities and a larger area with its own projector.

These spaces can be hired through the Willoughby Park Centre (Ph. 9967 2917 or email willpark@willoughby.nsw.gov.au)

Naremburn Progress Association

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

Playgroup

Wednesday – for children 5 and under
10:00 am to 12:00 noon
0448 709 834 (Christie Tran)
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

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

Meet our new Mayor



It is a pleasure to write to you as the Mayor of the City of Willoughby. I am incredibly excited to be elected in this position, and very passionate about delivering positive outcomes for our City. I was very pleased and grateful for the support I received from residents of Naremburn Ward and I look forward to continuing to serve local residents.

One of my first roles as Mayor was to officially open the newly refurbished Naremburn Library and Community Centre. The huge community turn-out demonstrated the importance of this local facility. Our branch libraries are such unique and valuable resources that reflect the diversity and character of the local community. Naremburn library will now offer educational and learning opportunities and a unique program of events tailored to local residents.

During the election campaign, many people raised concerns about local issues affecting Artarmon, Naremburn and the surrounding neighbourhoods.

Traffic and parking

The issue of increasing traffic congestion and parking demands throughout our suburbs is also an area of concern many people raised with me and one I will continue to focus on during the coming months. Traffic and parking issues are not easily resolved; however, it is certainly an issue I am committed to improving for our residents. Community consultation will be a vital part of this process and I look forward to hearing your views.

Lift at Artarmon Station

The need for a lift at the Artarmon Train Station has been a concern for the local community for many years with residents petitioning the State Government over this vital upgrade. The recent announcement of a lift for the station is a big win for the local community, ward councillors and everybody who worked to have this issue resolved.

Bells at St Leonards

I also received feedback regarding the bells at St Leonards Church with strong community support for extended ringing times and a slight increase to the ringing level. This has now been passed by Council, and I thank those community members who took the time to email me with their views on the issue.

Streetscape

Members of the community have also expressed their concerns over the current standard of the local streetscape, particularly the Artarmon shopping precinct. This is a long-term issue we need to find the right approach for, one that is endorsed by both local businesses and residents. The area's viability needs to be supported by a number of mechanisms including a strong local voice, attractive shop fronts and a solid retail mix. The development of a viable shopping strip model is vital in the longevity of these precincts across Willoughby City.

Ongoing streetscape improvements and maintenance works are also important throughout residential areas. Residents have shared with me the importance of accessible footpaths around our streets. The ongoing program of the installation of new footpaths and maintenance of our existing footpaths is something I am committed to continuing.

Thank you to everyone who has contacted me to date to let me know of important local issues. Please continue to contact me if you have any issue you wish to discuss on 9777 1001 or Gail.Giles-Gidney@Willoughby.nsw.gov.au

Mayor Gail Giles-Gidney

