

PREMIER TO ADDRESS NPA MEMBERS

A talk with Gladys Berejiklian on Naremburn matters



The Premier of NSW and the Member for Willoughby, Gladys Berejiklian, will be the guest speaker at a special members-only meeting of the Naremburn Progress Association (NPA) on the 14th of June.

Ms Berejiklian's appearance is an exclusive honour to the association as it is her only address to a local community body so far this year and is likely to attract a record attendance.

Because Ms Berejiklian's speech will be extremely popular, the Executive of the NPA has decided to restrict attendance to only financial members of the NPA. Current unfinancial or intending new members of the NPA will need to apply for membership and pay their 2018 membership subscriptions before the 6th of June in order to attend this member meeting (under the constitution of the

association, it is not possible to become a member on the night). The NPA meeting, featuring Ms Berejiklian, will begin at 7pm on Thursday 14th of June (30 minutes earlier than the regular starting time).

The President of the NPA, Roger Promnitz, in welcoming the Premier's generous decision to accept the invitation said the meeting would be the highlight of the Association's 2018 agenda.

Ms Berejiklian, who last year became the first non-Labor female state premier in Australia, and the only woman to represent the electorate of Willoughby in its 112-year history, has a remarkable tale to tell.

Come and listen to Ms Berejiklian's stories about her childhood memories in the neighbourhood and her career.

To be part of this special treat, ensure that your NPA membership is up to date in person or through the NPA website www.naremburnprogress.org.au

Next NPA meeting
7:00 pm (note time change)
14 June 2018
Naremburn Community Centre
7 Central St

FUN FACT

How many parks and reserves are there in Naremburn?

ANSWERS ON BACK PAGE

Curious about the story behind the design of the new Naremburn logo?

CHECK OUT THE INSTAGRAM POST ON IT AND CLICK THE LINK FOR MORE INFO.



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SUPPORTERS

McGrath

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• IN NAREMBURN SINCE 1990 •

**NAREMBURN
PODIATRY**



President out and about

The recent weather has been amazing, with long sunny afternoons and temperatures more attuned to late summer than the end of autumn.

What's happened since our last report? The 2017-18 Executive have been re-elected at the annual general meeting, on April 12.

There is something to be said for stability and experience in some of these roles, but it is not healthy from the perspective of the individual or the Association if the same people are elected year after year.

The Executive officers always are keen to have interested people come on-board; we will find a role for you.

Change certainly is not lacking, with the last 3 editions of Naremburn Matters, including this one, being printed in colour. Several new approaches are being trialled and we are very keen to hear back from the readership as to what you liked or didn't like. Send any comments or suggestions to naremburn.matters@naremburnprogress.org.au.

One of our area's big redevelopments, the Channel Nine site in Artarmon, finally has re-emerged.

The Proponent earlier submitted a Mod 2 version of the Modified Concept Plan (MCP), making a number of amendments. The total number of apartments is unchanged at 495 (versus the approved 400) and without any reduction in heights etc. Interestingly, the 461 submissions from the community - opposing the earlier MCP - were regarded by the Proponent as insignificant, representing only 2 per cent of the local area population. This they took to indicate that most residents were apathetic towards the proposal, hence it should be approved as submitted. The Mod 2 version is with the Department of Planning and Environment where it will be reviewed and probably then sent to the Planning and Assessment Commission for consultation with the community before final recommendation.

Does this sound familiar? Sadly, this is almost exactly the same sequence we went through a number of years ago... our estimate is that a public meeting will probably be called in early-to-mid July.

Another item doing the rounds of community consultation is the Local Centres concept plans.

Several scenarios were released late last year to stimulate discussion, with feedback recorded and now available for perusal on the Willoughby City Council (WCC) website.

The Naremburn shops area was one of the noted centres in the WCC area. There was a great degree of congruence across the submissions.

Virtually all sought the continuation of that special "village" character that endears the area to everyone, with there being a resounding "No!" to high-density, high-rise development proposals.

You are encouraged to read the material and make your own submissions when WCC conduct the next round of consultations.

TILL NEXT TIME...
ROGER PROMNITZ
PRESIDENT

2018 Executive Committee elected

At the April AGM, the following people were elected to the NPA committee;

President:
Roger Promnitz

Vice President:
Helene Kemp

Secretary:
Ralph Youie

Treasurer:
Carmen Loecherer

Committee Member:
Viviane Leveaux
Barry Shaw

The committee is one member short, so please contact us if you would like to be involved or if you have any questions about what is required of a committee member.

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AT YOUR SERVICE



Since the last edition of Naremburn Matters my team and I have been very active in both the local property market as well as the community.

I was honoured to attend the Willoughby Community Preschool Easter BBQ, where I drew the winner of the Easter Hamper that we donated, raising more than \$2000 for the school.

Although my support for the preschool is not a new venture, my son Jack recently turned three and I have been witnessing first-hand the importance of early-learning education and the positive influence it has on our children. Pip and I also just welcomed our second child, Henry Edward Chauncy, so we know these community preschools will be part of our lives for years and understand the importance of getting behind them the best we can. We hope to make 2018 the most rewarding year for the school yet.

In the Naremburn property market, my team and I have sold 25 properties over the last 12 weeks. Here is a recap of some of our latest results; Last month we saw some strong movement within the apartments sector with four properties selling. We had a mix of would-be buyers for 19/210 Willoughby Road, a one-bedroom apartment, with it selling before auction to an owner-occupier for \$811,000; while a two-bedroom apartment at 3/137 Willoughby Road also sold before auction for \$1,250,000 to an investor.

Upsizing into the area has remained a trend for Naremburn and traditional



family homes still are in demand.

A freestanding home, of four bedrooms and three bathrooms, at 23 Grafton Ave, sold before auction for \$2,807,000. We also sold a vacant block of land in Merrenburn Ave for \$2,200,000.

Not every one of our client's situation is the same and we pride ourselves on working with them all in a way that will suit, not only their needs, but also achieve the best result.

Sometimes a full marketing campaign is not ideal or the timing of the sale may not be perfect, but we understand that.

We recently selected a couple of our most qualified buyers to inspect a family home on Dalles Rd. Both the seller and the buyer were unable to move real-estate-wise at the time, so with some negotiation we secured the sale off-market with a

lease-back option which means both parties have the time they need to prepare.

Looking ahead to the winter months, we traditionally start to see lower stock levels as we head away from the busier autumn period.

This is good news for vendors as stock levels stay relatively low and buyers have a limited number of properties from which to choose. It is also a great time to prepare your home should you be thinking of hitting the market in spring.

We constantly are in the area helping vendors to prepare for sale with our five-step property realisation program, so if you would like to find out how best to market your property call us today.

PETER CHAUNCY
MCGRATH CROWS NEST
0402 036 489

WINTER 2018 Naremburn Community Garden

The garden is suffering from the effects of the general lack of rain, which helps bring nitrogen and washes away built-up salts and soil toxins.

Worm farms are a common discussion point we have in the garden and sadly, our worm farms have also suffered from the long dry spell and the extended summer.

A shady area is the best position for worm farms, differing from compost bins, which

contact the ground and benefit from the additional heat of the sun.

Another issue with worm farms is that they need to be kept moist, particularly if the tap is always open. Gardeners often have issues with vegetable and similar matter rotting and smelling in worm farms rather than composting. This often is because there are not enough worms to actively chew through everything before rotting begins. This can be combatted by adding 'brown stuff' – leaf litter, grass clippings, shredded newspaper – anything compostable which has air pockets.

SUE HOWES
NAREMBURN RESIDENT





Budding scientists to grow at Community Pre-school

The Willoughby Community Pre-school (WCPS) has applied to become a Little Scientists' House. This exciting move demonstrates our commitment to inquiry-based STEM (science, technology, engineering and mathematics) learning in our early learning centre.

To become a Little Scientists' House, we must demonstrate that we engage in daily scientific research with the children, document the experiences and attend ongoing professional programs with The Little Scientists Australia.

It's quite a rigorous process. Our first project was about sand sculptures which involved exploring the properties of sand with our children.

Through other exciting projects and workshops, the staff also found out how to encourage the children's technical thinking process in an active learning environment.

DIANNE MINNETT
WCPS DIRECTOR

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Join Willoughby Neighbourhood Watch online

Two local residents recently started a new initiative, Willoughby Neighbourhood Watch.

The project, partnered with Chatswood Police, comprises a Facebook group of community members. It includes the entire Willoughby Local Government Area and is dedicated to making community living safer for everyone.

The group's goal is to help everyone in the Willoughby area be, and feel, safe and will focus on anything that relates to crime, crime prevention and watching out for your neighbours.

Potential thieves could steal your motor vehicle's registration plates and then rack up fines and tolls without you realising. Willoughby Neighbourhood Watch Is offering residents anti-theft number plate screws. To get these screws just join the Facebook group and then message or comment with your name and make of car.



In the coming months the group will also offer property engraving and marking kits on a loan basis.

Go to www.willoughbyneighbourhoodwatch.com or join the Willoughby Neighbourhood Watch Group on Facebook at www.facebook.com/groups/WilloughbyNeighbourhoodWatch/

- Regular posts about what's happening locally
- Stories and tips to help you stay safe
- Share recommendations, questions, and pictures with members

LINDA WATTS AND DAVID STICKLAND
FOUNDERS, WILLOUGHBY
NEIGHBOURHOOD WATCH



More to local libraries than just books

Books are just the beginning of the enjoyment and education to be found at Willoughby City Council Libraries. A wide variety of cultural events and learning opportunities are also provided for you to enjoy.

Learn@the Library program

Providing opportunities to catch up with modern technology. The next program is YouTube – from basics to advanced tips to search, watch and share on the 21st of June at Chatswood Library.

Talks@Willoughby program

A series of free talks by contemporary authors. Patrick Kennedy will be the next presenter about his latest book Long Bay, the jail that has been home to some of our most notorious criminals.

Book sale

Chatswood Library also will hold its next book sale on the 21st of June from 11 am to 2 pm. Grab some bargains every third Thursday of the month.

School holidays activities

Naremburn Library will run its ever-popular all ages Lego sessions: Mondays 9th and 16th of July, 3–4.30 pm.

As part of the annual National Aboriginal and Islanders Day Observance Committee (NAIDOC) Week, on Tuesday 17th of July, children aged between 3 to 6 years can experience an interactive Indigenous story-telling at Chatswood Library. Bookings open on June 26 through the Library website.

More details on these events and more on the Library's website.

Happy reading and listening,

DIANA REVINGTON
NAREMBURN BRANCH LIBRARIAN

Naremburn Library Opening Hours

Monday 2.30 pm – 5.00 pm
Thursday 2.30 pm – 5.00 pm
Saturday 9.30 am – 12 noon



WITH winter upon us, why not try a new tasty recipe? This beef stew will not only keep you warm, but is a delicious winner for all at the dinner table.

WINTER RECIPE

Beef stew

(SERVES 8-10)

By Cara Eisenpress

INGREDIENTS

- 2.5 kg beef stewing meat, cut into 5cm to 7.5cm pieces
- Salt and freshly ground black pepper
- 1/3 cup mixed olive and canola oil
- 2 leeks, washed well and cut thinly
- 1 large onion, diced
- 8 cloves garlic, minced
- 2 carrots, diced
- 4 celery ribs, diced
- 100 g white mushrooms, roughly chopped
- 1/4 cup tomato paste
- 2 anchovies (optional)
- 1/2 cup red wine vinegar
- 1 cup red wine
- 3 cups beef broth
- 1 cup canned whole tomatoes with juices
- 3 bay leaves
- 3/4 teaspoon dried thyme
- 1/3 cup chopped parsley

METHOD

Season the beef with salt and pepper and brown the meat in batches on high heat in a Dutch oven, adding more oil as needed. Remove to a plate.

Lower the heat and add all the vegetables. Cook for 5–10 minutes until softened. Stir in the tomato paste and anchovies and cook to melt the anchovies and distribute.

Add the beef back in and any juices. Add the wine, vinegar, and tomatoes with juice (breaking them up against the side of the pot as you go) and bring to a boil. Add the broth to cover (you may need a bit more than 3 cups). Put in the salt, bay leaf, thyme, bring to a boil. Simmer, partially covered, for 2–3 hours until the meat is tender. Cool to room temperature. Refrigerate.

When cool, skim off much of the fat from the top. Reheat over low heat, letting the stew simmer 30–45 minutes before serving.

Mix in half of the parsley and garnish with the rest.

How to beat winter's toes woes

Australia this year is facing its coldest winter on record. And, while Naremburn Podiatry's expert staff can't allay the dire weather forecasts, they can predict and help with winter's most-common ailments which affect the feet and lower limbs, including chilblains.

Being exposed to cold or damp weather and having poor circulation can result in chilblains. Chilblains are a localised form of inflammation of blood vessels, generally occurring at extremities (your nose, ears, tips of fingers and toes etc) and cause blood vessel walls to change in size, stretch and weaken.

Sufferers may notice intense itching or burning at vulnerable sites, red-purple patches and pain or swelling. Left untreated, chilblains can be susceptible to secondary infection, scar tissues or, in severe cases, become sites of ulceration.

Factors that make you more vulnerable to chilblains include, peripheral vascular

disease (for example in diabetics, smokers or those with high cholesterol), rheumatoid arthritis, low body weight, hormonal changes, connective tissue diseases, some bone-marrow diseases and some medications (such as some used in treating hypertension).

So keep warm and wear socks with natural fabrics such as cotton, bamboo or wool. Avoid heating the skin too quickly by way of hot water bottles or radiators. Protect feet by inspecting them (or asking a friend

to very nicely), regularly moisturising them and exercising.

If vulnerable to chilblains, experience any of the associated symptoms, notice any thickening of skin or nails, contact Naremburn Podiatry to get individually tailored advice on prevention, management and treatment.

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RMS to not filter stacks at any cost

THE dismissal by the Roads and Maritime Services (RMS) of community concerns about the impact of polluting material to be pumped unfiltered from the 43 km road involving the Northern Beaches Tunnel is a sign of our times.

Is the impact on human health of carcinogenic pollutants, particularly in children and older people, meaningless? Where is the duty of care from unelected bureaucrats at RMS and our elected representatives?

Instead of addressing community concerns, RMS has undertaken a propaganda campaign at public expense, which claims our air quality is "really, really good". This "really, really good" rating is not a measure used by the World Health Organization (WHO) to describe air quality. The Office of Environment and Heritage (OEH) indicates that the only air quality monitor in existence,

which is not compliant with Australian standards, is located nearby in Lindfield and is nowhere close to a road but within a national park.

If you go to the RMS website to understand "How is Air Quality Managed?", you are presented with a statement about Sydney's M5 East motorway tunnel indicating: "The M5 East Tunnel is fitted with a smoky vehicle camera... this deters drivers of smoky trucks from using the tunnel and encourages them to repair their trucks." Clearly a perfect substitute for monitoring the five most harmful pollutants!

In respect of filtration, RMS submits claims of an M5 East Filtration Trial "not having worked" and implies that ejecting UNFILTERED pollution back into the air is "World Best Practice".

Don't let the facts get in the way of a good propaganda campaign:

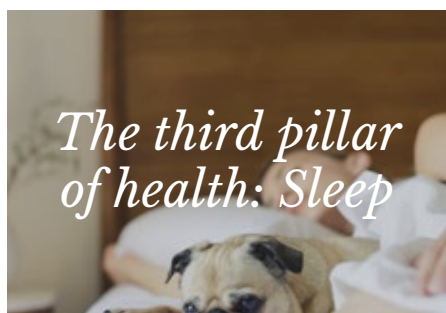
1. The M5 East filtration trial DID WORK! Its filters only operated 4 hours

daily but removed 65% of particulates (current technology removes 80-95%).

2. World Best Practice for long tunnels is observable across first world cities and countries (Norway, Japan, Hong Kong, Spain, Switzerland) and it involves filtration when located in urban environments.

The impact of RMS's negligent policy will be significant. Their most recent example, NorthConnex Tunnel (9.5 km), according to its environmental impact statement, will expose users and communities to levels of carcinogenic pollution 30-50 times above WHO guidelines.

CARLOS CROWLEY VAZQUEZ
BSC IN INDUSTRIAL ENGINEERING (ITAM),
BA IN ECONOMICS (ITAM), MBA (AGSM)
CONCERNED NAREMBURN RESIDENT
AND APPS PARENT



While many people are well aware of the major health benefits of good nutrition and exercise, the therapeutic advantages of a third element 'sleep' often are forgotten.

Sleep deprivation is a national epidemic affecting up to 45 per cent of Australians. We sabotage sleep by staying up longer watching TV, playing games, doing chores, reading emails, or waking early to exercise quickly before work or to beat the morning traffic rush.

In return, we see diminishing levels of happiness, lower resilience to stress, depression and anxiety, higher levels of procrastination, less patience and more anger.

Poor quality sleep is linked to obesity, hypertension, reflux, morning headaches, under-performance at school and work,

car accidents and declining memory.

Australians are now among the most likely people in the world to use prescription sleeping drugs (up to 18 per cent of us do). When we struggle to get good-quality sleep we spend our days taking stimulants such as caffeine, teas, sugar, energy drinks, soft drinks and nicotine to help keep us awake.

Why do we sleep?

Although not fully understood, sleep plays a critical role in immune function, metabolism, learning and consolidation of information and memory.

Also muscle growth, tissue repair, protein synthesis and growth-hormone release mostly occur during sleep.

Research shows the brain cleanses itself of toxins while asleep, this is something it cannot do while we are awake.

In particular, amyloid beta is cleared rapidly from the sleeping brain, so poor sleep and duration is associated with its accumulation which is linked to Alzheimer's disease.

DR NATALIE KORDJIAN
WILLOUGHBY MEDICAL PRACTICE

How to improve sleep?

- Go to bed at the same time each day
- Avoid stimulants
- Create a good sleep environment
 - Avoid strong lights and light-emitting screens
 - Avoid TV in the bedroom
 - Turn your phone off completely
- Don't exercise too late in the evening
- Take a warm bath or shower before bedtime
- Resolve your worries and empty your mind before bedtime – meditation may help
- Seek medical help for anxiety and depression
- Play delta-wave deep sleep music while sleeping
- Talk to your GP about a sleep assessment



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Have your say

WILLOUGHBY COMMUNITY STRATEGIC PLAN

The final draft of the community strategic plan for Willoughby has been released, and is available for public comment. Willoughby City Council would like your feedback and comment on the vision for 2028. Have your say at <http://www.haveyoursaywilloughby.com.au>. Submissions closes on 11th of June.

FLAT ROCK GULLY DRAFT RESERVE ACTION PLAN

Willoughby City Council is seeking feedback on a newly created Draft Reserve Action Plan for Flat Rock Gully before consultation closes 5 pm, Friday 15th of June. Have your say in the survey section at <https://www.haveyoursaywilloughby.com.au/flat-rock-gully>

Community activities

Naremburn Community Centre Activities

9967 2917
willpark@willoughby.nsw.gov.au

Two spaces available for hire in the community centre; a meeting room with its own kitchenette and toilet facilities and a larger area with its own project. These spaces can be hired through the Willoughby Park Centre

Naremburn Progress Association

0419 227 986 (Roger Promnitz)
2nd Thursday bimonthly 7.30 pm
February, April, June, August,
October and December

Playgroup (for children 5 years of age and under)

naremburnplaygroup@gmail.com
Wednesday 9.30 am - 11.30 am

Northern Suburbs Philatelic Society

9419 7354 (Paul Storm)
3rd Thursday 7.45 pm
Visitors always welcome

Breastfeeding Association

abamns.contact@gmail.com
1st Tuesday 10.00 am - 12 noon

Willoughby Community Pre-school

9437 4260
Monday to Friday 8.00 am - 4.00 pm

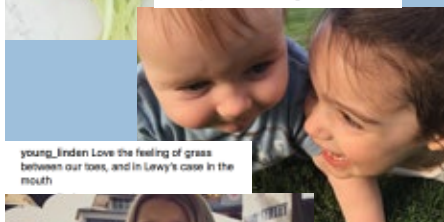
Naremburn Library

7 Central St | 9439 5584
Monday 2.30 pm - 5.00 pm
Thursday 2.30 pm - 5.00 pm
Saturday 9.30 am - 12 noon

Out and about with @Naremburn on Instagram



justjazzie This morning's yield from our little community garden @naremburn. Ready for #pinach #risotto tonight!



young_linden Love the feeling of grass between our toes, and in Luvy's case in the mouth.



jureleko Well earned gelato after a morning of gardening. 🍷🍷🍷🍷 #crowsnest #naremburn #gelato @naremburn

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

Residents lodge WCC concerns at record rate

In the years I have been a Ward Councillor on Willoughby City Council (WCC) I have never received so many communications from local residents about concerns with the operations of the Council.

The complaints fall into the areas of; the lack of response from the Council generally, the Council's compliance branch, lack of maintenance across the City and its untidy state and notification of development applications.

I include this report as it might help residents to understand that they are not alone when they seek me out for guidance.

Previously, WCC was required to provide a substantive reply to correspondence and communications within seven days. That has disappeared under the Council's new administrative regime.

The complaints that I have received arise from no response for months, to a lack of timeliness and any sense of community service.

Regarding development applications, the notification policy for which WCC was recognised as a leader in the State seems to be in tatters. Again, this has occurred with the arrival of the new administrative regime. It is purely a

Willoughby Council issue and not caused by the State Government. I secured figures on full-time employees in the Council depot, which generates some of the workers doing maintenance. The current figures are down 35 employees and the outlays, the lowest since 2006 by several million dollars. WCC's current budget spends about half in either salaries and wages and consultant costs. WCC once worked to keep lawyer fees and consultancy costs to the barest minimum. This is no longer the case.

Parking concerns in Grandview St

Grandview St is a street-parking problem for residents because many surrounding streets have residential parking schemes.

Commuters move to the next street when another has a residential parking scheme.

Residents in Grandview have approached the Council Traffic Staff for a parking study. A parking survey was undertaken and the results have been analysed.

A concept plan that incorporates the survey findings is currently being developed and a plan will be prepared for use for resident consultation. This is expected to take a month or more.

STUART COPPOCK
WARD COUNCILLOR - NAREMBURN

Fun fact answer

Naremburn has 4 parks, they are:

- Dawson & Market Streets Reserve
- Ella Street Reserve
- Naremburn Park
- Talus Street Reserve

Next issue, September 2018

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

Next issue deadlines:

Advertising: 6th of August
Articles: 10th of August

Next NPA meetings

14th June meeting is 7pm,
9th Aug is 7.30pm
Naremburn Community Centre
7 Central St

Letters and articles

Articles, comments or suggestions should be addressed to:

The Editor
PO Box 393 St Leonards NSW 1590
naremburn.matters@
naremburnprogress.org.au

We do not publish anonymous letters. Please include your email address or phone number as we may need to edit items to fit the space available.