

The Original VILLAGE VOICE



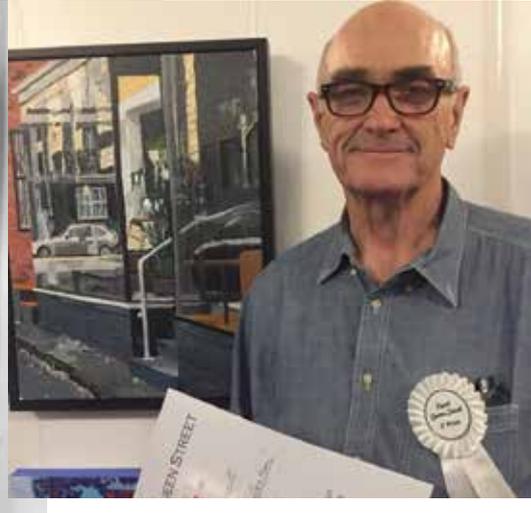
Official journal of the Queen Street and West Woollahra Association Ltd No.129 May 2020 www.qswwa.com.au

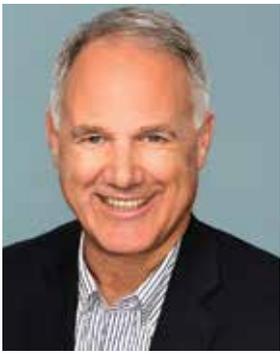


Paint Queen Street Exhibition Opening and Presentations to Winners The Woollahra Hotel Wednesday 10th March

Photos: Clockwise from top:
Woollahra Mayor Susan Wynne

with Competition winner Frankie Nankervil and Competition
organiser John Knott: *Late Summer, Queen Street* by Mark
England; *Rainy Day Queen Street* by Carrie Furneaux;
Queen Street Reflections by Russell Prescott; *Days End* by Ro
Geddes; *Woollahra Corner* by Frankie Nankervil; Judges John
Bell and Maree Mann; *Second Coffee* by Keroshin Govender;
Green Porsche 2 by Kevin McKay





Vice President's Report

Well, what very different lives we are now leading since the last edition of the Village Voice three months ago. It seems like a lifetime ago that we were able to meet together for the highly successful prize giving and exhibition of the nearly 100 entries for the Paint Queen Street competition. This was a tremendous community event, with entries in a wide variety of media, styles and subjects, all on the theme of something or someone in or around Queen Street. There is a more detailed article later in this edition but, as Vice President of the QSWWA, I'd like particularly to thank and congratulate all the artists for their outstanding work; Woollahra Council for sponsoring it; Mayor Susan Wynne for awarding the prizes, John Bell and Maree Mann for being our judges; the Woollahra Hotel for their very generous support hosting the exhibition and prize giving; the Waverley Woollahra Art School and Derivan Paints for donating prizes; and, the driving force behind the event, indefatigable QSWWA committee member John Knott.

The lockdown has also meant that the QSWWA has had to postpone the Annual General Meeting until such time as the social distancing rules are relaxed and we are allowed to meet. However, we will send out a copy of the Vice President's report, the Treasurer's report and the audited Financial report by email to members and will respond by email if any members have questions. The committee will continue until the next AGM, but we still have a couple of vacancies, if anyone would like to get more involved with

the local community. We have also postponed the Annual Dinner and will review the situation when restrictions are lifted. Meanwhile, the committee is getting used to meeting via video conference – very high tech for some of us!

These times have been difficult for many of the businesses in and around Queen Street. Some, such as the Woollahra Hotel and the Dental Rooms, have had to close by law. Some lucky ones, such as bottle shops and florists, have seen an increase in business, but these are the exception. Most businesses are finding it very tough and having to find new ways to serve customers. Please support all these local businesses whenever you can, as we want all them all to be there when we do return to some sort of normal.

Even with the just announced gradual easing of restrictions, increased stress will remain an unfortunate companion for many people. Articles in this edition provide advice on ways to handle this, as well as how local community organisations are continuing to support the community in this time of social distancing. Readers interested in fashion will find the article on that icon of Queen Street, Robert Burton, a must read.

Hopefully by the time of the next Village Voice, in late August, we will be in a more relaxed environment. In the meantime, please maintain common sense, heed the directions of the government and medical advisers, and keep social distancing, so we flatten the curve, not the unique village atmosphere of Queen Street that we all love so much.

*Giles Edmonds, Vice President,
Queen Street and West Woollahra Association.*



Above: Councillor Harriet Price, Wentworth MP Dave Sharma and Giles Edmonds

Right: Councillor Luise Elsing with Alan and Irene Smith



The Queen Street and West Woollahra Association Ltd
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The QSWWA is a residents and traders group in the area bounded by Jersey Road, Ocean Street between Jersey Road and Edgecliff Road, Edgecliff Road between Ocean Street and Leswell Street, Leswell Street and Oxford Street between Leswell Street and Jersey Road.
 Vice President: Giles Edmonds, Treasurer: Alan Smith
 Committee Members: Ian Mansell, Richard Banks, Michelle Macarounas, Phillip Mitchelhill, Susie Willmott, John Knott
 Village Voice: Editor Giles Edmonds, Layout: Eric Scott.

A chance to do things a little differently

Just weeks ago, who would have imagined liquor companies making hand sanitiser? Small batch cocktails delivered to your door? Completely touch free transactions? Fine dining from the comfort of your own home? There is no doubt that these past months have been a case study of an industry completely reinventing itself.

While running a successful business in the hospitality industry has always required creativity and persistence, adaption is now crucial. The game now is providing customers with not only safe practices but also innovative, interesting and fun ways to access the products and services they love.



A Fun Night at the Pinot Noir Event in March,

The last time you joined us here at Moncur Cellars, the world was a little different to say the least. We were talking about the Pinot Noir tasting night upcoming at The Woollahra Hotel and teasing a Shiraz tasting this coming winter. As some of you may know, we did get to host the Pinot Noir tasting event. With nearly 200 people enjoying fabulous wine, food and music at The Woollahra Hotel, it was a night to remember. While we may not be able to replicate the experience for the Shiraz tasting we had planned, the current climate has given us an opportunity to do something a little different.

This June, Moncur Cellars is offering customers the opportunity to enjoy a full scale Shiraz tasting from the comfort of their own homes. With over 100 Shiraz's available, you have the opportunity to make a selection of wines that you would like to try. We will then deliver your bespoke Shiraz tasting pack to your door, complete



Pick Up Moncur Cellars Tastings

with instructions and tasting notes from the winemakers themselves. You can even accompany the experience with a Bistro Moncur a La Maison dinner and you've got yourself a dinner party (with fewer than 5 people of course!). If you're interested, or need some more information, feel free to contact Moncur Cellars.

While the Hospitality Industry will be different for quite a while, we are enjoying keeping all our locals happy with pick-up dinners at Bistro Moncur and home delivery from Moncur Cellars. While I personally can't wait to be having a beer at the hotel watching the footy with friends and family, it has been a delight to be able to continue to provide for the local community in whatever capacity we can. Thank you to everyone that has supported us over the last couple of months as we try to make a positive impact out of a less than ideal situation. We're optimistic that with your ongoing support, we will make it to the other side stronger than ever.

MONCUR CELLARS

WOOLLAHRA

PH: 9327 9777 EMAIL: cellars@woollahrahotel.com.au

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Paint Queen Street

Following previous successful QSWWA community events funded through Woollahra Council Placemaking Grants, including 'The People and Places of Woollahra', 'French Week in Queen Street' and the annual Christmas Carols, the 'Paint Queen Street' proposal was submitted to the Council in 2018. The proposal aimed to have artists paint pictures of the buildings and businesses in Queen Street.

The culmination of the event was to be an exhibition and prize giving to be held at a local venue. I filled out the long on-line grant form, had a telephone conversation with the grants administrator and sent off the application to Council, along with a costings schedule. I was notified in June that the application had been successful. The first thing was to notify locals about the event and so I prepared a flyer which was distributed in this very magazine, 'The Village Voice'.

All local businesses had flyers and posters personally delivered to them on two occasions in the run up to the December 2019 registration deadline. Businesses were happy to display the event in their shop windows and apart from the printed material we also made regular use of social media. There was no entry fee to the competition and no age limit, the aim being to open it to everyone.

The final submission date was eventually extended from December 2019 to February 2020 because of the build-up of entries. There were 110 artists registered to submit for the competition by February. The Waverley Woollahra Art School (WWS) was particularly supportive, sending students and tutors to the street as part of their regular art course activities.

There were a number of offers to hold the event in venues along the Street. The decision was finally made when the owners of the Woollahra Hotel generously offered the top floor of the hotel for the event. The opening night was set for Tuesday March 10th. The owners of the hotel were so helpful during this period, offering to pay for the erection of display panels for the paintings and providing all the quality food and drink at cost price. I cannot thank the owners enough for their assistance in hosting this event. The delivery of all artworks was on Sunday 8th and Monday 9th March and I must thank here Julia Martin and Giles Edmonds for their assistance in gathering in all the works.



Wentworth MP Dave Sharma with Mayor Susan Wynne and Councillor Anthony Marano

In the end, there were a total of 96 works by 86 artists, in a wide variety of media and styles. It took the display panel suppliers 14 hours to erect the display panels and hang all the paintings. They did a marvellous job, all paid for by the Woollahra Hotel.

The Exhibition ran over 4 nights on the 10, 11, 12 & 13th of March. On each evening following the Gala Opening, all registered parties were offered a free drink on arrival in the Queens Lounge. Musicians played during the evening and, for those staying on and dining at Bistro Moncur, a complimentary glass of Champagne and dessert were available. I should also put in a special mention of the Tilly Street Jazz Trio and to the fabulous Hester Frazer singer/musician who accompanied us on two of the event evenings.

Because of the large number of artists, we had to restrict the opening night to an invitation only event, with invitees only being able to bring one guest. In total, there were around two hundred people at the opening, including the artists, the mayor and local councillors, and local Federal MP Dave Sharma, with wine, beer and canapés served all evening.

Our judges were John Bell of Bell Shakespeare fame and Maree Mann, a long-time arts teacher and arts graduate, both locals to the area. Each gave a short talk on how they had made their final assessments and what a striking display the exhibition made, followed by Prue Cancian, Chair of WWAS (pictured right), who was responsible for donating the 4th prize, Giles Edmonds, QSWWA



acting President and Alister Campbell (pictured left), who spoke on behalf of the Hotel Owners. We received an apology from Steven Patterson of Derivan Paints who donated two set of art supplies as prizes.

To cap off what was an immensely convivial evening, the Mayor of Woollahra, Susan Wynne presented the winning prizes as follows:

- 1st Prize, \$3,000, to Frankie Nankivell for her painting 'Village Corner'
- 2nd Prize, \$1500, to Mark England for his painting 'Late Summer Queen Street'
- 3rd Prize, \$500, to Russell Prescott for his painting 'Queen Street Reflections'
- 4th Prize, a 9-week art course at WWAS, to Kevin Mackay for his painting 'Green Porche 2'

- Highly Commended, Derivan Paints arts set to Xinh Lapinski for her painting 'The Queen's Charm'
- Highly Commended, Derivan Paints arts set to Keroshin Govender for his painting 'Second Coffee'
- The Woollahra Hotel \$2,500 commission prize to paint the hotel, capturing its Art Deco beauty and ambience, to Ro Geddes for his painting 'Day's End' (awarded later in the week)

The Mayor did a marvellous job of presenting all the prizes and articulating the Council's commitment to supporting community activities and events. A big thank you to her, the three local Councillors who attended and to all the artists and fabulous works of art that were submitted.

Another big thank you to Mary Read for her commitment to promoting local events via social media and to the QSWWA Directors, particularly Giles Edmonds, our acting

President, our selfless Treasurer Alan Smith and to Susie Willmott for her help, and the QSWWA for helping fund it. Also, I would like to extend my appreciation to David, the owner of Plane Tree Café, for using his cafe as an artist meeting point during the months leading up to the Exhibition. One last big thank you again to the owners and staff of the Woollahra Hotel, Bistro Moncur and Moncur Cellars for their help and support.

It was sadly ironic that after the great success of the event a week later New South Wales went into Covid-19 lockdown with the Hotel having to temporarily close. I do hear, though, that Bistro Moncur take-away and Mark in Moncur Cellars are all flat out keeping up with demand.

*John Knott
QSWWA*

More photos overleaf/



Photos:

More entries in the *Paint Queen Street* exhibition



Brothers in art: Adam Sobel with "Postcard from Queen Street" and Danny Sobel with "Woollahra Hotel at Christmastime"

Continuing support from Holdsworth Community

People are inherently social creatures. Connecting with others is a genuine human need, giving us purpose, a sense of identity and an improved quality of life. Today, as we face a global pandemic, the opportunities to connect and feel a sense of belonging in our local community are becoming challenging. Increased restrictions on social distancing and physical isolation are having health impacts, particularly for older people.

For older people, social isolation is equivalent to smoking 15 cigarettes a day and increases the likelihood of moving into residential care or prematurely being admitted to hospital. For the wider community, being socially isolated has significant implications on mental health and wellbeing.

For this reason, Holdsworth Community, based in Woollahra, is committed to connecting the local community in new and safe ways during this time. As CEO, Ruth Kestermann said, *"Although we are physically distant, we don't have to be socially isolated from each other. Our team has been working hard to develop new, safe ways to stay connected with our community. We have shifted our services to ensure people can still stay connected and continue to live an active and happy life, despite the circumstances."*



The Holdsworth Home Cuisine team's Andrea Szanto and Shaun Zingel

May has been receiving services from Holdsworth for many years, including social outings three times a week, prior to Coronavirus, and meals from Holdsworth Home Cuisine. *"I couldn't be without them. I would be lonely. I don't think I would be doing much at all,"* she said.

While Holdsworth has cancelled group programs and outings for now, they have expanded their support across South-East Sydney for people who are living alone, frail or living with dementia and still need to access services in the community. Some of these services include door to door medical transport, ready-made meal delivery, grocery shopping, one on one home visits and regular phone check-ins, and ongoing in-home support for people living with disability and older people.

May continues to receive meals from Holdsworth, has regular phone check-ins and has recently started virtual sessions with the team via Zoom. Lyn, May's daughter, said this support has been beneficial. *"Holdsworth is looking at ways they can do more, connect to people that are having to isolate. They are all there and just a phone call away. For me it is really lovely to know that,"* she said.

Holdsworth's virtual sessions are a new initiative and have been rolled out across many of their programs, connecting people via Zoom. These include weekly virtual playgroups with nursery rhymes, recipe ideas and games, virtual exercise classes for older people, and group catchups for teenagers and adults living with disability.

"It was the first time in 3 weeks that she was really engaged in a group activity, visibly happy and she was actually laughing. Great experience. She would love to be involved in future sessions," one mother said.

Holdsworth Community supports children and adults living with intellectual disabilities; families with young children; older people living alone or experiencing social isolation; and their families and care givers throughout Sydney and its Eastern Suburbs.

A full list of Holdsworth's current services can be found at www.holdsworth.org.au For further information about Holdsworth's programs, contact 02 9302 3600 or email info@holdsworth.org.au

RayWhite



Connect with us live, walk us through your property
to receive a professional property appraisal.

If you are thinking of selling or would like to know the value of your home please contact us to book a virtual appraisal.

Ray White Woollahra
Level 2, 68 Moncur Street, Woollahra
02 9357 3434

Robert Burton: The Designers' designer.

Robert Burton's elegant but welcoming little shop at 25 Queen Street occupies the slender ground floor of a two-storey commercial building dating from around 1870. It's tucked between lacy terraces at the "Paris end of Queen Street" near the Victorian tiered fountain and tailored magnolia tree in Davies Reserve that marks the busy corner with Oxford Street.

His shop, often described as a "mini department store", contains carefully curated clothing labels and desirable things for the home chosen with Robert's impeccable eye for detail, quality and style. Shapes and objects may be classic but there's always something a little bit edgy or a dash of unexpected colour to take them beyond the ordinary. *"The days of a stand-alone designer shop have gone",* Robert says. *"Since opening in Queen Street 23 years ago, I have always stocked a mix of things."*

Sydney born designer Robert Burton has had a long and celebrated career in Australian fashion. He left Australia in 1969 and spent some hedonistic but formative years working in London and New York. Soon after he returned, he began designing tailored outfits and couture evening wear for some of Australia's most elegant and influential women. A ready-to-wear range sold in selected stores such as David Jones. The editors of Australian fashion magazines loved his clothes, regularly featuring them in their glossy pages.

Judith Cook, who was fashion editor of Cosmopolitan and later fashion director of Vogue Australia and InStyle during the 80s and 90s, remembers: *"Our connection began in the mid seventies. Robert opened a unique boutique upstairs in the Strand Arcade opposite Flamingo Park. His clothes had a refined sense of style. Perfectly tailored looks in luxurious wool, silk and linen...clothes to order a bit like a dressmaker/tailor. He was great fun and*



always looked rather distinguished with his floppy hair and ubiquitous jodhpurs."

"A marvellous Polish tailor in Bathurst Street called Mr Felix, who had once made greatcoats for Hitler, always made these jodhpurs for me," Robert tells me.

"Before we had the influx of international designers in Australia, Robert Burton was our hero," says Nancy Pilcher, who was fashion editor of Vogue during the 1970s, 80s and 90s and later Conde Nast Publications Editorial Director Asia Pacific. *"He created the classics we all craved. Tailored separates that were true investment pieces because they were made of beautiful Australian wools and tailored to perfection. In fact, I still have pieces from Robert that I can wear today because they never dated. Visiting Robert in his studio was an event, one that we all looked forward to - great discussions and lots of gossip."*

These days it's hard to enter his store in Queen Street and walk out empty handed. Here you will find the perfect gift for a discerning friend, adorable baby clothes from French label Petit Bateau, sophisticated scented candles by Cire Trudon or a piece of the delectable Dibbern Porcelain that comes in 58 glorious colours. Check the rack of next season's understated Italian linen dresses or the NotShy French cashmere. Even the classic T-shirts and polos for men and women seem to be just what you need. Soft, unisex Bensimon tennis shoes in many colours are arranged on a sort of giant tray towards the rear of the shop.

"I'm always planning new things," Robert tells me. A favourite project is his ongoing collaboration with St Catherine's Girls School in Waverley. He has designed all 35 pieces available in the uniform range from kindergarten through to senior school. By all accounts the girls love their current uniform – "it used to be a hideous beetroot colour" – and can choose to wear various combinations of pieces. The distinctive cherry red wool duffle coat so delights the girls that they often wear it in weekends. A new "very chic" school dress will be ready for the coming summer."

Robert's latest enthusiasm is for the proposed Saturday morning farmers' market to be held on a privately-owned block in James Street. It will be a small market of 27 stalls open only on Saturday mornings. Beautiful fresh produce

will be sourced from a celebrated Sydney chef with farms on the Hawkesbury River. A cheese stand is planned and local businesses have been invited to take part.

"A new, younger demographic is moving into Woollahra and these people are very enthusiastic about the idea although there's been some opposition from older residents." Robert says. The submission is currently under consideration by Woollahra Council.

"I look back and I think I have had a pretty amazing time in life. I am a people person and always thinking about what's next. Retirement does not come into it!" he adds.

Text and photography: Carolyn Lockhart

Improve your Immunity – Diet and Exercise

Suggestion from one of our local medical centres to improve your immunity to respiratory infections and your chances against Covid-19.

Optimise diet

- Eat a 'balanced diet' with plenty of fruit, vegetables and fish – helps stabilise asthma and chronic lung conditions such as emphysema
- Maximise antioxidants, which helps recovery in respiratory infections and reduces acute exacerbations of underlying lung disease – antioxidants include beta-carotene (apricots, mangoes, carrots, peppers, spinach), Vitamin E (grains, wheatgerm, almonds, peanuts), lycopene (tomatoes, processed tomato products) and seafood that contains selenium
- Take Vitamin D – doses of 1000U can reduce respiratory infections by up to 40%. Vitamin D is found in fatty fish, such as salmon, and in milk or foods fortified with vitamin D. Sun exposure improves Vitamin D levels
- Take Vitamin C – reduces common cold severity and duration. Suitable foods include citrus fruits, kiwi fruit, broccoli, green peppers; beta-carotene is present in apricots, mangoes, carrots, peppers and spinach
- Include garlic in your food – garlic helps reduce severity, frequency and duration of a cold
- Take Zinc lozenges or supplements – shortens the duration of respiratory infections
- Reduce alcohol – avoid excessive drinking whilst in isolation as this is correlated with respiratory illness and pneumonia, and slower recovery from infection and wounds

Exercise at home

- Perform moderate intensity exercise such as jogging, brisk walking, bike riding, swimming – improves immune function, reduces risk and severity of respiratory viral infection
- Include aerobic exercise to effect deep lung breathing (chest physiotherapy)
- Meditate 45 minutes daily – reduces respiratory illness severity and duration
- Do as much as you can – supports mental health and boosts your immunity
- Also, avoid pollutants such as dust or mould, and if you happen to smoke cigarettes – stop!

Osana is at 124 Queen Street. Phone: 13WELL or 139355.



**Dr James
Kavanagh
BDS.
5 Dec 1979 -
1 April 2020**

It is with great sadness that I write to tell you of the passing of my dear friend, colleague and business partner, Dr James Kavanagh.

I met Jim over 13 years ago when he was a young, 26 year-old, "newbie" dentist. I had just arrived from England, and he and I both joined as dentists at The Dental Surgery at 98 Queen Street at the same time.

In our time together I also got to know Jim's loving wife, Lauragh. Jim became father to Teddy in 2012 and Hugh in 2016. I'm sure many of you loved hearing stories about his creative Teddy and his entertaining Hugh Bear.

Jim and I spent the next 10 years getting to know our patients together and sharing our love of dentistry. It was from the beginning, and because we were good friends, that we agreed that one day we would become business partners. Jim was a passionate dentist and I watched his confidence grow. He was generous in spirit and his time. In 2016, Jim and I fulfilled our dream and established *The Dental Rooms Woollahra*. We renovated the practice together and elevated it to another level, and it is the friendly family dental practice that you see before you today.

In August 2018, Jim had the devastating news of being diagnosed with cancer. Over the next few months, I took care of most of Jim's patients as he fought hard to beat the cancer, all of us hoping that one day he would be back practising dentistry again. Sadly, Jim lost his battle on April 1st 2020.

Jim and I built *The Dental Rooms* together, and every day there will be fond memories of Jim, of our discussions on the latest developments in dentistry, of making improvements to the patient experience at the practice, and of course of the many laughs we had. I will continue to run the Practice with the same ethos and philosophy of quality dentistry and patient care that we both shared. While we are temporarily closed at the moment due to the Covid crisis, Jana is manning the phones at reception to take your calls and bookings to continue when we reopen soon.

Rest in peace my dear Jim, from your friend, fellow dentist and business partner, Bal.

Dr Bal Bahra BDS

Become a QSWWA Member

Ensure the Association continues to be an effective resident and local business community group by becoming a member. A Membership form is on page 12 or download it from www.qswwa.com.au

Stress - a pandemic of its own

Stress... You know it, you feel it and, unfortunately, it's not going away any time soon. Here's how you can understand the effects of stress on your health and what you can do to increase your resilience in these difficult times!

What is stress? Can it be good?

Stress is vital for survival as it defends us from the challenges of daily life, otherwise known as "stressors". The importance lies in the type and duration of stress and how we deal with it. Good stress (Eu-stress) lasts only a very short period of time, you can overcome it and recover with a sense of exhilaration or accomplishment. Historically that stress would have allowed you to run away from a dangerous predator and reach a tree to climb to safety. Bad stress (distress) can last days, weeks or even years and typically leaves you feeling a lack of control, irritable, emotionally drained and physically exhausted.

Common stressors fall into three categories: Physical (sitting, lack of sleep, injuries); emotional (conflict, relationship issues, responsibilities) and chemical (pollution, diet, medications). It is probably quite easy for you to pinpoint some of your everyday stressors and how long they have been affecting you.

Stress is experienced through your nervous system which controls everything that happens in your body including organ function, hormonal secretion, digestion, immune response, healing and regeneration. Your nervous system has two gears, 'fight or flight' and 'rest and digest'. You can only be in one gear at a time, like a car with drive or reverse, you can either be in fight or flight OR rest & digest. When you are experiencing stress your nervous system is in fight or flight.

What happens to your body when you are stressed?

This survival mode means your body is laser focused to get you to safety. Heart racing, blood pumping, muscles flexing, fuel burning, everything it takes to get you up that tree and away from that lion. But there is no lion... When your body thinks you are desperately trying to escape danger your vital centres (heart and lungs) become overworked, your creative thinking, concentration, ability to learn, problem solve, remember details or be considerate and empathetic to others goes out the window.

When your nervous system is stuck in fight or flight, your body can't properly digest food for healing, repair and regeneration, your immune system also reduces in its capacity. These effects of long-term stress often leading to aches, pains and injuries that will hang around and a body that is more susceptible to coughs, colds, flus and other viruses. Definitely not what we want this winter!

Signs your stress levels may be too high

These common signs of chronic stress can indicate you are living life primarily in fight or flight:

1. Sleeping less than 6 hours per night and experiencing restless, broken sleep.
2. You NEED your coffee and/or use alcohol or other drugs to switch off.

3. You are anxious, aggressive, not happy or suffer poor mood regulation.
4. You constantly feel overwhelmed and are increasingly forgetful.
5. You suffer headaches, neck pain & upper back pain.

Building resilience with simple strategies

We know reducing stress is not always easy but why not try some of the following:

1. Sleep - 7+ hours per night
2. Breathe - using your abdomen rather than your chest
3. Exercise - walking and yoga are an excellent to start
4. Nourish yourself - keep it real, fresh and nutrient dense
5. Limit exposure to technology and screens - these send your nervous system into 'fight or flight'
6. Cultivate Gratitude - Begin each day by saying out loud 3 things you are grateful for
7. Look after your spine - optimal spinal function will power up your nervous system to shift gears into rest & digest and may help boost your immune system

Stress & spinal function

Your spine is the protective casing for your nervous system and the motor for your brain. The function of the spine can therefore affect every aspect of your health including how you experience and deal with stress and how well your brain is able to do its job.

At *LiveLoveLife* we are passionate about helping people live their best. We offer world-class Chiropractic care along with proactive education, positive support and early intervention, which is key in reducing the long term impact of spinal health issues and stress to ensure you are building a strong, healthy and resilient body for the future. Want your health to be different? Want your life to be different? Then you have to DO something different. Get in touch with us today at hello@livelovelifechiro.com or 8091 2021. *LiveLoveLife* is a short walk from Woollahra Village!

Dr Erin Hawken, Principle Chiropractor, LiveLoveLife





Councillor's Corner

On behalf of Woollahra Council, I want to thank you for your patience with the current restrictions and your continued commitment to social distancing. These measures are obviously working with transmission rates dropping to single digits. Woollahra Council beaches are now open for swimming, kayaking and exercise. No sunbathing or picnics just yet but I know many of you will be happy to get out there and do your daily swim once again.

Council has announced a number of measures to support local residents and businesses during this time, such as rent relief for businesses in Council-owned properties, waiving outdoor dining fees, turning off parking meters and payment flexibility for residents unable to pay their rates. Council is working with the Holdsworth Community Centre to ensure our older residents receive the care and support they need and Councillors unanimously voted to increase funding to local domestic violence services. Council's website has more information on the various support and services available to businesses and residents. If you are wanting to help out, the website also lists support services needing volunteers.

While I applaud the government's approach to limiting the transmission of Covid-19, some non-health related measures are giving cause for concern. The NSW Planning Minister has been given unprecedented power to overturn planning decisions made by Councils. A developer lobby group has provided the NSW Treasury with a list of 'shovel-ready' projects that "are caught up in...the planning system" that include a proposed development in Double Bay for 100-150 new apartments. Unfortunately, a motion to express Council's opposition to these powers was defeated this week.

The NSW Government has removed many planning powers from Council already and further sidelining of Council in the manner proposed merely serves to further undermine local democracy.

Councillor Megan McEwin
0412 455 424

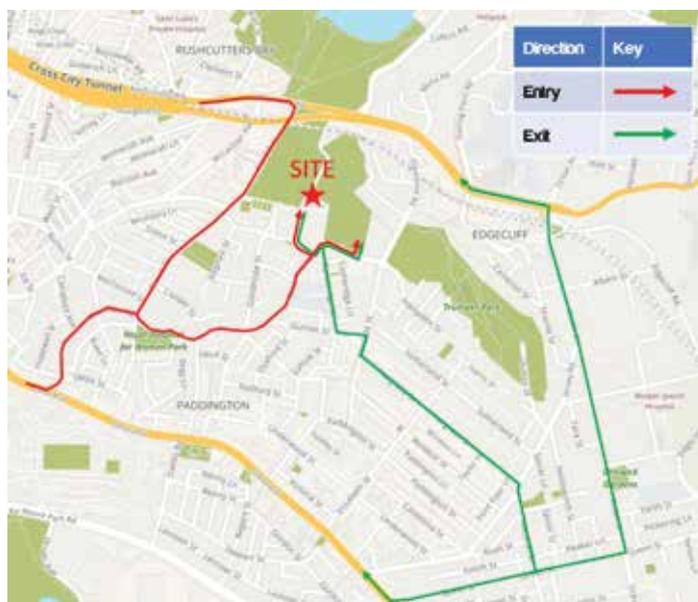
White City Development Update

Our flyer in the last edition of the *Village Voice*, regarding the Construction Vehicle Management Plan for the White City development planning to route heavy construction vehicles through Woollahra, seems to have generated a flurry of objections to Council, judging by the number copied to the QSWWA email.

For those who missed the last edition, the proposed construction vehicle access route (CVAR) in the Construction Traffic Management Plan in the Development Application (DA) for the redevelopment of former White City site in Paddington will have a highly adverse impact on traffic in Woollahra. As per the Construction Vehicle Route Map below, exiting vehicles will be required to come up Hargrave Street, Moncur Street, then either turn left down Queen Street to Ocean Street and then left down to New South Head Road, or turn right down Queen Street to Oxford Street. The estimated period of construction is two years, and, at its peak, which will last at least a year, vehicle movements are forecast to be around 80 per day, or 10 per hour.

This will cause a major disruption to our quality of life in Woollahra village, and, in the case of many business owners, will be highly disruptive. With frequent heavy vehicles on our streets, the potential for accidents with other vehicles, and, in particular, with pedestrians, increases dramatically, not to mention the impact on air quality with increased diesel fumes. Reducing the ambience of Queen Street and surrounds will have an inevitable negative impact on local business

too. It is essential that, in the event that the DA is approved, appropriate conditions are attached to the consent that insist that construction traffic is not routed through Woollahra and that other routes, for example, straight onto New South Head Road, or through the Sydney Grammar site to Neild Avenue, are used.



The next step will be for the Council to finalise summarising all the issues raised by objectors for the Sydney Eastern City Planning Panel to then meet and make a decision. These Planning Panel meetings are now being held by teleconference. Objectors should be notified when a date for this meeting is decided and should be given details on how to register to address the panel by teleconference, should they want. We can only hope that the Planning Panel see the sense in preserving the unique village high street atmosphere of Queen Street and Woollahra. We will update QSWWA members when we hear something.

Giles Edmonds, Vice President, QSWWA
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