

# VILLAGE VOICE



**YOUR VILLAGE VOICE TURNS 50!**  
**WE STAND WITH UKRAINE**  
**CONTINUING THE FIGHT AGAINST**  
**OVERDEVELOPMENT**



## PRESIDENT'S REPORT



A big thanks to members and guests who attended the AGM and Social Drinks and the 50th Anniversary Dinner. Both were very successful evenings, as detailed in the following articles and photographs. Congratulations to the new committee elected at the AGM, an energetic mix of previous and new members – Giles Edmonds (President), Christine Whiston (Vice-President), Alan Smith (Treasurer), Jaqui Lane (Secretary), Susie Willmott, Stephanie Macindoe, John Knott, Richard Haigh and Jennifer Stokes. We are also very grateful for the contribution made over

many years by two committee members who retired this year, Richard Banks and Phillip Mitchelhill, and we thank them for all their hard work.

As readers will be aware, in the face of very negative feedback from residents, the council decided not to proceed with a proposal to change the name of Fullerton Street (site of the Russian Consulate) to Ukraine Street. While condemning Russia's unjustified invasion of Ukraine, the QSWWA opposed this proposal as it would greatly impact residents while having very little impact on Russia itself. The QSWWA is very supportive of Ukraine and I urge everyone to read the article on page 12 by Andrew Mencinsky, Vice-President of the Ukrainian Council of NSW, and think about what you can do to help Ukrainian refugees in Sydney.

Ensuring that development in the area is appropriate, conforms with local planning regulations and preserves our village atmosphere continues to be a challenge. There have been a couple of sensible decisions recently, but these may not be the end of the story. The Woollahra Local Planning Panel (WLPP) comprehensively rejected a DA for 364 and 364A Edgecliff Road, citing 15 reasons for rejection. The QSWWA was one of the objectors, as

the plans were inconsistent with the planning regulations in many areas and would have set a terrible precedent for our suburb. Whether the developer will go to the Land and Environment Court or resubmit another design is unknown, but we will continue to monitor the application and keep members updated. Regarding the DA for 136–148 New South Head Road to increase the height limit from five to 12 storeys, Woollahra Council accepted the recommendation from the WLPP and rejected the application. However, we understand that the decision will now be reviewed by the Sydney Eastern City Planning Panel on 18 August 2002. We encourage residents to make fresh submissions to this panel and we will update members via email.

The QSWWA will be holding the Christmas Window competition again this year for all businesses in Queen Street and surrounds. Council will install Christmas lights in selected trees in Queen Street, which should really add to the festive spirit.

Finally, a date for the diary: our Christmas Carols at Chiswick Park will be on Tuesday 6 December. It's always a great occasion, so make sure you don't miss it.

GILES EDMONDS, PRESIDENT, QSWWA

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Follow us on Instagram @qswwa\_sydney  
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.  
President: Giles Edmonds, Treasurer: Alan Smith, Committee Members: Richard Banks, Phillip Mitchelhill, Susie Willmott, John Knott, Richard Haigh, Christine Whiston, Stephanie Macindoe.  
The Village Voice Editor: Christine Whiston, Designer: Kerry Klinner, MegaCity Design, Subeditor: Deborah Brown.  
DISCLAIMER: The views expressed in this publication are those of the writers and not necessarily those of The Queen Street and West Woollahra Association Ltd.

### ON OUR COVER

Queen Street, reflecting the changing season, photographed by Paul McGuire. See more of Paul's work at Instagram @paulmcguire5970



The newly elected QSWWA Committee, absent Alan Smith and Steph Macindoe.

# QSWWA AGM – A VERY SOCIAL EVENING

The 2022 QSWWA Annual General Meeting and Social Evening was held on Tuesday 17 May in the Woollahra Hotel, with 70 members and special guests attending including the Mayor, Susan Wynne; then federal member, Dave Sharma; Cooper Ward councillors Luise Elsing, Nicola Grieve and Sarah Swan; Woollahra Public School principal, Nicole Molloy; and members of the *Village Voice* team including subeditor Deb Brown and photographers John Peel and Paul McGuire. Celebrating our 50th anniversary this year, we were also very pleased to welcome our founding president, Leo Schofield, together with Anne Schofield, both lifetime members.

Following last year's successful format, the formal part of the meeting was kept relatively short to allow members and guests to socialise and catch up after another difficult year. A welcome drink was provided by the Woollahra Hotel and, after the meeting, some delicious food was provided by the association. Once again, the community spirit of our area shone through and we very much appreciate the support shown by our members and guests for this event.

We include here a selection of photos, with thanks to our photographer, Eric Scott. More photos are available on our website, [www.woollahravillage.com.au](http://www.woollahravillage.com.au), in the Events, Previous Events section.

GILES EDMONDS, PRESIDENT, QSWWA



Current president Giles Edmonds with founding president Leo Schofield; Treasurer Alan Smith; Linda Cox and Nicole Newsome; Councillors Nicola Grieve, Luise Elsing and Sarah Swan; Jaqui Lane, Marianne Ye and Georgia Cleary.



### REJOICING IN MUSIC AND SONG

The Woollahra Philharmonic Orchestra's second concert of 2022 was a festival of music and song with a Latino flavour. Under the baton of guest conductor John Buckley, the program captured the mood and rhythms we have come to associate with the music of faraway places Spain, Mexico and South America.

One of the highlights of the concert was the performance of three songs by rising star, soprano Kathryn Williams. Opening with Gershwin's much-loved *Summertime*, followed by *Les Filles de Cadix* by Delibes, Kathryn brought her bravura performance to a close with an exhilarating rendition of *Granada* by Agustín Lara.

The orchestra followed up with a series of works including two arranged by John Buckley, a 1950 composition by Cuban composer Arturo Márquez, and Aaron Copland's remarkable composition, *El Salón México*. A suite from Bernstein's *West Side Story*, arranged by Jack Mason, brought the program to a close.

The WPO's next concert program is scheduled for 10 and 11 September (see page 10).



A bravura performance by soprano Kathryn Williams was a highlight.



NSW Fire and Rescue officers John (left) and Dean with two local youngsters at the Woollahra fire station in Forth Street on Open Day.

### FIRE SAFETY FIRST

For the first time in two years, NSW Fire and Rescue Service invited the community to join their Open Day. This is a state-wide event when local fire stations open their doors to local residents – children in particular – to share in the great work performed by our fire officers. Open Day is a fun way to focus on the serious issue of fire safety in the home. The event provides education on being fire-safe at home, making sure you have a working smoke alarm and reinforces the importance of the emergency call-out number, 000.

Families were treated to a show bag which included a fire officer's helmet, an activity book and an information guide to fire safety in the home for parents and carers.

### THE 2022 YOUTH PHOTOGRAPHIC AWARD AND SHORT FILM PRIZE OPENS

Calling all local high school students to submit a photograph or a short film to Woollahra Council's annual exhibition. Now in its 28th year, the Youth Photographic Award and Short Film Prize provides an opportunity for young aspiring photographers and

filmmakers to reach a broader audience and to win cash prizes of more than \$2000.

Students in Years 7–12 can participate in the competition and be part of the exhibition at Woollahra Gallery at Redleaf from 14 September to 2 October 2022.

Key dates:

- Entries open now.
- Entries close on 15 August 2022.
- Exhibition at Woollahra Gallery at Redleaf from 14 September to 2 October 2022.

To view the 2021 exhibition and winners, visit the gallery's website.

For more information, please contact: Cultural Development  
Telephone: 02 9391 7102  
Email: [cultural@woollahra.nsw.gov.au](mailto:cultural@woollahra.nsw.gov.au)

### BACK TO THE FUTURE

Georgia Cleary is one of Woollahra's best-known real estate figures and her ads have featured in the *Village Voice* since 1999. Over the years Georgia has joined forces with some of the east's major agencies but she has always maintained her own brand. In July this year, following a rebranding of the former Bradfield Cleary agency, Georgia joined McGrath which is where she launched her career many years ago.

Georgia was one of the first women to break into the male-dominated role of real estate during the 1990s. 'I was just nineteen,' she recalls, 'and it was tough. An agent needs to be available at all times, early mornings, evenings, weekends. You need a supportive partner and independent kids!'

'Selling houses is all about the relationship,' she adds. 'You are in people's homes and lives and it's so important to be able to form a relationship of trust with your clients.'

'It's been great, but It was time for a career move', says Georgia, 'and I am delighted to be back where it all began.'





### POWERFUL OWL UPDATE

Centennial Park's powerful owls, featured in last August's *Village Voice*, have had an up-and-down year. Early in May breeding was well under way, with the female back in her favourite hollow beside the paperbark grove and the male, in between hunting, keeping watch from a nearby tree. The parklands people set up a surrounding fence and the owls' many admirers crossed their fingers.

Then in June the female abandoned the hollow, which had become waterlogged from incessant rain, leaving behind two eggs that were later predated. Unusually, the adults remained close by (perhaps in

mourning?) but in July – even more unusually – made a second attempt at breeding. This time no fence was erected and drenching rains again returned. Unconfirmed observation suggests the owls have now left the area, a whole breeding year lost.

Sadly, both last year's chicks perished (one taken by a fox), which makes the powerful owls' endeavours all the more precious. Centennial Parklands have now been urged to do at least one thing to help: there are no leaves or branches that might protect the slightly upturned nesting hollow from the rain, so constructing a shelter above the hollow could make all the difference for future years. Surely it's the least the owls deserve.

JOHN PEEL

### SUPPORT AS YOU AGE

If you are aged 65 or over, you may be eligible for government-subsidised services that can help you live at home longer. Holdsworth's experienced Community Care team can support you to navigate your funding and find the services you need to achieve your goals, including support to navigate My Aged Care, a free Wellness Hub, dementia-friendly support and a volunteer connection program.

Visit our website to find out more: [holdsworth.org.au/events](http://holdsworth.org.au/events).

Upcoming events:

- Support to navigate My Aged Care: free information session, every third Monday of the month from Monday 19 September, 10am–11.30am in the Group Study Room at Woollahra Library, Double Bay.
- Holdsworth's Connect Program: Men's Chat Group – 8 September, Tech Room, Woollahra Library, 2.30pm–4.00pm.

To find out more or to register your interest in one of these programs, contact Holdsworth on 02 9302 3600 or at [info@holdsworth.org.au](mailto:info@holdsworth.org.au).



The Community Care team at Holdsworth is providing free assistance in navigating the My Aged Care program.



### ADD VALUE WITH OUR LOCAL REWARDS CARD

The QSWWA recently launched a members loyalty reward program offering discounts at selected local businesses.

The discounts are valued at over \$100 and represent great value for your membership fee.

By supporting the QSWWA, your local community association, you will receive a Local Rewards Card giving you offers and savings in Woollahra village at shops including Bodalla Dairy, The Phoenix Hotel, Pizza Moncur and Parterre. Member offers include:

**BODALLA DAIRY:** Buy a double scoop, get one free (of the same value), and/or 25% off a take-home tub of ice cream.

**PHOENIX HOTEL:** Dine in on Monday, Wednesday and Thursday and get 25% off your bill, up to \$25.

**PIZZA MONCUR:** Pick-up offer – free bread with any regular pizza, valued at \$8. Dine-in – free glass of wine with any regular pizza, valued at \$10.

**PARTERRE:** 10% off any purchase.

Existing members should have received their Local Rewards Card by now. Please contact the association if you are a member and did not receive one.

We will be adding exciting new offers to the Shop Local program for 2023 that not only give you great value and savings but support our local village shops and businesses!



# QSWWA 50TH ANNIVERSARY DINNER

CELEBRATING OUR 50TH ANNIVERSARY, THE QSWWA ANNUAL DINNER WAS HELD ON TUESDAY 14 JUNE AT THE WOOLLAHRA HOTEL WITH OVER 80 GUESTS. THE EVENING STARTED WITH DRINKS IN THE QUEEN STREET LOUNGE FOLLOWED BY A DELICIOUS THREE-COURSE MEAL IN THE TERRACE RESTAURANT.

The Annual Dinner has been a long-standing tradition of the association dating back to its early days.

The food was accompanied by an excellent selection of wines and beer from the hotel's extensive list. After two years of not being able to hold the dinner due to COVID, this was a tremendous opportunity for local residents and businesses to reconnect. Judging by the noise levels and the buzz in the room, everyone took full advantage of being able to meet up again and had a most enjoyable evening. The Woollahra Hotel provided great hospitality and we are very grateful for their continued support. The highlight of the evening was special guest Leo Schofield, QSWWA founding president in 1972, reminiscing on the early years of the association. Leo's memory was as sharp as a razor and

his stories brought back many fond memories to the more mature guests attending. Many thanks to Leo and we hope to see him again at future events.

Thanks too to the local business who very generously donated some very valuable prizes for our raffle – Matthew Ely Jewellery, Parterre, Moncur Cellars, the Dental Rooms and an individual donation by Leo Schofield, who was also called on to draw the winning tickets. The raffle was very successful, all due to the magnificent prizes, for which we are very grateful.

Finally, our thanks also to our official photographer for the evening, Eric Scott, who did a great job as usual. A selection of photos is shown on this page.

GILES EDMONDS, PRESIDENT, QSWWA



FROM TOP LEFT: Leo Schofield entertaining guests; Will Cooney and table; John Knott and Fiona King; all guests.



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# NOW AND THEN: THE VILLAGE VOICE TURNS 50!

THE *VILLAGE VOICE* – 'THE NEWS BULLETIN OF THE QUEEN STREET AND WEST WOOLLAHRA ASSOCIATION'  
– WAS PUBLISHED FOR THE FIRST TIME IN AUGUST 1972.

Fifty years later, the magazine is delivered free to over 5000 residences and has become a familiar voice within the community. Its publication followed the establishment of the QSWWA in early 1972 as the voice of the residents action association covering the area bounded by Jersey Road, Ocean Street and Oxford Street, West Woollahra. The association is celebrating its 50th anniversary this year.

That first edition of the *Village Voice* was little more than a four-page A4 newsletter. It contained a call for membership for a fee of \$2, news of a market research survey designed to get an 'accurate profile' of local residents and their views on future development, a report on local buildings needing attention, and a call for more trees and tree gardens.

As the association grew, the *Village Voice* did too, publishing approximately twice a year throughout the 1970s and reporting on the work of the QSWWA, which at that time was actively involved in various campaigns from traffic to trees, often in conjunction with the Woollahra Council.

The founding editor, Robin Brampton OAM, continued in his role as editor and publisher until December 2010 and following his retirement, donated his extensive archive of images, documents, QSWWA minute books and other memorabilia to the Woollahra Libraries.

Fifty years ago, the mission of the newly formed QSWWA was 'to preserve and foster [the] unique commercial character, the "village high street" atmosphere of Queen Street.' As concern for the community's architectural heritage grew, attention focused on residents' action to protect it, and the *Village Voice* played an essential role in that. Throughout the 1970s the QSWWA published two newsletters a year (sometimes three), and in 2002 settled on three editions a year after adopting two-colour printing.

There were many campaigns fought over the years; the push to prevent the widening of Ocean Street, the battles to save historic houses such as Waimea House and No 115 Queen Street (Dame Joan Sutherland's former home) to name but a few. And some things never change. The photograph opposite features the cover of November 1979's Special Edition of the *Village Voice* opposing the spread of high-rise residential development in West Woollahra;

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The first edition of the *Village Voice* was published in August 1972.

while in today's edition we feature an article highlighting local concern at the approval of the new high-rise tower for Edgecliff on the boundary of our local area.

But it was not all fighting in Woollahra. Many people throughout the eastern suburbs, and indeed Sydney, will remember the legendary Queen Street Fair, an initiative of the QSWWA, which was held for the first time in November 1972. The fair with its revellers, myriad performances and innovative stallholders provided excellent material for the local magazine. The fair went on to become an annual tradition for over a decade until it was abandoned in 1986 (see photographs opposite).



In 1979 another local tradition was created: the QSWWA's Community Christmas Carols, an event which has drawn politicians, celebrities and families together to celebrate the approaching festive season ever since. Over the years the *Village Voice* has publicised the event, its pages featuring many happy faces enjoying community celebrations.

As reported each year in the *Village Voice*, the QSWWA's AGM has always attracted community engagement and a raft of great speakers over the decades, while the association's Annual Dinner is another much-loved community event.

It was not until the mid-1980s that paid advertising first appeared in the *Village Voice*. Among the first takers were Pazotti Tiles, Duane Norris and Associate Garden Designers, Valentino's Ristorante Italiana (long gone), and the now iconic Queen Street fashion retailer, Reads. During the 1990s, real estate advertising made its way into the pages of the *Village Voice* – a sign of the changing times in Sydney's east.

The *Village Voice* has continued to move with the times. More pages were added; 2013 saw the introduction of four-colour printing; in 2018 its frequency increased to four editions a year; and in May 2021 a new magazine format was created, increasing its extent from 16 to 20 pages. With readership estimated to be more than 10,000 the *Village Voice* has come a long way from that simple newsletter of August 1972 but in essence it remains the same: the voice of the community for the community, supporting the QSWWA as it continues its work to protect and enhance the unique character of Woollahra.

CHRISTINE WHISTON



ABOVE: A Special Edition in 1979 rallied the community to oppose high-rise residential development in Woollahra.  
TOP LEFT: Happy recipients of the Nimrod Theatre's Cosmic Face Painting at the legendary Queen Street Fair in 1977.  
TOP RIGHT: Who could resist this 1976 *Village Voice* call out to the fair!



# MONCUR RESERVE IN THE SPOTLIGHT

Woollahra Council is about to commence work on landscaping improvements to Moncur Reserve, the large green space situated between Jersey Road and Moncur Street, with Holdsworth Street on its southern boundary,

One of the most widely used reserves in the Woollahra area, the reserve slopes down from Jersey Road towards Moncur Street and has a natural contour at its centre designed to channel rainwater run-off. It forms a backdrop to the Holdsworth Community Centre on the corner of Moncur and Holdsworth Streets and comprises three separate areas within its boundaries: the largest area with a central pathway stepping down towards the Holdsworth centre from Jersey Road, the area adjacent to and including the community garden, and the flatter area closest to Moncur Street which includes a basketball hoop.

The area is protected by a number of trees and while



Moncur Reserve is one of Woollahra's most popular green spaces.

these provide shade during the summer, the conditions are not conducive to grass growth.

The reserve is popular with dog owners and council is currently undertaking a dog off-leash trial, after 3.30pm and before 10.30am every day.

Council has recently announced a plan to conduct landscaping improvements in Moncur Reserve to improve accessibility to the existing park seats and provide new, informal play opportunities in the central section of the reserve.

The improvements include:

- A 1.2m wide concrete footpath and pram-ramp off Morrell Street and concrete hardstand area servicing the existing seats and stairs in the area where grass does not survive.
- Handrails beside the existing stairs and the high section of sandstone wall behind the seat near Morrell Street.
- Three sandstone cubes of different sizes for additional seating and creative play opportunities.




**THOMAS TSAI**  
Conductor

## RESONATE

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**Saturday**  
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**Die Fledermaus Overture**  
**Concerto in D minor**  
**Symphony Number 7**

**Piano**  
**Conductor**

**10 September 2022 5:30pm**  
**11 September 2022 2:30pm**

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**MI MI**  
Piano



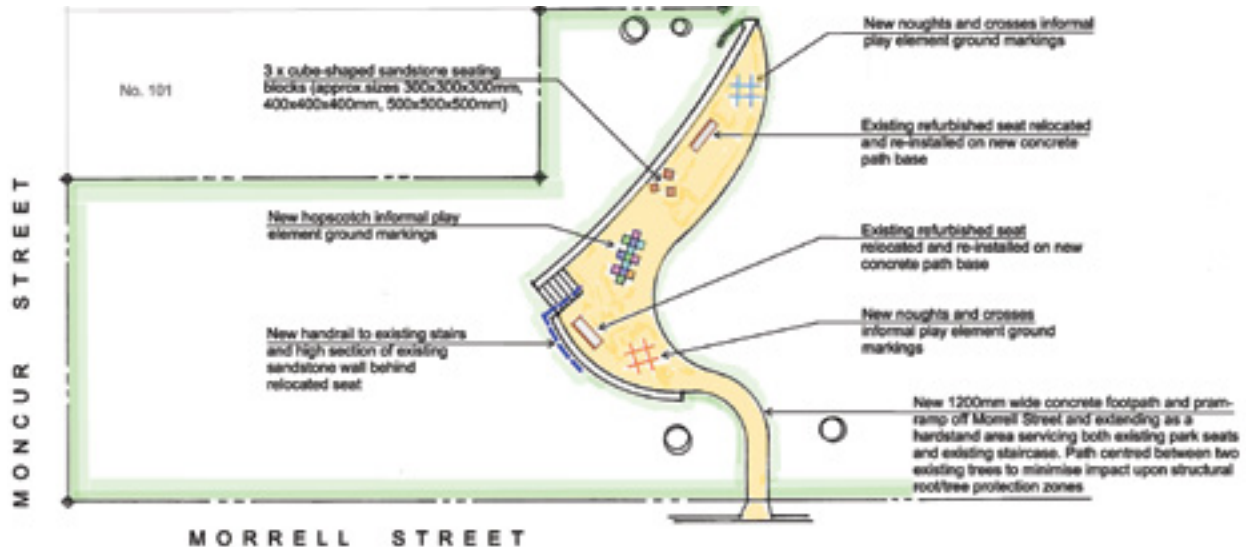
- Ground markings on the concrete for informal play opportunities, including Hopscotch and Noughts and Crosses.

Additional plantings are also planned for the perimeter of the central part of the reserve and along the sandstone wall on the southern side. A new park seat will also be installed above the stepped area.

While the improvements have been approved, there has

been community concern about the plans. Some residents have voiced concerns that the proposals do not go far enough and would like to see a plan encompassing the whole area. However, council has advised that it is planning to create a masterplan for the reserve in 2023 and this will be conducted with community feedback.

A temporary security fence will be erected around the perimeter of the worksite during construction, but the remainder of the reserve will remain open.



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# DISPLACED UKRAINIANS – WHAT YOU CAN DO TO HELP

AFTER 160 DAYS, AND EIGHT YEARS, THE WAR HAS NOT AND WILL NOT BREAK UKRAINE AND WHILE NEWS OF THE INVASION OF UKRAINE HAS SLIPPED FROM THE FRONT PAGES, UKRAINE AND UKRAINIANS ARE STILL RESISTING THE RUSSIAN INVADERS.

- A**s at 25 July 2022 the Russian Federation has:
- fired more than 3000 missile attacks on Ukraine;
  - killed more than 10,000 Ukrainians, including hundreds of children;
  - destroyed more than 24,300 homes, roads and bridges;
  - forced more than 6 million Ukrainians to leave their country and displaced around 8 million within the country (UNHCR);
  - committed over 25,000 war crimes (registered and being investigated), including looting, tortures, wilful killings, abductions and rape.

In the face of these barbaric atrocities, just under 3900 displaced Ukrainians and their families have made it to Australia. The significant majority of displaced Ukrainians are women and children, as the men have remained in Ukraine to defend its sovereignty.

At the beginning some of the greatest challenges faced by displaced Ukrainians were emergency clothing, food, and emotional trauma. The Ukrainian Council of NSW ([www.ucnsw.org](http://www.ucnsw.org)) and the Ukrainian community responded and established a weekly Displaced People Hub at Lidcombe (the historical home of the Ukrainian community), where every Saturday the following occurs:

- Displaced Ukrainians socialise over tea, coffee and cakes.
- Over 150kg of food donated by Harris Farm Markets and other donors is distributed to needy families.
- Displaced Ukrainians select from the thousands of items of clothing, footwear and toys donated by generous Australians and Australian businesses.



LEFT: Andrew Mencinsky hands out a Ukrainian Council of NSW *Welcome to Sydney* book. RIGHT: Displaced Ukrainians are being placed in accommodation throughout Sydney. These grateful residents have been housed in Clovelly.

- Representatives from government agencies provide humanitarian case-management services as well as psychological support to traumatised individuals.

## WHAT YOU CAN DO TO HELP

Displaced Ukrainians have found temporary accommodation all over Sydney (including Potts Point, Darlinghurst, Bellevue Hill and Woollahra),

staying with family, friends and even unrelated host families who have opened their homes and their hearts to those in need.

Moving from temporary accommodation to long-term rental accommodation is proving to be very challenging. The Sydney rental market is running at unprecedented low vacancy levels and high prices, adding yet another stressor for displaced Ukrainians in addition to worrying about the safety and lives of those left in Ukraine.

Three generous Sydney residents (in Clovelly, Burraner and Fairlight) have offered accommodation under long-term leases rent-free to Ukrainian families, and we're calling for more.

The Ukrainian Council of NSW is calling upon landlords in Sydney to help those in need by either offering subsidised rental accommodation or offering vacant properties to displaced Ukrainians prior to putting them on the open market. If you or anybody you know can help, please email me at [andrew.mencinsky@ucnsw.org](mailto:andrew.mencinsky@ucnsw.org) or call me on 0411 743 750.

Slava Ukraini! Glory to Ukraine!

ANDREW MENCINSKY  
VICE-PRESIDENT, UKRAINIAN COUNCIL OF NSW



## SUNMAN WALKER MALLOS NEW PHASE FOR LOCAL LAW FIRM

## SUNMAN WALKER MALLOS

### OUR COMPANY

Tony Sunman, Woollahra's long-serving local lawyer, has been joined by fellow local solicitor Matthew Mallos. The new firm, Sunman Walker Mallos Lawyers, aims to preserve and build on Tony's strong track record serving Woollahra and the surrounding community.

Matthew Mallos joins the firm after ten years as a senior in-house lawyer at top 50 ASX-listed property and construction company, Lendlease. With his background in property and construction, Matt's principal areas of expertise are property development and construction, property financing, property sales and leasing and property disputes. Tony has long been a Law Society accredited specialist in property law and will continue to deliver the high level of quality service he is known for.

### OUR SERVICES

Tony, Matt and the team at Sunman Walker Mallos can assist with:

- Conveyancing
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- Property financing
- Construction and development work
- Leasing
- Family law

### OUR CONTACT DETAILS

**Matt Mallos**  
0408 959 677 | (02) 9327 3180  
matthewm@swmlawyers.com.au

**Tony Sunman**  
(02) 9327 3180  
tonys@swmlawyers.com.au



**WILLS, PROBATE,  
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AND FAMILY LAW**



# CASE STUDY: MICHAEL – 25 YEAR ANNIVERSARY

SUPPORT WORKER MICHAEL HAS SPENT 25 YEARS AT HOLDSWORTH, WORKING WITH NDIS CLIENTS TO BUILD SKILLS AND INDEPENDENCE AND, OF COURSE, HAVE A FEW LAUGHS.

With age comes wisdom. After 25 years at Holdsworth, that's certainly true for Michael. With a wry smile he says that many of his clients refer to him as 'old man' now. For new Holdsworth support staff, he's a natural mentor because he knows there's a fine balance between protecting your clients and trusting them to find their independence. Which is why he lets his clients get away with being so cheeky.

Early in his career, in the United States where he grew up, Michael remembers being told he was the worst support worker in the world. It wasn't true. It was just the wrong



organisation for him. In fact, he's since been told he's the best support worker in the world. And that may well be true, especially for some of the people he interacts with. For Michael, though, his role at Holdsworth is not about the accolades, it's about finding joy.

Talking to Michael, you can't help but smile. And

that's because his clients' journeys make him smile. When he explains about the improv (improvisation) work he does with clients as part of drama therapy, he says: 'I'm laughing for three days afterwards, and for me, that's being alive.'

Michael always has time for a joke. He finds light in almost any situation – and his clients love it. Sometimes innocent bystanders step in, but usually he and his client just move away, giggling to themselves. When he walks into the room, people light up. He's a natural storyteller, and he encourages others to find their stories and their voices, too. He claims he gets to do 'all the fun bits' as part of his role at Holdsworth, but with Michael, his zest for life makes that his reality no matter what.

Michael is especially proud when clients use his teachings to work through a challenging situation – like being reminded to breathe or talk through their feelings during a difficult interaction in public. Those poignant moments are bittersweet for Michael, because it means his clients are ready to set new NDIS goals and find new ways to grow – and sometimes that's without him.

A quarter of a century at one organisation means Michael has seen many rise through the ranks, and many changes for the better. He's seen Holdsworth grow and change in response to the community's needs, just as he's watched his clients develop and thrive. He is in the wings, or sometimes taking a starring role, cheering them on, from their first achievements through to speeches at their weddings, always beaming with pride.

Do you have what it takes to contribute to changing lives like Michael? If you're curious about a career at Holdsworth, contact [www.holdsworth.org.au](http://www.holdsworth.org.au).

## Woollahra Garden Awards



**Enter your garden for the  
chance to win a \$500 first prize!**

We're looking for the best:

- Overall garden
- Sustainable garden – including school and community gardens
- Small garden
- Large garden
- Garden verge.

Lodge your free entry before  
14 October 2022.

For more information or to enter visit:

**[woollahra.nsw.gov.au/gardenawards](http://woollahra.nsw.gov.au/gardenawards)**



# HEALTH AND WELLBEING: IS RUNNING GOOD FOR YOUR KNEES?

RUNNING IS ONE OF THE MOST POPULAR WAYS WE KEEP FIT IN THE MODERN WORLD BUT IS IT GOOD FOR OSTEOARTHRITIS OF THE KNEE? WOOLLAHRA PHYSIOTHERAPIST KRISTIN HAIGH ANSWERS THAT QUESTION.

**T**he latest research into the benefits for knee health is very positive in terms of moderate-distance running (up to 10km three times per week). The perception from some of the research is that the public believe 'running is bad for knees and causes them to wear out'. This just isn't the case.

La Trobe's Sport and Exercise Medicine Research Centre suggests that moderate running may have a protective effect on knee health, promoting an increase in synovial fluid nutrients, which nourish the cartilage and joint surfaces. The fact is, too little exercise actually increases our risk of osteoarthritis (OA). Moderate-distance running protects our knee joints; however, elite and professional long-distance running or too much exercise increase the risk of OA. Studies have shown that leisure-time running is not associated with increased knee pain and other OA conditions.

Physical activity and exercise therapy also have a positive effect on chronic systemic inflammation. OA is an inflammatory condition. Lack of exercise can lead to an accumulation of visceral fat which affects our immune cells, which can have an effect on brain cells (Alzheimer's disease), insulin resistance (type 2 diabetes) and OA. The research also now suggests physical activity and exercise therapy including running may prevent 35 different chronic medical conditions.

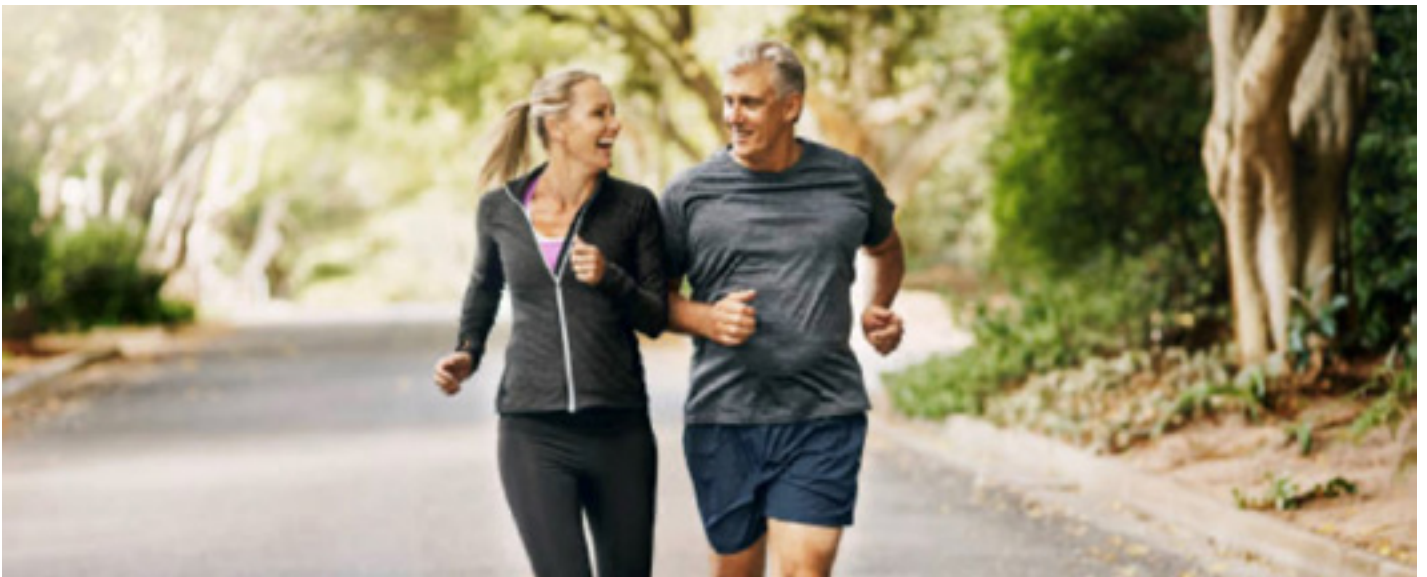
The facts:

- Recreational running is not harmful on knee joint articular cartilage without symptomatic knee OA.
- Participation in recreational running may have a protective effect against the development of knee and hip OA.
- Higher rates of knee and hip OA have been reported in non-runners and in runners exposed to sustained elite-level training loads.
- If a runner already has OA, they should still feel safe to continue running.
- Running does not appear to accelerate the progression of existing OA in runners up to 50 years old.

Load management is the key, as outlined in the following guidelines:

- Avoid or minimise running on consecutive days.
- After 24 hours, review symptoms (they need to settle within 24 hours).
- Assess running patterns, running cadence and heel strike (take shorter, faster steps).
- Footwear changes may be necessary.
- Use strength and resistance exercises for lower limbs to help absorb load.
- Speak to your physiotherapist if you have any questions.

KRISTIN HAIGH | WOOLLAHRA PHYSIOTHERAPY





# THE MAKING OF: A SAPPHIRE AND DIAMOND HEIRLOOM RING

**I**t isn't just jewellery. It's a story, told in gemstones; a family history, a love story, a personal memoir, a statement to the world.' For award-winning jeweller, Matthew Ely, each custom-made piece – specifically curated for its wearer – has its own story to tell.

## STEP 1: PRIVATE CONSULTATION

It started with two rings, ten diamonds and one sketch. A valued Matthew Ely client had a special request: to transform and unite two sentimental heirlooms, her late mother's rings, into one beautiful, iconic piece. A piece that was both creative and wearable; a piece that would make her father smile, and celebrate her parents' long, happy marriage; a piece that was 'like nothing you'd normally see in a cabinet'.

For Matthew, this brief was 'an absolute pleasure. There's something so special about redesigning a family heirloom. It's like being given the first chapter to a story, then writing a full novel. You want to make those original gemstones shine, while also reimagining them to match the personality and aesthetic of the wearer.'

## STEP 2: THE IDEA AND SKETCH

Matthew sat down with his client over a glass of champagne (to inspire creativity!) to sketch out a new ring. Enter: sapphires.

'Sapphires matched her personality. They're eye-catching and unique, particularly with the colour-fade ombré effect. It takes a lot of design time and energy to make that work, and the colour of the gemstones selected really has to be perfect, or else it can look blocky – but the final product is well worth it.'

## STEP 3: SOURCING THE SAPPHIRES

Matthew's challenge after his first client meeting was to find the 'perfect colour-fade sapphires'.

The final four stones selected were Ceylon sapphires, hand-picked, custom-cut and trimmed to be the precise shape and size. They were to be set in a platinum band, alongside the client's original diamonds.

## STEP 4: HANDCRAFTING THE 'SEATS'

The next step was to handcraft a 'seat' – or bezel setting – for each sapphire and diamond, to ensure the gemstones sat at the right height on the final piece.

## STEP 5: JOINING THE BAND AND FINAL STEPS

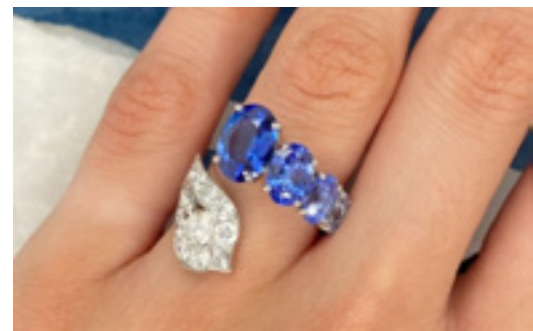
The band was welded together and claws were added to hold the sapphires in place. Underneath the 'serpent head' side of the ring, Matthew used a jewellers saw frame to pierce the platinum behind the diamonds, lightening up the metal and adding a unique decorative feature.

## STEP 6: SETTING THE GEMSTONES

We have our diamonds and sapphires! After approximately 40 hours of handcrafting and some complicated design work, the final piece was complete.

## THE FEEDBACK?

'She absolutely loves it. She wears it all the time, which was the request – something wearable, but bold, sentimental and truly unique.'



# MONCUR CELLARS NEWS

**W**ell, what a wet, cold winter it was ... albeit very 'dry' in July, with many taking the month off alcohol and embracing the alternative beverages on the market. The quality of non-alcoholic beers and spirits now available has made Dry July something to really enjoy.

## CHAMPAGNE TASTING

Moving forward, we are looking towards spring with footy finals, horse racing and sunny afternoons spent outdoors drinking champagne. We have worked hard over winter tasting new champagnes (a terrible job!) and will have lots of new, smaller growers' champagnes available to toast come spring. Some of the best we tasted were:

### Champagne Henriot Rosé NV, \$120

A great example of elegance and finesse. Its delicate pink appearance is enough to put a spring in your step, whilst the pinot noir structure brings exquisite balance.

### Champagne Dehours Grande Reserve Brut NV, \$120

A rich mouthful, this is best enjoyed with seafood like salmon or prawns. This is a champagne that embodies the quality of pinot meunier–dominant wine at its best.

### Champagne Philippe Gonet NV, \$100

Exclusive in Australia to Moncur Cellars, this champagne is amazingly fresh, having arrived just last month. From a seventh-generation winery in the grand cru village of Le Mesnil, this is a single-vineyard blanc de blancs that you will see in some of the best restaurants in London and Paris. Light, dry, refreshing; an excellent aperitif. À votre santé!

## SHIRAZ TASTING

As August approached, we hosted our shiraz tasting in Bistro Moncur. With nearly 100 wines to taste, it was a night to remember (for most)! One of the winemakers, Alex Head from Head Wines in the Barossa, answered a few of our questions.



**Q: How is the Barossa 2022 vintage coming along after the great 2021 to compete with?**

The years mirrored each other in many ways. The 2021 wines have a little more density but not the discernible aromatics and deliciousness of the 2022s.

Watch out for grenache in both years – some of the best I've seen since I started with grenache in 2009.

**Q: Was 2022 similar to previous vintages in the Barossa?**

Looking at the setup before growing season, I'd say you'd have to look at 2002 and 2012 as similar vintages.

The markers were high levels of natural acidity and the fruit aromatics that developed through ferments.

**Q: What is happening in the Barossa since the exports to China stopped?**

A lot of vineyard work has been done; top working, replants and general work that will reward in around five years. We are in the bottom of a cycle and in many ways, there is some excitement for where we can be in a few years.

**Q: If you could travel, what would you find difficult with your young family? Where would be your first stop?**

My family lives in Sydney, so travel is always part of the job, and they always look forward to having me back full-time after two months away for vintage.

After a recent vintage, we plonked ourselves in a beautiful part of the Adelaide Hills called Stirling. Deciduous trees, old pubs, wonderful food–wine culture, a botanical garden and you're only 25 minutes from Adelaide.

We'll drink to that. Cheers!

[WOOLLAHRAHOTEL.COM.AU](http://WOOLLAHRAHOTEL.COM.AU)

[BISTROMONCUR.COM.AU](http://BISTROMONCUR.COM.AU)

[MONCURCELLARS.COM.AU](http://MONCURCELLARS.COM.AU)



## ASK THE VET

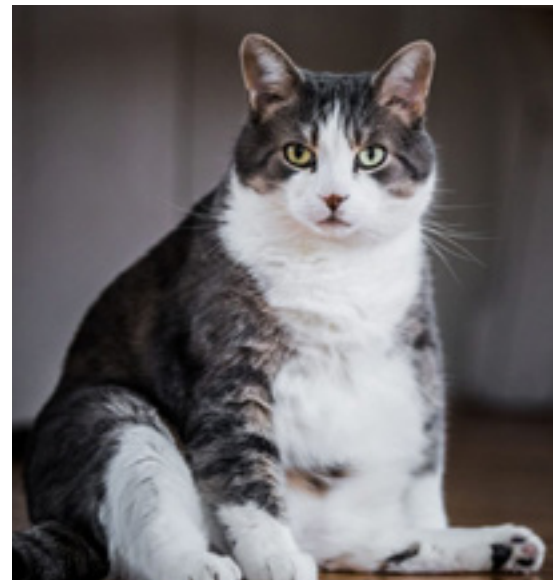
### OBESITY IN PETS

Obesity has been one of the biggest health issues in dogs and cats for many years. It can be hard to resist their cute, loving eyes begging for another treat! But overfeeding and lack of exercise are the main reasons that pets become overweight. Obesity in pets, as in people, can lead to many major health problems including high blood pressure and heart disease, pancreatitis, diabetes and certain cancers. Overweight pets can also develop joint disease.

Having too much pressure on their joints due to obesity can cause ligaments to rupture in their knees, or the development of osteoarthritis.

The best way to get pets to lose weight is to reduce the amount we feed them. If your pet needs to lose some weight try cutting back the amount they are fed at mealtimes by about a quarter and switching to a pet food lower in fat. It is important to keep the amount of treats to a minimum. If your pet does happen to have a cheat day and eat more treats than they should, then cut back on the size of their dinner to try to even out the calorie intake. Exercise is also very important in getting pets to lose weight, so try walking them for longer or more often, or try some other forms of exercise such as swimming or playing games with them using toys. Even a small amount of weight loss can lead to a longer and happier life for your pet.

DR INDIA, JERSEY ROAD VETS



Obesity in pets can lead to many major health problems.

## WOOLLAHRA BOOKSHOP

### TIME TO TRAVEL?

Thinking of travelling in the near future? The Woollahra Bookshop has a wide range of travel books.

Top of the list might be Jimmy Cornell's comprehensive volume, *World Cruising Destinations* (Adlard Coles Nautica, \$99.99).

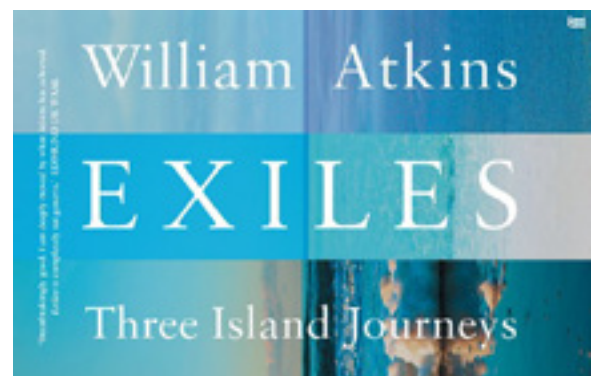
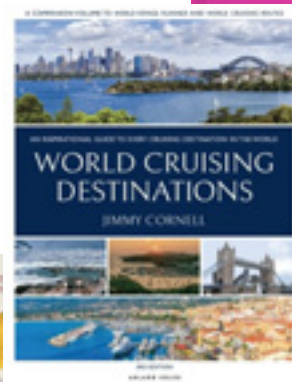
If you are travelling with children you might want to check out our activity books alongside Sally Webb's new book, *Travel Without Tears: 645 Ways for Families to Take on the World* (Simon & Schuster, \$19.99).

The height in 'escapist' travel writing has to be William Atkins's recent book, *Exiles: Three Island Journeys* (Faber, \$39.99). Atkins looks at three unheralded 19th century dissidents banished to islands around the world, including New Caledonia, St Helena, and Sakhalin, off the Siberian coast. *Exiles* occupies the fertile imaginative zone where history, biography and travel writing meet.

Two new additions to the magnificent Assouline series are

*Greek Islands* by Chrysanthos Panas, and Moez Singh's *Jaipur Splendor* (Assouline, \$195). The amazing photographs in these luxury books are almost as good as being there on holiday.

WOOLLAHRA BOOKSHOP,  
SPICER STREET | 02 9328  
2733 | OPEN SUNDAY  
10AM-4PM AND MONDAY  
TO SATURDAY 10AM-5PM



## COUNCILLOR'S CORNER



### FESTINA LENTE – STRATEGIES TO FIGHT OVERDEVELOPMENT

On 25 July 2022 the majority of Woollahra Council supported a motion which I moved, resolving to refuse the planning proposal for 136–148 New South Head Road, Edgecliff. This proposal sought to increase the maximum height from 14.5m to 46m and to increase the maximum floor space ratio development standard from 1.5:1 to 5:1. Council resolved that the site be included in the post-exhibition version of the Draft Edgecliff Commercial Centre Planning and Urban Design Strategy as a potential uplift site.

Approving buildings, no matter how well designed, on an ad hoc basis raises cause for concern because it can result in a fragmented and uncoordinated approach to planning. Edgecliff is a key transport hub with access to other services. We can all agree that there is room for improvement of the buildings in Edgecliff. We must view the changes in the context of their potential impact on the environment; on the character of our built heritage and amenity; and on potential congestion. As a council, support for changes in Edgecliff must consider community feedback collated by our experienced professional staff, which will be presented to council later this year or early next year in the form of a report in relation to the Edgecliff strategy.

Without a clear strategy, we have a limited basis upon which to resist increased density. It is critical for us to progress this as expeditiously as possible. Delaying the approval of sensible policies will be at the peril of our ability to resist overdevelopment at this critical time.

### EDGECLIFF ROAD REFUSAL

On 21 July 2022 the Woollahra Local Planning Panel refused the proposed development at 364 and 364A Edgecliff Road, Woollahra, for several reasons, including the existence of an Interim Heritage Order; the adverse impact on the Woollahra Heritage Conservation Area; its non-compliance with height; its inappropriate scale for the site; privacy impacts; overshadowing impacts; visual amenity impacts; the need to remove existing mature trees; breaches of design quality principles; and inadequate on-site parking. Although an appeal to the Land and Environment Court is possible, it is a positive outcome for local residents and reflects the hard work of many members of our community.

### WE STAND WITH UKRAINE

On 8 July 2022 council staff installed street signs at either end of Fullerton Street which read 'We Stand with Ukraine'. This community-led initiative also included the removal of



consular-only parking spaces which were previously used by Russian Consulate staff. These spaces have now been returned to the community for general use, including to our Russian community who were previously not permitted to use the parking spaces to attend the consulate. Council is continuing to explore further initiatives to support Ukraine.

### IMPROVING PEDESTRIAN SAFETY

The Draft Active Transport Strategy is an important way in which council is looking to improve pedestrian safety in our municipality. It is expected to be out on public exhibition shortly and I encourage you to have your say via the council website. A key aim of the strategy is to reduce congestion on our roads and create the infrastructure to enable this to occur.

### ACCOLADES FOR THE WOOLLAHRA ABORIGINAL HERITAGE STUDY

We are so proud of the work completed by the Woollahra Council Strategic Planning Team and project lead Flavia Scardamaglia, who won the Aboriginal Heritage category in the National Trust NSW 2022 Heritage Awards. We have a great deal of work to do in this area and this is an encouraging step in the right direction.

### CHRISTMAS LIGHTS ON QUEEN STREET

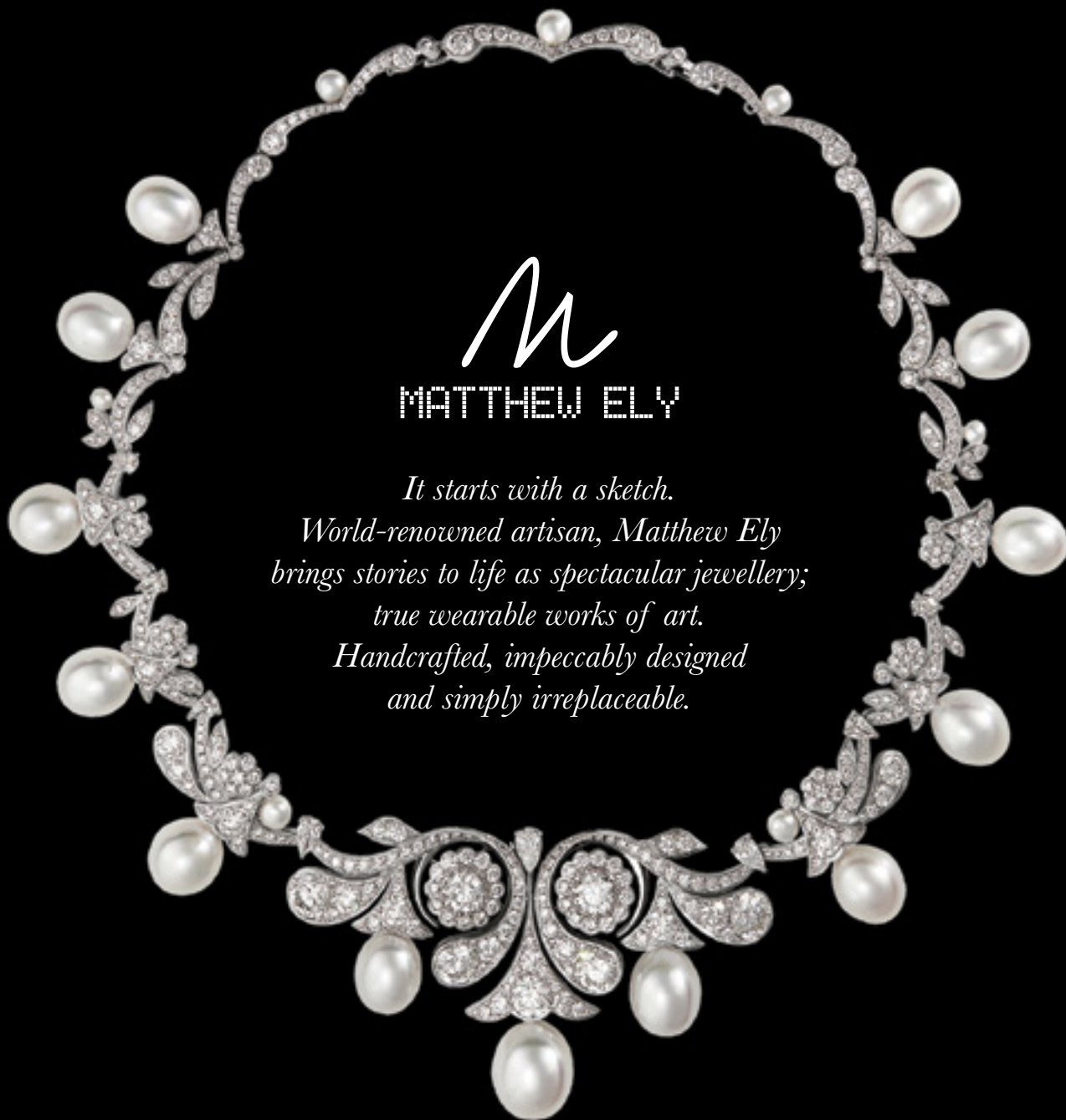
The review of how best to install the seasonal lights in our beloved Queen Street is underway to ensure our community is vibrant and buzzing during the festive period.

### WOOLLAHRA COUNCIL APP

This app is the best way to notify council of issues about parking, potholes or other concerns. You can also contact me and together we can try to fix the problem.

COUNCILLOR SARAH SWAN  
LIBERAL PARTY | 0429 570 077





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MATTHEW ELY

*It starts with a sketch.*

*World-renowned artisan, Matthew Ely  
brings stories to life as spectacular jewellery;  
true wearable works of art.*

*Handcrafted, impeccably designed  
and simply irreplaceable.*