

# COCKBURN SOUNDINGS

June 2017



This document is available in alternative formats upon request.

## Cockburn FREE WiFi

The City of Cockburn has extended its FREE public WiFi to include two new locations, with more to come in 2017–18.



### Existing sites

- Libraries – Cockburn, Success and Coolbellup
- Youth Centre
- Seniors Centre
- More to come!

### New sites now available!

- Bibra Lake Regional Playground
- Cockburn Aquatic and Recreation Centre (ARC)
- Port Coogee Beach and Marina (next summer)

### How do I access the FREE WiFi?

It's easy. Select 'Cockburn Free WiFi' and you're in! For further information on future locations, visit our website: About Cockburn > Business, Technology and Economy > WiFi Access.

## NEW City of Cockburn website

The City of Cockburn will be launching its new website this month, making it quicker and easier for you to engage with us.

- And it has accessible content for all ages and abilities.

### Accessible content

Our new website will be one of the first local government websites in Australia to achieve a Web Content Accessibility Guidelines (WCAG) 2.0 'AA' rating. This means the content can be easily accessed by all people, whatever their age, ability or disability.

Check it out - [cockburn.wa.gov.au](http://cockburn.wa.gov.au)

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[cockburn.wa.gov.au](http://cockburn.wa.gov.au)



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advance and  
are correct at  
time of print.

### Cockburn ARC programs

If you have been waiting for the doors of Cockburn ARC to open to spur on your fitness goals or enrol the kids in swimming lessons, the wait is finally over.

#### Team Sports

Cockburn ARC is now open to the public and taking enrolments for indoor team sport competitions and Swim ARCAcademy lessons.

Nominations for junior boys and girls, mixed, and mens and womens futsal (indoor soccer), netball and basketball teams are welcome.

ARCs team sport experts are determined to deliver the best quality competitions and sporting experiences in the Perth metropolitan area.

Adult teams pay a weekly fee of \$63, while junior teams pay \$55 a week for competitions every Friday from 3.30–8pm during school terms.

Adult futsal – Mondays and Wednesdays from 5.45–10.30pm. Adult basketball – Mondays and Tuesdays from 5.45–10.30pm. Womens and mixed netball – Mondays and Wednesdays from 9.30am–1pm and Tuesdays and Thursdays from 5.45–10.30pm.

For more information on how to nominate your team, visit [cockburnarc.com.au/Sport](http://cockburnarc.com.au/Sport)

#### Learn to swim

Learning how to swim is vital for children in Perth as we have miles of coastline and riverbank to explore, and lots of backyard swimming pools.

All children are individuals who learn at different times, this is why we move them up to the next level when they are ready.

If they are advancing, we won't make them wait until the start of the next term; we're keen to see them progress at their natural level, just like you.

You can enrol your child at any time as classes are run year-round.

Classes are small and available at a variety of times throughout the week in temperature-controlled pools.

And best of all, Swim ARCAcademy students can swim at Cockburn ARC any time, free of charge!

To find out more about how to enrol, visit [cockburnarc.com.au/Swim-School](http://cockburnarc.com.au/Swim-School)



*Swim ARCAcademy students can swim all year round for free!*







## Mayor's Message

The City is delighted with the opening of Cockburn Aquatic and Recreation Centre (ARC), a major recreational facility for our community. It is a 'state of the art' facility that will serve our community for many

years to come. The feedback from those who have taken up membership or opted for casual visits to Cockburn ARC, has been overwhelmingly positive.

In the lead up to the official opening on 19 May 2017, membership numbers surpassed those in the business plan and will soon be on par with other major aquatic facilities in the State. The 'main street' of Cockburn ARC provides an awe inspiring welcome and showcases why it is one of the largest recreational undertakings of any local government in Australia.

Our partnerships with the Federal and State Governments, the Fremantle Football Club, Curtin University and the many sporting associations and local clubs that will use the facility, demonstrates that projects of this nature can be achieved through sound planning and financial management.

The Cockburn Central Town Square, Cockburn Central West precinct, Cockburn Integrated Health and Community Centre, Cockburn Youth Centre, the growth of the Cockburn Gateway Shopping City, and the various small business activities around the entire precinct, bring a sense of vibrancy to our City while at the same time creating jobs. An amazing outcome for our community.

**Logan K Howlett, JP**  
**Mayor**

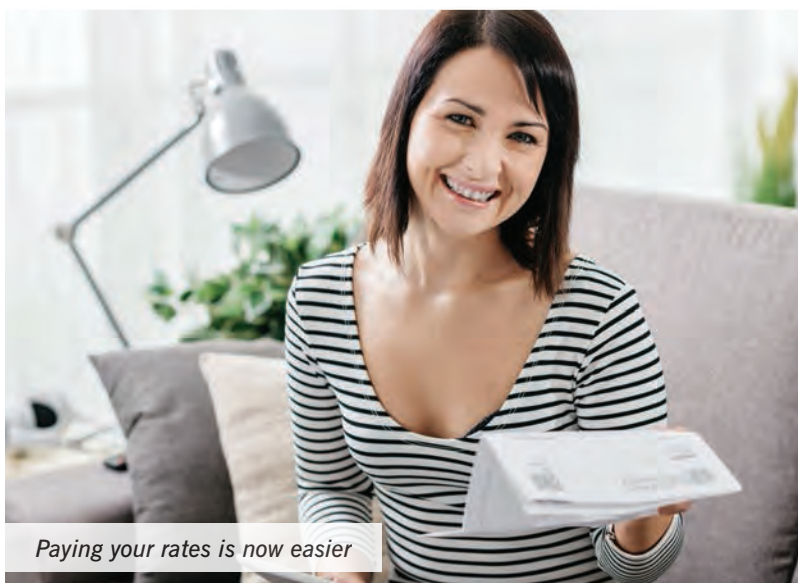
**T** 08 9411 3420 (office)  
**M** 0407 337 650  
Lkhowlett@cockburn.wa.gov.au  
[cockburn.wa.gov.au](http://cockburn.wa.gov.au)

## Get ahead of your rate payments with SmartRates

The City has introduced SmartRates to make it easier for households to manage their rate payments throughout the year.

With the cost of living continuing to rise, annual or even quarterly rate payments can put a large hole in your household finances.

SmartRates makes your payments more manageable by allowing you to pay weekly or fortnightly, ensuring your total is paid off when rates are due.



For more information visit: [cockburn.wa.gov.au/SmartRates](http://cockburn.wa.gov.au/SmartRates)

**Comment  
on Cockburn**

Your opportunity to be informed and involved in community consultation.  
[comment.cockburn.wa.gov.au](http://comment.cockburn.wa.gov.au)

## Community-Wide

### Peace of mind while you're away

With school holidays just around the corner, many families will be preparing for their vacations, making it a great time to register your home with Holiday Watch.

By registering your home, extra patrols will take place in your street. If the CoSafe Officer observes any irregularities with your property, i.e. cars not listed on your registration form parked out front, or a broken window, CoSafe will call you and the Police. It's that little extra piece of mind and security for you and your family while you're away on holidays.

You will need to register for Holiday Watch five days in advance of your holiday commencing. Holiday Watch is part of the City's CoSafe service.

For more information and to register, visit [cockburn.wa.gov.au/holidaywatch](http://cockburn.wa.gov.au/holidaywatch)



*Extra patrols down your street while you're away*

## Environment, History and Culture



*An old photograph  
of Samuel Weedon,  
Sunday Times  
3 September 1911*

### Cockburn Murder Mystery: Foul Play at Jandakot

On the afternoon of Friday 18 August 1911, Andrew Wakely walked from his market garden near Lake Banganup to an abandoned farm on the shore of Thompsons Lake to find his employee Samuel Weedon. Weedon's horse had walked home without a rider and, Wakely was concerned. He discovered Weedon lying beside a pile of manure in the stableyard, dead.

Wakely loaded Samuel onto his horse and cart and walked into Fremantle, heading for the police station. Along the way he stopped in at the Coogee and Newmarket hotels for drinks.

Police suspected foul play when they discovered that Weedon had died from a cerebral haemorrhage caused by a blow to the head, and brought in Aboriginal trackers to investigate the scene. They found that Weedon's horse had not walked home by itself as Wakely had claimed, but rather that Wakely had walked to the farm for some purpose, caught the horse, and ridden it home himself. Presumably he knew that Weedon wouldn't need it any longer.

Though the coroner and the inquest jury heavily implied that Wakely was guilty, they could not provide enough evidence to charge him, and so Samuel Weedon's murder went unsolved. He is buried in Fremantle Cemetery.





### KidSport helping our kids get active

So far this financial year, the City of Cockburn has processed over 900 KidSport applications. Not only have they helped our local kids get active; they have also assisted 137 local sporting clubs with their registration fees.

The KidSport program enables eligible Western Australian children aged 5-18 years to participate in community sport and recreation by offering them financial assistance towards club fees.

With the new changes to the KidSport program, the online system is now easier for parents and clubs to access funding.

Paper-based forms are still available if you don't have access to the internet. To apply, you need to have a valid Health Care/Pension card.



*KidSport helps local kids get involved in club sport*

For more information, visit [www.dsr.wa.gov.au/kidsport](http://www.dsr.wa.gov.au/kidsport) or talk to our Club Development Officer on 08 9411 3444.

### South Lake Leisure Centre closes after 25 years!

If you grew up in Cockburn, there is no doubt you remember splashing around in the pools, whizzing down the water slides, learning to swim and catching up with friends at South Lake Leisure Centre (SLLC).

After 25 years' service, the centre closed its doors on 12 May. On Monday 22 May 2017, Cockburn ARC, the \$109M aquatic and recreation centre on Veterans Parade, Cockburn Central West, will open.

Some of the centre's features include three world-class water slides for the thrill-seeker in all of us, an eight-lane 25-metre indoor heated pool, 50-metre outdoor heated pool, hot spa, cold recovery pool, sauna and steam room, a learn-to-swim pool and other interactive water facilities for all ages.

There is also a six-court, multi-sport indoor sports stadium, fully equipped gym and separate studios for fitness and spin, crèche, birthday party room,

indoor play centre, meeting and function rooms and a modern cafe.

We can't wait to see all our old SLLC members and newcomers at the new ARC!

For more information visit [cockburnarc.com.au](http://cockburnarc.com.au) or email: [info@cockburnarc.com.au](mailto:info@cockburnarc.com.au)



*SLLC closes its doors*

### Winter is coming

While it doesn't seem like it at the moment, we are heading towards Winter and this means rain and sometimes storms.

DFES says it's important to prepare for this type of weather. Damaging winds, flash floods, lightning, hail and tornados can cause damage to homes, cars and the environment. They can even cause injury or loss of life in some drastic cases.

Most storm damage to homes occurs from:

- Loose and broken roof materials
- Fallen trees and branches
- Flooding from blocked gutters and downpipes

People can stay safe and reduce damage to their homes by being prepared.

### How to prepare

Preparing your family and home for a storm is your responsibility. The storm season traditionally starts in May, so if you live in a storm-prone area, you should make it a priority to get your home ready inside and out. There are a few simple steps that could help you minimise damage:

- Check your roof and gutters for damage or loose material
- Clear gutters and downpipes of leaves and blockages
- Trim branches near your home and hire a contractor to clear trees from powerlines
- Clear rubbish from your yard, balcony or patio and put away any loose objects
- Prepare an emergency kit with portable radio, torch, spare batteries, first aid kit and family emergency plan
- Ensure your family understand storms and the risks

- Prepare an emergency plan including a relocation plan in case your home becomes flooded. Consider what you will do with your pets and know how to turn off the gas, electricity and water supplies (refer to the DFES website for more information)
- Display a list of emergency phone numbers
- Check you have adequate home and contents insurance

### Weather Warnings

You can keep up to date with the latest storm warnings and advice via:

- News bulletins on radio, TV or online
- [emergency.wa.gov.au](http://emergency.wa.gov.au), or by calling DFES on 13 3337
- Bureau of Meteorology's (BOM) website [www.bom.gov.au](http://www.bom.gov.au)
- Calling BOMs Land and Weather Warnings and Flood Warnings Advice Line on **1300 659 213**

**To find out more, visit [emergency.wa.gov.au/prepare](http://emergency.wa.gov.au/prepare)**  
**For life threatening emergencies call 000 and for emergency help in flood or storm call the State Emergency Service on 132 500.**



*Clear gutters and downpipes of leaves and blockages to help prepare your home for Winter*



## What's healthy, what's not?

With so many messages in the media about health and nutrition, it's easy to get confused. That's where Co-Health assists by providing evidence-based, national healthy guideline pamphlets at community events, Cockburn libraries and via the healthy lifestyle website [beactivecockburn.com.au](http://beactivecockburn.com.au). Guideline banners are also displayed at Cockburn Integrated Health in Success and at a range of community events.

Dietary guideline pamphlets show which foods are essential and those that are 'sometimes' foods.

People who enrol in the 'Healthy Eating Activity and Lifestyle Program' (HEAL), for those who



*This booklet contains information on physical guidelines for different ages - pick one up at a Cockburn Library*

are over weight, or Food Sensations, a program designed to teach people about healthy eating on a budget, all receive a free pen with a pull-out banner of food guidelines to take out when shopping.

Co-Health has been teaching our residents about what they should eat and how much physical activity is required to be healthy.

## FREE – A Guide to Walks in the City of Cockburn

Grab a free booklet titled 'A Guide to Walks in the City of Cockburn' which includes a version of the physical activity guidelines required for different ages. With so many walks on offer throughout our beautiful City, getting your required daily exercise is that bit easier! Grab your copy at any Cockburn Library or visit [cockburn.wa.gov.au/healthy-living](http://cockburn.wa.gov.au/healthy-living)

The National Health and Medical Research Council (NHMRC) developed the Australian Dietary Guidelines and Australian Physical Activity Guidelines in collaboration with local and international health experts. More information is available at [www.beactivecockburn.com.au](http://www.beactivecockburn.com.au) or at Cockburn Libraries.

## Calling all want-to-be muso's

The Cockburn Youth Centre is offering a range of opportunities for budding musicians to play in a band, learn a new instrument and potentially secure a gig.



*Tune your music skills at Cockburn Youth Centre*

## Private Keyboard Lessons

Mondays, 3.30–7pm

Cost: \$20

30-minute keyboard lessons with your own private tutor!

Wednesdays and Fridays, 4–7pm

Cost: \$20

30-minute music lessons with your own private tutor. Learn the guitar, bass or drums, or fine tune your vocals.

For more information

T: 08 9411 3888

E: [youth@cockburn.wa.gov.au](mailto:youth@cockburn.wa.gov.au)

W: [cockburn.wa.gov.au/youth](http://cockburn.wa.gov.au/youth)



## Community-Wide

### Cockburn Community Events

[cockburn.wa.gov.au/events](http://cockburn.wa.gov.au/events)



11

Jun

#### High Tea

Azelia Ley Museum  
Bookings 08 9418 6648

11

Jun

#### Community Planting Day

9am–1pm  
Market Garden Swamp  
Register online: [events.ticketbooth.com.au/events/24045](http://events.ticketbooth.com.au/events/24045)

12

Jun

#### Bookstars at Success Library

Success Library  
[cockburnlibraries.com.au](http://cockburnlibraries.com.au)

24

Jun

#### Community Planting Day

9am–1pm  
CY O'Connor South, McTaggart Cove, North Coogee  
Register online: [events.ticketbooth.com.au/events/24045](http://events.ticketbooth.com.au/events/24045)

1–16

Jul

#### Get Wild about Wetlands and Native ARC holiday program

[cockburn.wa.gov.au/Enviro-Ed](http://cockburn.wa.gov.au/Enviro-Ed)

3–14

Jul

#### Youth Outrage Holiday Program

[cockburn.wa.gov.au/youth](http://cockburn.wa.gov.au/youth)

14

Jul

#### NAIDOC Family Dance

5.30–8pm  
Cockburn Seniors Centre  
RSVP: 08 9411 3444

18 & 19

Jul

#### Christmas in July Lunch

Cockburn Seniors Centre  
[cockburn.wa.gov.au/seniors](http://cockburn.wa.gov.au/seniors)

#### Sustainable Living Series

July – December out soon | [cockburn.wa.gov.au/sustainability](http://cockburn.wa.gov.au/sustainability)

## Your Cockburn Libraries

### Creative Corners Writing Group

If you are a beginner or are writing a novel, poetry, short stories, plays or non-fiction, and are looking for support, then join the free Creative Corners Writing Group. Feedback can be provided or you may just want to share your work in a friendly environment. Come along and play with words and make some friends who share similar interests, while improving your writing.

The Creative Corners Writing Group meets at 1-3pm on Wednesdays at the Coolbellup Library.

### Home Library Service

If you, a friend or a family member is unable to get out of the house due to illness or disability, then Cockburn Libraries will come to you. It is a free service and can be used by people living in their own homes, nursing homes or other accommodation within Cockburn. To use the Home Library Service, people must be genuinely unable to visit the Library (conditions apply). Home Library visits are made every four weeks.

For more information visit our website [library.cockburn.wa.gov.au](http://library.cockburn.wa.gov.au) or call the Spearwood Library on 08 9411 3808.





## NAIDOC Week Events

The 2017 theme, 'Our Languages Matter', aims to emphasise and celebrate the unique and essential role that Indigenous languages play in cultural identity.

## Did you know?

Some 250 distinct Indigenous language groups covered the continent in the late eighteenth century. Today, only around 120 of those languages are spoken with many at risk of being lost as Elders pass on.

<div>29</div> <div>Jun</div>	<div>NAIDOC End of Term Dance Party</div> <div>6–9pm</div> <div>cockburn.wa.gov.au/youth</div> <div>Cockburn Youth Centre</div> <div>25 Wentworth Prd. Success</div>	<div>3</div> <div>Jul</div>	<div>Deadly Hoops Basketball</div> <div>11am–3pm</div> <div>Head down for a basketball game, music and food.</div> <div>Cockburn Youth Centre</div> <div>25 Wentworth Prd. Success</div>		
<div>3</div> <div>Jul</div>	<div>NAIDOC Flag Raising</div> <div>10am–12.30pm</div> <div>Cockburn Administration,</div> <div>Spearwood</div>	<div>6</div> <div>Jul</div>	<div>Roo Tail and Damper Cook Up</div> <div>10am–midday</div> <div>Cockburn Youth Centre</div> <div>25 Wentworth Prd. Success</div>	<div>7</div> <div>Jul</div>	<div>NAIDOC Art Exhibition</div> <div>6–8.30pm</div> <div>Memorial Hall,</div> <div>Hamilton Hill</div>
<div>4–14</div> <div>Jul</div>	<div>NAIDOC-themed school holiday programs</div> <div>cockburnlibraries.com.au</div>	<div>12</div> <div>Jul</div>	<div>NAIDOC Celebration Day Lunch</div> <div>Midday</div> <div>Jean Willis Centre, Cnr Igram and Healy St. Hamilton Hill</div>		
<div>13</div> <div>Jul</div>	<div>Derbal Yerrigan Ferry Cruise for People Aged 45+</div> <div>9am–3pm</div> <div>Cost: \$56.50</div> <div>To book 08 9411 3444</div> <div>Cockburn Seniors Centre, 9 Coleville Cres. Spearwood</div>	<div>14</div> <div>Jul</div>	<div>NAIDOC Family Dance</div> <div>5.30–8pm</div> <div>To book 08 9411 3444</div> <div>Cockburn Seniors Centre,</div> <div>9 Coleville Cres. Spearwood</div>		

**All events are free of charge.** For more information on NAIDOC events visit [cockburn.wa.gov.au/events](http://cockburn.wa.gov.au/events)

## Calling all anime fans!

Come to the first ever Anime Arvo @ Success Library on Thursday 6 July, 2-4pm. Anime Arvo is an opportunity to watch a selection of pilot episodes from four different Anime TV series. Popcorn and water will be supplied but BYO cushions. Bookings open 16 June and spaces are limited. Strictly for ages 12-17.

## Free tech-help

Need help with your mobile phone? Want to download eBooks but find it confusing? Cockburn Libraries can help you with an individual 30-minute Tech Help

session. A library staff member will be able to give you a basic introduction to any of the following:

- OverDrive – eBooks & eAudiobooks
- BorrowBox – eBooks & eAudiobooks
- Basic word processing
- Basic email
- Basic Facebook
- Mobile phone help
- Tablet help

Sessions are limited to one per week and 10 per person.

### What's on at Cockburn Seniors Centre

#### Physical, health and nutrition

Fit for Life, Line Dancing, Pilates, Table Tennis, Tai Chi, Yoga and Zumba Gold.

#### Weight Watchers – \$1

Fridays, 9–9.30am

Reach your ideal weight and join a group of supportive people that will assist you on your journey.

#### Health Services

##### Acupuncture, Naturopathy and Swedish massage

(varied prices apply)

Mondays, 10am–2pm

Massage can help relieve pain and assist with many other health issues. To book, call Syed on 08 9418 1031 or 0431 338 599.



#### Social

Caring and Sharing Craft, Choir, Darts and Pool, iPad Social Group, Movie Meal Deal, Sit and Sew, Sundowners and Travel Club.

#### Games

Bingo, Carpet Bowls, Mahjong, Progressive Whist, Quiz, Scrabble and Social Cards.

Activities and class timetables are now available at [cockburn.wa.gov.au/seniors](http://cockburn.wa.gov.au/seniors) or by visiting us at the centre.

#### Dining room meals and Giardino Fresco Café



Be sure to drop in and enjoy our delicious two-course meals on Mondays, Wednesdays and Fridays starting at midday (bookings are necessary), or enjoy the amazing Giardino Fresco Café, open on Tuesdays and Thursdays from 10am–2pm.

#### Paintings Portraits (4 weeks) – \$25

Thursdays, 1–22 June, 1.30–3.30pm

Noongar artist Sharyn Egan will help you to create a masterpiece using vibrant colours from our land. Materials will be supplied for the first class.

#### Mind

##### Group Meetings Book Club – Free

Every second Monday, 1–2pm

Join our new Seniors Centre Social Book Club to read and discuss a great range of books.

##### Carers Support Group – Free

Fourth Tuesday of the month, 10am–midday

Meet with other carers and share your stories, successes and challenges.

##### Life Workshop (3 Weeks) – Free

Monday 5, 12, 26 June, 9.15–11.30am

This three-week program covers human spirituality and care, finding the meaning, value and purpose of life and recognising, understanding and dealing with loss and grief. Bookings are essential.

##### Laughter Session (5 weeks) – \$25

Thursdays, 1–29 June, 10.15–11.15am

Based on the belief that voluntary laughter provides the same benefits as spontaneous laughter, this laughter session is a class to be enjoyed.

For more information or to book call 08 9411 3877 or visit [cockburn.wa.gov.au/SeniorsCentre](http://cockburn.wa.gov.au/SeniorsCentre)



## Family Day Care works for us!

Jaylene Fritchley, Deputy Principal of Aubin Grove Primary School, has her two sons enrolled in one of Cockburn's Family Day Care Services, 'Little Sprouts' with registered Educator Meredith Gardner.



*Jack and Lachie love going to Little Sprouts Family Day Care*

Jaylene says, "My two sons (3 years and 1.5 years), are both fortunate to attend Little Sprouts Family Day Care. Family Day Care is the perfect transition from home to school, providing my boys with the security of being loved and cared for within

an approved, safe environment. I like to say that, it's as if I had a sister who cares for my boys, as I feel that Meredith is part of our extended family.

The benefits of the learning environment in Family Day Care are many with an excellent Educator to child ratio. Children learn in a fun, hands-on, play-based environment with a small group of children. They are developing their gross and fine motor skills - reading books, singing songs, enjoying cooking and art and craft experiences. However, the real value of Family Day Care for me lies in the social interactions and social skills that my boys have developed - learning to share, play and make friends - all whilst being supported by a skilled and qualified FDC Educator.

Find out more at [cockburn.wa.gov.au/FDC](http://cockburn.wa.gov.au/FDC) or call 08 9411 3301.

## Bibra Lake Adventure Playground reopens!

During the month of May the Bibra Lake Adventure Playground was closed so we could make some improvements. You told us the playground needed more shade sails, bike racks and rubbish bins, so we made it happen.

Other improvements were also made to Hobbit Hill and the Talking Rocks to make the areas safer.



*The Bibra Lake Adventure Playground is open again with new improvements*

### Hobbit Hill

The original turf covering experienced greater than anticipated foot traffic, and as a result the area was unsafe to walk on. The turf has been replaced with a mix of hardscape elements including feature stone work and artificial turf.

### Talking Rocks

While really popular, kids were climbing the rocks. This wasn't the intent for the 'rocks', it was unsafe because the falling distance was quite high. To mitigate this, we increased the height of the softfall mulch underneath the Talking Rocks as well as put in preventative measures to discourage children from climbing them.

The playground is now open again for your enjoyment.

More information at [cockburn.wa.gov.au/Parks](http://cockburn.wa.gov.au/Parks)



## What's happening in your community



### HONK!

14–29 July

Memorial Hall, Hamilton Hill

HONK! is a delightful and award-winning adaptation of Hans Christian Anderson's beloved story, 'The Ugly Duckling'. It tells the story of an odd-looking baby duck on an adventure of self-discovery. HONK! is a great production for the whole family with its colourful costumes, larger-than-life characters, catchy songs and massive heart!

To book, visit [phoenixtheatreinc.com.au](http://phoenixtheatreinc.com.au)

### Success Residents Association is back!

The Success Residents Association (SRA) recently reformed to provide a voice for its residential and business community.

SRA is working on a number of projects including a Christmas market, a submission for a 'park of reflection' and are actively working with other groups to address traffic issues.

The association welcomes any input, feedback and matters for discussion and new members who have a passion for their community. General meetings are held bi-monthly at the Cockburn Youth Centre, every second Tuesday at 7pm, with the next meeting to be held 11 July 2017. For more information, email [successresidents@gmail.com](mailto:successresidents@gmail.com) or visit [facebook.com/successresidentsassociation](https://facebook.com/successresidentsassociation)



*Success residents now have a voice with their own resident association*



*BRAG has regrouped*

## BRAGging about Beeliar

After receiving overwhelming support from its community, Beeliar Residents Advancement Group (BRAG) has recently reformed to explore new and innovative ways to connect with Beeliar's local residents and businesses.

Beeliar residents have the opportunity to join the group, have a say on local issues and get to know one another. To find out about inclusive community activities and events and to get involved, email [brag@beeliarcommunity.com.au](mailto:brag@beeliarcommunity.com.au), visit [beeliarcommunity.com.au](http://beeliarcommunity.com.au) or [facebook.com/beeliarcommunity](https://facebook.com/beeliarcommunity)

## Register for ParkRun in Cockburn!

ParkRun organise free, weekly 5km timed runs around the world. People of all abilities, from walkers to professional runners, are welcome to take part.

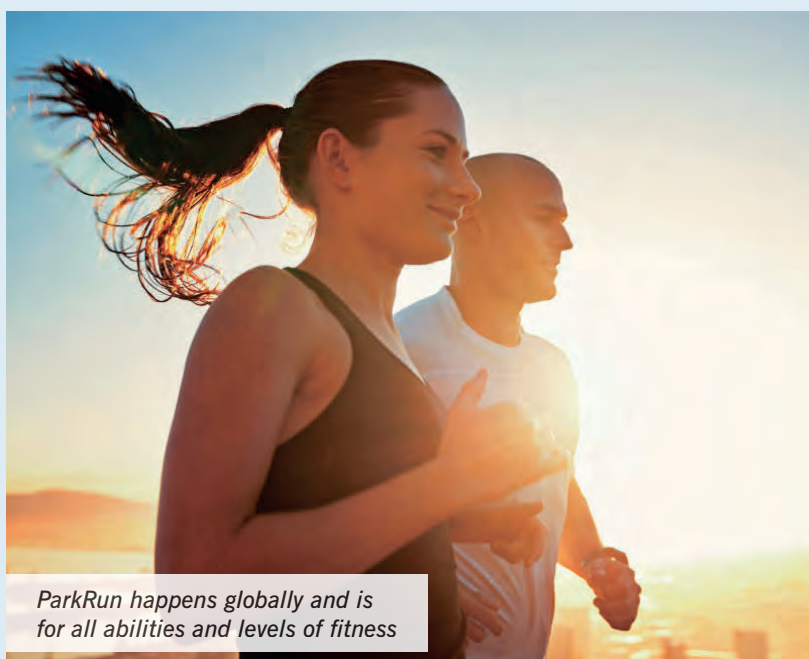
### Bibra Lake ParkRun

Held every Saturday at 8am  
Progress Drive, Bibra Lake

### Calleya ParkRun

Held every Saturday at 8am  
Ghostgum Avenue, Treeby

To register, visit [parkrun.com.au](http://parkrun.com.au)



*ParkRun happens globally and is for all abilities and levels of fitness*



## What's happening in your community



*AYLA helps individuals and families*

### Assisting Your Life to Achieve (AYLA)

Assisting Your Life to Achieve (AYLA Inc.) is a group of fun, caring, devoted and passionate volunteers who help people in the community achieve their life goals.

Based in Cockburn Central, AYLA provides individuals and families with a range of assistance including the 'You Matter' food hampers, low cost/free furniture and clothing, counselling services, training rooms and a place where everyone can feel like they belong.

You can join this inspirational group of volunteers and help make a difference in the community by becoming a volunteer. To learn more, call 08 9414 8501.

### Randwick Stables

Randwick Stables Community Garden was established in 2013. Since then it has evolved into a productive and aesthetically beautiful community space. Many people have contributed to its development over the last four years; however they are always looking for new volunteers and creative ideas.

The community garden has been part of the bigger community open days held at the stables and surrounds to promote community and an appreciation of the heritage of the area. Last year the group established a small medicinal herb garden which they are keen to develop further. Additionally since September they have held monthly community markets and a few free film nights.

Recently the Burundi community have expressed interest in becoming involved in the garden to grow traditional food from their homeland. This will be an exciting addition to the garden, facilitating the exchange of knowledge and experience as well as promoting understanding.

The next garden event is planned for the evening of the winter solstice Wednesday the 21 June with a celebration of music and food.

If you are interested in being part of the Randwick Stables community garden please go along to their weekly busy bees held every Sunday at 10am or contact Alison Bolas [rscommunitygarden@gmail.com](mailto:rscommunitygarden@gmail.com)



*The Burundi Community commence work on the garden beds*



*Randwick Stables is a vibrant community space*





## The Good Sports Program working with sporting clubs in Cockburn

The Alcohol and Drug Foundation's Good Sports program helps clubs to create a safe, family-friendly and healthy environment for the sporting community. Through Good Sports, clubs work through three levels of accreditation that identify a range of areas for improving policies and practices including alcohol and tobacco management, safe transport and alcohol-alternative fundraising strategies.

This program is the biggest health initiative in Australian sport and is Australia's largest preventive health program for the community-sporting sector, with more than 6,500 sporting clubs involved around Australia. In WA there are over 300 clubs across 37 sporting codes.

The latest City of Cockburn sporting clubs to join the Good Sports Program are the Cockburn Cobras Football Club and the Cockburn Juniors



*Get your sporting club involved in the Good Sports Program*

Football Club. Both clubs are focused on creating a supportive environment which is suitable for all and where members can excel.

If your club is interested in joining, contact your local Good Sports Community Development Officer Sam Menezes on [GoodSports.WA3@adf.org.au](mailto:GoodSports.WA3@adf.org.au)



*Hire this trailer for free for your next community event*

## Free to hire –Cockburn Community Trailer

Volunteers and not-for-profit groups can hire a trailer and equipment free of charge, with a \$100 refundable deposit. The trailer includes all sorts of items you may need for an event including a BBQ, traffic cones, hi-vis vests, tables, marquee, fire extinguishers and more.

For more information, contact Friends of the Community who administer the trailer on behalf of the City of Cockburn by emailing: [foc@friendsofthecommunity.org](mailto:foc@friendsofthecommunity.org)

To view the list of equipment and to book, visit: [cockburn.wa.gov.au/commdev](http://cockburn.wa.gov.au/commdev)

## How to present your bins for collection

With the introduction of the new three-bin system, it means collection schedules may change so it's important to have your bins out by 6am to ensure they get emptied.

Here are some tips for presenting your bins for collection:

- Both bins should be placed roughly 1m back from the kerb and approximately half a meter apart from each other
- Bins should not weigh more than 70kg
- Bin lids need to be closed so that rubbish doesn't blow away
- Place bins away from any obstructions, i.e. cars or trees
- Alternate collection arrangements can be made to assist frail, aged and disabled customers



## What happens at Henderson Waste Recovery Park?

You can register for any one of the City's free waste tours throughout the year. The next tour at the Henderson Waste Recovery Park (HWRP) is on 10 June, 9.30–11.30am.

Here you will discover the amazing world of waste, learn how it can be minimised, reused and recycled into new products and how we can convert waste gas into electricity.

Plus you can visit the Reuse shop while you're there and grab a bargain.

Meet at City of Cockburn admin car park to jump on our community bus, which departs at 9.40am sharp. Book your tickets at [events.ticketbooth.com.au](http://events.ticketbooth.com.au) or for more information contact the City on 08 9411 3444.

### CITY OF COCKBURN WARD BOUNDARIES

**West Ward:** Coogee, North Coogee, Hamilton Hill, Spearwood

**East Ward:** Atwell, Aubin Grove, Banjup, Cockburn Central, Hammond Park, Jandakot, Leeming, South Lake, Success, Treeby

**Central Ward:** Beeliar, Bibra Lake, Coolbellup, Henderson, Munster, North Lake, Wattleup, Yangebup



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