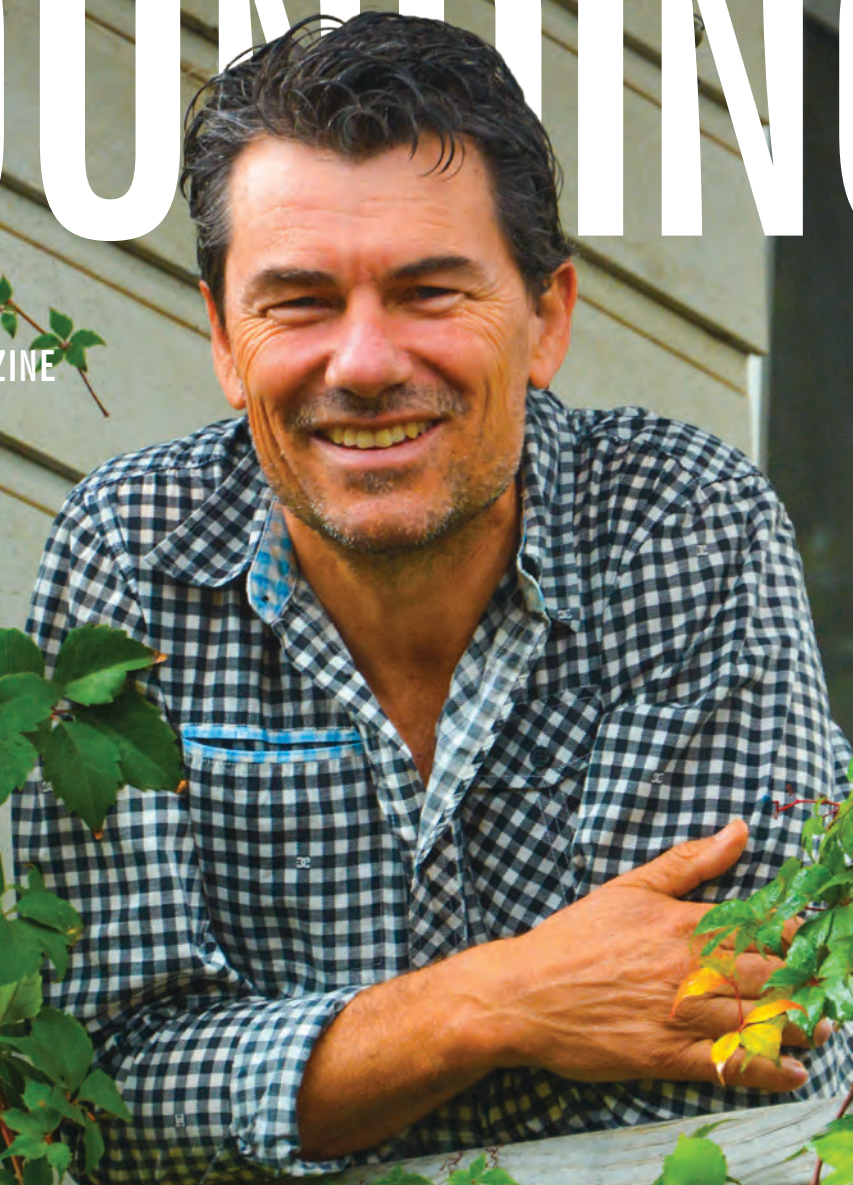


COCKBURN

JUNE 2019

SOUNDINGS

YOUR CITY OF
COCKBURN MAGAZINE



*Chris Ferreira 4 homes,
40 trees, 1 block*

Find out how
on page 3.

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On the cover

Chris Ferreira from The Forever Project shows us how to make the most of space on a suburban block



Message from the Mayor

As the City moves to celebrate its 40th anniversary it is pleasing to note that the provision of human services to our community continues as a very important component of the range and complexity of services offered to those requiring them.

These services are provided by professional, caring and enthusiastic staff who value our community's health and wellbeing and the contribution they can make to the life of people of all ages and abilities. In some cases they are supported by volunteers who help to add further value to service delivery outcomes.

Cockburn Parenting Services, Family Support and Financial Counselling Services, Childcare Services including Family Day Care and in-home Care, and other services available through Cockburn Care for the elderly and people with disability, Home and Community Care Services and Home Care packages that assist in maintaining a person's independence in their own home, Aboriginal Community Development, Seniors Centre and the Youth Centre offer many human service options to our growing community.

Library services, playgroups and interactions with the many community groups, cultural groups, faith groups, service clubs and sporting clubs also help bring our community together in an inclusive and welcoming manner.

On behalf of the elected members and staff I take this opportunity to encourage you to avail yourself of the many opportunities to improve your personal health and wellbeing through the programs offered by the City and the opportunities to join one or more of the organisations mentioned above. Congratulations to the many people who have already availed themselves of these programs. To our volunteers, thank you once again for your community spirit. It is highly valued and appreciated by all.

In the words of Margaret J Wheatley, "There is no power for change greater than a community discovering what it cares about".

Logan K Howlett

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Before starting a project like this, it's a good idea to contact the City's Statutory Department and have a chat with one of our Planners.

At the City we promote sustainable development which encourages green space and the retention of vegetation while allowing residential development as per the legislative guidelines.

Contact us on 08 9411 3444 or email customer@cockburn.wa.gov.au

4 homes, 40 trees, 1 block

Chris Ferreira is definitely what you would call a creative thinker and innovator with his proposal to build four homes and plant 40 trees on his 812sqm suburban block.

The Forever Project and the City are looking to embark on this unique project which will demonstrate sustainable infill development while generating more connected communities.

How will the space look?

So how do you fit four houses and 40 trees on a 812sqm block? While submissions are yet to be lodged with the City for approval, Chris is proposing the old fibro shed will go and two small 1-2 person affordable apartments will be built which will complement the existing residence and granny flat. A diverse space for four families to share will also be created and will consist of a rambling backyard, veggie beds, chooks, a tree house

and a playground – all part of a well-designed and managed shared space.

"We need to start thinking about future generations. If we knock down all the trees and fill our blocks with brick and concrete, the temperatures in our suburbs will increase to unbearable levels. The wildlife will disappear; our children will have nowhere to play."

How can I learn more?

Find out more by attending upcoming workshops, master classes and tours of the block where Chris and his team will share the trials and tribulations

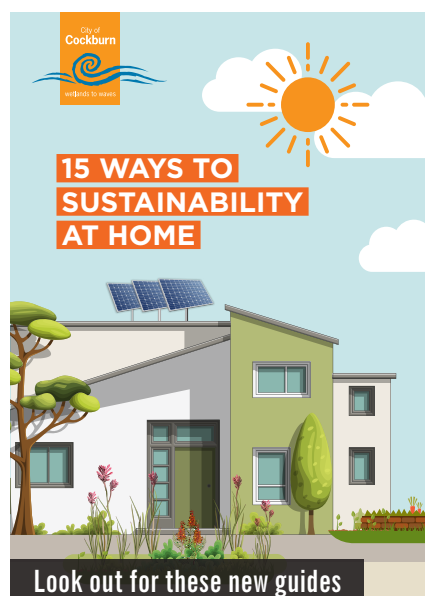
they underwent when planning this unique project. Supported by a team of experts in town planning, architecture, construction and sustainability, the entire process will be documented ultimately providing a comprehensive array of resources.

Topics covered will include effective infill planning, subdivision, the planning framework, retention of vegetation and tree canopy cover, eco design, building for maximum eco outcomes, landscaping for tight infill spaces, strata title, and living closer together. There will also be opportunities to tour the property and attend masterclasses later this year.

To keep abreast of this project and upcoming events visit theforeverproject.com.au or the City of Cockburn's website and Facebook page.

15 ways to sustainability and it starts at home

If you're wondering what small changes you can make in and around your home that will help towards the bills but also the environment, grab a copy of this pocket-sized book, '15 Ways to Sustainability at Home'.



This little treasure will give you information on where you can get free mulch for your garden, get a free eco-audit on your home utilities like gas and water, a free street tree for your verge and it lists fun events for you and your family to attend, just to name a few.

The '15 ways' listed in this guide have been designed so they are easy for you and your family to do at home.

Sustainable Living Events Guide – Also Out Now!

If you've ever attended any of the events or workshops within this guide, you'll know how popular they are. There are over 50 events to keep you motivated and inspired from winter through to summer, including:

- Community Planting Days
- Grow It Local – New program
- Bat Date Night
- Macramé wall hanging workshop
- Worm Farm Workshops
- Cooking with Food Scraps
- Inspired Infill Masterclass – New program
- Guided Indigenous Walks – Super popular!
- Sewing with Scraps
- Get Wild about Wetlands
- Christmas Makers Day



Many of the events are free or ticketed for a small fee.

Grab a copy of these guides at any Cockburn Library or City administration building.

For more information visit cockburn.wa.gov.au/sustainability

Comment on Cockburn

So far, 3,000 residents have registered to help shape decisions and outcomes on various City projects and to receive a monthly email about upcoming opportunities for input.

Sign up to 'Comment on Cockburn' to have your say about upcoming City projects including road and transport, parks and environment, sport, community and town planning to name a few.

My Suburb

If you want to know what projects are happening in your suburb or surrounding area, visit cockburn.wa.gov.au/mysuburb. You can search by suburb to view projects that have started or will be starting in the current financial year.



Ruena Girelli lost 8kgs on the HEAL program

Healthy eating keeps the heart beating

Cockburn, have you been eating your vegetables? The statistics say probably not...

90 per cent of adults in Cockburn do not eat the recommended five serves of veggies a day and 50 per cent do not eat the recommended two serves of fruit.

A poor diet is one of the reasons obesity is on the rise in Cockburn, with over 70 per cent of our residents being overweight and 36 per cent obese. Exercise and activity is also a concern with over 40 per cent of us not being active enough to experience health benefits.

In order to encourage healthier eating, the City has partnered with LiveLighter to promote their Eat Brighter campaign. You may have noticed some of their colourful billboards around the City. The campaign urges people to buy more fruit and vegetables - which is the single most important dietary change needed to improve

health, protect against a number of diseases and help maintain a healthy weight.

*70 per cent of Cockburn residents are overweight.
36 per cent of Cockburn residents are obese.*

Programs to get you fit and healthy

There are lots of great programs that you can get involved in to get you moving more, eating better and feeling fabulous.

Healthy Eating and Lifestyle program (HEAL)

Learn to eat healthier and live better by joining our six to eight week program that combines nutrition and diet classes with exercise sessions. HEAL is appropriate for people of all ages and fitness levels and only takes up two hours per week.

Food Sensations for Adults

Our 'Food Sensations for Adults' four-week nutrition and cooking program teaches you how to cook healthy meals that are delicious, affordable and easy to make..

Man V Fat

A soccer program where players score points by kicking goals and losing weight. An expert weight loss coach supports all players over a 15-week season.

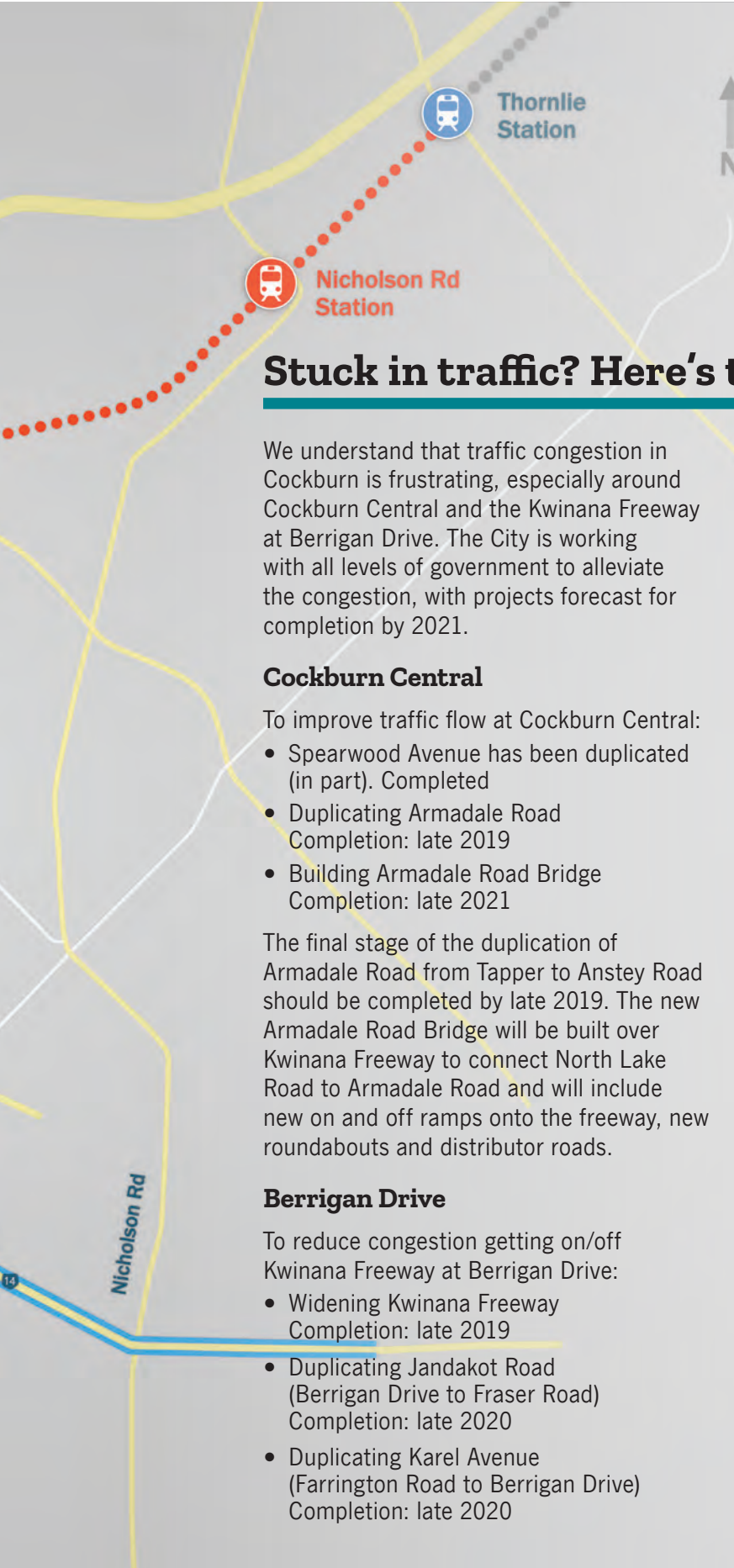
Walking groups

There are over 10 regular walking groups around Cockburn that are looking for new members to join.

And don't forget the world-class facilities at **Cockburn ARC**, including a gym, lap pools, basketball and netball courts, a range of group exercise classes and much more.

More information about health-related programs in Cockburn can be found at: **cockburn.wa.gov.au/healthyliving** or email healthycockburn@cockburn.wa.gov.au





Nicholson Rd Station

Thornlie Station

Stuck in traffic? Here's the low down...

We understand that traffic congestion in Cockburn is frustrating, especially around Cockburn Central and the Kwinana Freeway at Berrigan Drive. The City is working with all levels of government to alleviate the congestion, with projects forecast for completion by 2021.

Cockburn Central

To improve traffic flow at Cockburn Central:

- Spearwood Avenue has been duplicated (in part). Completed
- Duplicating Armadale Road
Completion: late 2019
- Building Armadale Road Bridge
Completion: late 2021

The final stage of the duplication of Armadale Road from Tapper to Anstey Road should be completed by late 2019. The new Armadale Road Bridge will be built over Kwinana Freeway to connect North Lake Road to Armadale Road and will include new on and off ramps onto the freeway, new roundabouts and distributor roads.

Berrigan Drive

To reduce congestion getting on/off Kwinana Freeway at Berrigan Drive:

- Widening Kwinana Freeway
Completion: late 2019
- Duplicating Jandakot Road (Berrigan Drive to Fraser Road)
Completion: late 2020
- Duplicating Karel Avenue (Farrington Road to Berrigan Drive)
Completion: late 2020

Kwinana Freeway will be widened from Russell to Farrington Road. The duplication of Jandakot Road is taking place in several stages and is due for completion late 2020. A future stage to duplicate from Wharton Road is being planned.

Other projects that will reduce traffic congestion

- New Thornlie to Cockburn rail link
Completion: 2021
- Smart Freeway – Kwinana Northbound
Completion: 2020
- Growing network of walking and bike paths/ roads

Perth's first Smart Freeway will include an additional lane from Canning Highway to Narrows Bridge, and technology to open and close traffic lanes and adjust speed limits.

While much is being done to alleviate traffic congestion, it does take time and requires a coordinated approach by all levels of government. As space for further roads and vehicle related infrastructure will become limited, we strongly encourage our community to cycle or walk wherever possible. This is one of the only sustainable ways to alleviate traffic congestion.

The next time you get in your car, ask yourself if you can travel by bike or foot instead. For more information visit cockburn.wa.gov.au/Traffic

Events Calendar

🖱️ cockburn.wa.gov.au/events for more information on these events



Community

5 June

Volunteer Management Masterclass

Free workshop

6.30-8.30pm Cockburn Seniors Centre

This workshop will equip you with the skills and knowledge to support your volunteers and maximise their experience so they stay for the long-term.

Bookings: communitydevelopment@cockburn.wa.gov.au or call 08 9411 3444.

8 June

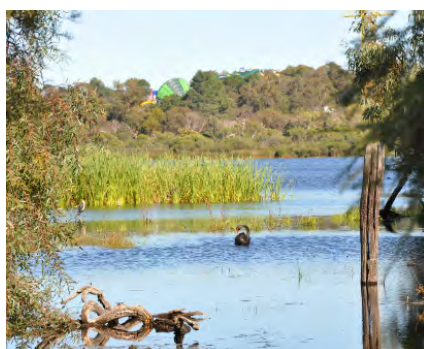
Rehabilitating Roe 8 Community Planting Day

Free event

9am-1pm Cnr. Hope Rd and Progress Drv. Bibra Lake

Join us for a fun morning of planting in the Roe 8 corridor. All tools, equipment, plants and BBQ lunch provided!

Bookings: ticketbooth.com.au/CityofCockburn



9 June

Worm Farming Workshop

Cost \$5

11am-1pm Beeliar Community Centre, Beeliar

Come along to learn all things worms! Subsidised worm farms are available for purchase as well.

Bookings: ticketbooth.com.au/CityofCockburn



13 June

Reducing plastic in everyday living

Cost \$5

6.30-8pm Bibra Lake Community Centre, Bibra Lake

You'll learn how and why plastic has become a huge environmental problem, and bust some myths about plastic recycling.

Bookings: ticketbooth.com.au/CityofCockburn

15 June

Community Planting Day C.Y O'Connor

Free event

9am-1pm C.Y O'Connor Beach, McTaggart Cove, North Coogee

Join us for a fun-filled morning of planting to improve habitat values in the conservation reserves and help to enhance the area's biodiversity. Morning tea and BBQ lunch provided.

Bookings: ticketbooth.com.au/CityofCockburn

15 June

Dads 'n' Todds Bush Walk

Cost \$5 (dad & toddler)

9-10.30am Banksia Eucalypt Woodland Park, Aubin Grove

Put your senses to use with a fun guided bush adventure for dads and their kids aged 2-5. Morning tea provided. Meet at Blue Mountain Circuit near entrance gate.

Bookings: ticketbooth.com.au/CityofCockburn





Planting Days



Reducing plastic in everyday living

23 June

Community Planting Day Bibra Lake

Free event

9am-1pm Bibra Lake South Bank
Cnr. Bibra & Progress Drv.

Help us by planting to improve habitat in this conservation reserve and help enhance its biodiversity. Morning tea and lunch provided.

Bookings: ticketbooth.com.au/
CityofCockburn



29 June

Regional Resource Recovery Tour

Free event

9.30am-midday. Meet at City of
Cockburn Administration building,
Spearwood.

Visit the Regional Resource Recovery Centre to see how recycling works and how the contents of your general waste bin are converted into compost. Minimum age 5 years.

Bookings: ticketbooth.com.au/
CityofCockburn



14 July

Rehabilitating Roe 8 Community Planting Day

Free event

9am-1pm Roe 8 Corridor, Malvolio
Rd. Coolbellup

Come and get your hands dirty! Join us for a fun morning planting in the Roe 8 corridor. Meet at Malvolio Rd opposite Elinor Park in Coolbellup. All tools, equipment and plants supplied as well as a morning tea and lunch provided.

Bookings: ticketbooth.com.au/
CityofCockburn

21 June

Create your own free graphics with Canva

Free workshop

9.30am-1pm Cockburn Health & Community
Facility, Success

Learn how to create great looking graphics for flyers, social media posts and web banners, as well as memes and infographics using the popular online software tool, Canva.

Learn how to create stylish marketing collateral and a strong brand that represents your business.

Requirements:

Laptop and mouse

Pre-load your logo and a variety of photos that depict your business, products, services, people, topics to your computer. Store them all in one folder for easy transfer.

Bookings: <http://bit.ly/DoitwithCanva>



Recycling is not Rubbish

The City is advising residents to continue recycling hard plastics, following a damning investigation which aired on *60 Minutes* in April, making people believe that their plastic is being dumped by illegal recycling operations in Malaysia. In reality, less than 2% of Australia's plastic is sent to Malaysia for processing.

The City's recycling contractor SUEZ has confirmed it sends only quality controlled recyclable material to certified, licensed operators that process the material legally and ethically.

The City continues to educate its residents on best bin practice through bin tagging and other means to make sure that the maximum amount is recycled.

The City's waste initiatives saw it named the joint top recycler in WA for 2017-18.

Recycling is not always easy – last year the City had to inform residents that items such as soft plastics, aerosol cans, meat trays and polystyrene should no longer be placed in the recycling bin, after China placed restrictions on the materials it would accept for recycling.

What you can do:

- Purchase less plastic
- Recycle clean hard plastic bottles and containers
- Take soft plastics to REDcycle collection points at supermarkets – the plastics are made into Replas park equipment, bollards and other items in Australia. The City is one of WA's biggest buyers of Replas products for its parks
- Purchase items with recycled content to help generate a market for these materials, allowing us to recycle more.

For all things waste in the City visit cockburn.wa.gov.au/waste



Suez sorts through recyclable material

Rehabilitating Roe 8

The City has commenced work with the community on the rehabilitation of the Roe 8 corridor. This project will implement the 10 year Rehabilitation Management Plan with support from the Rehabilitating Roe 8 Advisory Committee.

This community-led project will help deliver a connected natural area within the Beeliar wetlands for all to enjoy.

If you want to be involved in activities or you just want to keep



abreast of what's happening, subscribe to the Rehabilitating Roe 8 eNewsletter at: cockburn.wa.gov.au/newsletters

For information on community events see pages 8 and 9, or visit <https://rehabilitatingroe8.org/whats-on/>



5 mins with Deputy Mayor Lee-Anne Smith

Name a person/mentor who has positively impacted your role as a Councillor and how?

The late Don Miguel. No holding back, he would advise me truthfully. A straight shooter and Cockburn legend!

What is a current life goal, big or small, that you are excited to achieve?

The launch of my new clothing label. I have been sewing since I was 16 and now I am taking it to a whole new level.

If you had to convince someone to move to Cockburn, what would you say?

We have a world class road network with no traffic congestion. Whoops that's my answer to – what should Cockburn look like 20 years from now!

Which City of Cockburn event is your favourite, and why?

The Seniors Ball – they put me to shame on the dance floor, that and my absolute favourite, the Emergency Services Gala Dinner. It's nice to be able to give back to those that make our City great.

Your Elected Members



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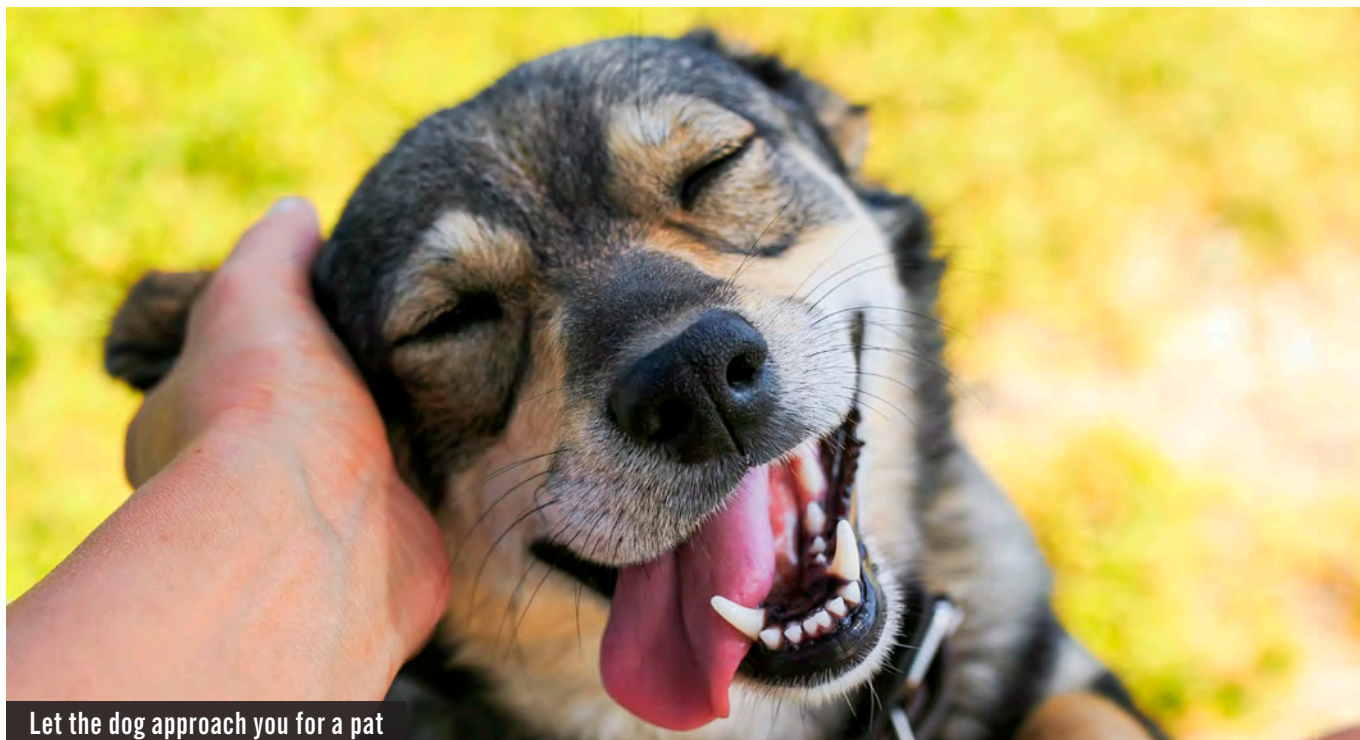


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City of Cockburn Wards

Central	Beeliar, Bibra Lake, Cockburn Central, Coolbellup, Munster, North Lake, South Lake, Wattleup, Yangebup
East	Atwell, Aubin Grove, Banjup, Hammond Park, Jandakot, Leeming, Success, Treeby
West	Coogee, Hamilton Hill, Henderson, Munster, North Coogee, Spearwood



Let the dog approach you for a pat

The best way to approach a dog

Most of us just can't help ourselves when we see a cute pooch waiting for that belly scratch, but it's not always a good idea to approach someone else's dog without knowing the dog's temperament.

With more off-leash dog parks opening in Cockburn, including the South Lake Fenced Dog Park under construction, we thought it timely to let you know the safest way to approach dogs.

- Always ask the dog owner if you can approach their dog. Like humans, dogs have days where they simply can't be bothered with us
- Be a tree, this isn't a joke, stand tall with hands by your side and allow the dog to approach you. If the dog wants a pat they will come to you, if the dog is not sure it is best not to approach or pat
- If it's ok to pat the dog, pat them on the chest, don't go in for a

hug, kiss or reach your hand out to their nose. This can scare them and lead to a bite. They can smell you from where you are and will approach you for a pat.


Later in the year, our Rangers will be going to local schools and running dog education sessions with students to teach them responsible dog ownership and safety around dogs.

For more information visit:
cockburn.wa.gov.au/dogs

Contact Us

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Information correct at time of print.
Information available in alternative
formats on request.

