

Cockburn Soundings



the power of rubbish

Garbage at the Henderson Land Fill will soon be generating enough power to run the suburb of Yangebup.

When Cockburn Mayor Stephen Lee and Energy Minister Fran Logan fire up a new power station at Henderson on Saturday, two generators will begin turning the methane emitted by rotting garbage into enough power to supply 2 500 houses.



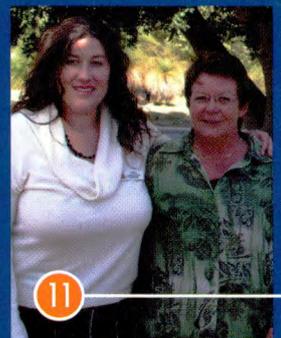
The energy will be sold into WA's power grid, and burning the methane will help reduce greenhouse gas emissions from the Henderson site by around 70 000 tons of CO² equivalent each year.

The project, run by Waste Gas Resources, has been 6 years in the making, and each cell of the land fill is expected to supply enough methane to generate 10 years of power.

what's inside!

- 4 wet weather ahead
- 11 family support services
- 14 very important volunteer program

and much more...



Variety! That's close to home - South Gate Commercial!



Drop in and see for yourself!

- BEDROOM SUCCESS**
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- CARPET CHOICE**
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- CURVES FOR WOMEN**
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- EAGLE BOYS PIZZA**
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- 1/2 PRICE POTTERY**
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9498 6667
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- SALVATION ARMY**
9498 7418
- THINGZ HOME & HOUSE**
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- VIDEO EZY**
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Leather Lounge \$899**

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opening hours

8:30 AM – 4:30 PM

phone

(08) 9411 3444

fax

(08) 9411 3416

email

customer@cockburn.wa.gov.au

web

www.cockburn.wa.gov.au

mayor's message

When Energy Minister Fran Logan and I start the engines on the new power generator at the Henderson Land Fill facility on the weekend, it will begin to turn the methane produced by rubbish into power for our houses.

In the process it will reduce our greenhouse gas emissions by around 70 000 tons each year. It's an important step for the City of Cockburn – an important part of our commitment to helping to protect our environment, and reduce global warming.



I urge you to help us – at home, it's important that we recycle as much as we can. Please remember to separate your recycling into your yellow-topped bin. It's only a small step, but everyone's small steps can add up to a big benefit for us all.

Remember – 'Reduce, Re-use and Recycle'.

If you can think of any other ways we can improve our recycling efforts, please give me, or any of the other councillors, a call at the City of Cockburn.

Yours,

Mayor Stephen Lee

Contact Mayor Stephen Lee on (08) 9411 3577 or slee@cockburn.wa.gov.au

looking forward to a summer of fun?

The City of Cockburn's Summer of Fun 2006 - 2007 will be commencing soon! This season's Summer of Fun will be a sure hit with all your favourite events and some new performers.

Kicking off the season will be the Bibra Lake Fun Run, followed by the Teddy Bear's Picnic, Seniors Ball, Celebrating Ability, everyone's favourite - a series of Community Concerts and to sum up the season will be a bigger than ever Coogee Beach Party.

Keep an eye out for the Summer of Fun brochure arriving in your mailbox soon.



weed watch

In this series of Weed Watch we are going to look at two highly invasive plants that not everyone would recognise as a problematic weed growing in the City's Conservation Reserves.

Rose Pelargonium, a native South African plant, is a straggly perennial shrub with soft hairy leaves, pink, purple and white compact flowers which mostly flower during February to April and then again in August to December.

The Pelargonium mostly grows in sand dunes, around limestone and in Banksia and Tuart woodlands.

So how do you get rid of it? You can hand pull the weed ensuring the removal of all stems and you can also spray herbicide on your garden before the plant seeds.

The next culprit is the Geraldton Carnation Weed. It's large and short lived but it still proves a major problem. This weed has slender leafy stems which branch at the top to produce 4 or 5 flower stems. The flowers are a bright yellow/green colour and are produced between December through to February.

The problem doesn't stop there. This weed also produces a toxic sap that may cause irritation of the skin and may cause temporary blindness if it gets in your eyes.

You will find this particular weed growing on road verges, along the coast, and in Tuart woodlands from Geraldton to Esperance. It is the true invader taking over healthy bushlands.

If you would like more information on these troublesome weeds or are seeking further information regarding environmental issues you can contact the City of Cockburn's Environmental Services Department on 9411 3586.

an apology to our water birds

In our article in the May edition of the Cockburn Soundings page 8 '*Out and About in Cockburn*' we may have inadvertently given the impression that we condone the feeding of ducks at our local wetlands, however this is not the case.

Below are some of the health issues birds may suffer from when being fed by well-intentioned residents:

- Bread causes nutritional problems, making birds more prone to disease,
- Bread can ferment in the birds' stomachs causing bacterial infections,
- Uneaten food settles on the bottom of the wetlands and rots causing bacteria levels to rise, this in turn can kill our water birds.

Feeding the birds foods such as processed bread may cause the birds to rely on food from people and cause overcrowding in some wetland areas. We would like to see many more healthy water birds in our wetlands around Cockburn so please DO NOT feed them.

For more information please contact the City's Environmental Department on 9411 3505.



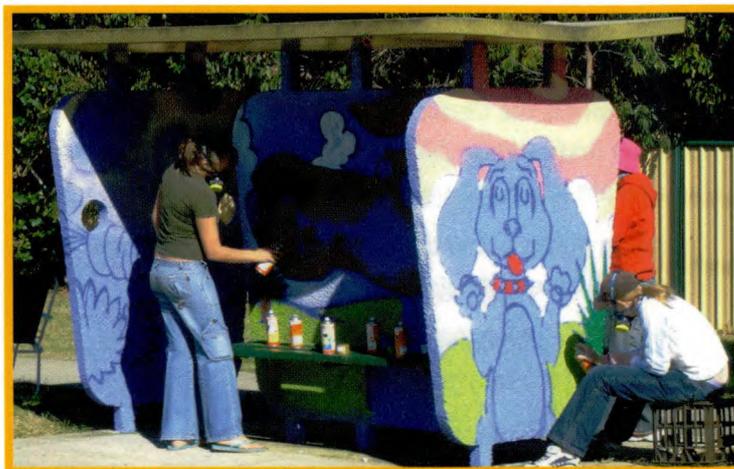
spraying cockburn's bus shelters

The Drive Through Art Gallery has entered a new and exciting phase where artworks are starting to be seen around the City of Cockburn. Students from Hamilton Senior High School have been working closely with community artists, Minaxi May and Dan Duggan, to create the new designs for Coolbellup.

The Coolbellup bus shelters have been the latest targets for the Drive Through Art Gallery. The very colourful bus shelters are diverse, portraying themes ranging from buildings to Coolbellup's natural surroundings.

Drive Through Art Gallery Project Officer Jules Uhlmann said, "These designs are a colourful cross between Picasso, street graffiti and the dreams of young artists. The students were so excited to have the opportunity to transform their drawings onto the bus shelters."

The City is seeking more young participants for other projects coming up, so if you would like to get involved, perhaps give your spraying skills a go, you can contact Jules Uhlmann on 0438 952 095 or e-mail juhlmann@cockburn.wa.gov.au or Alex Cullen on 9411 3499 or e-mail acullen@cockburn.wa.gov.au.



dust off those wheels...

The Coolbellup Skatepark and the Atwell Skatepark are NOW OPEN! The parks have received the 'big thumbs up' from experienced skaters and other riders who have been transferring, grinding, sliding and launching their way around the ramps. The parks are well suited for riders of all skill levels.

The Atwell Skatepark has some great ramps that should provide challenges for all riders; these include a spine ramp, 5-foot mini ramp, fun box, rails and flat banks. For those who aren't familiar with 'skate lingo' it means that riders of all skill levels and community members will definitely get a lot of use out of this park.

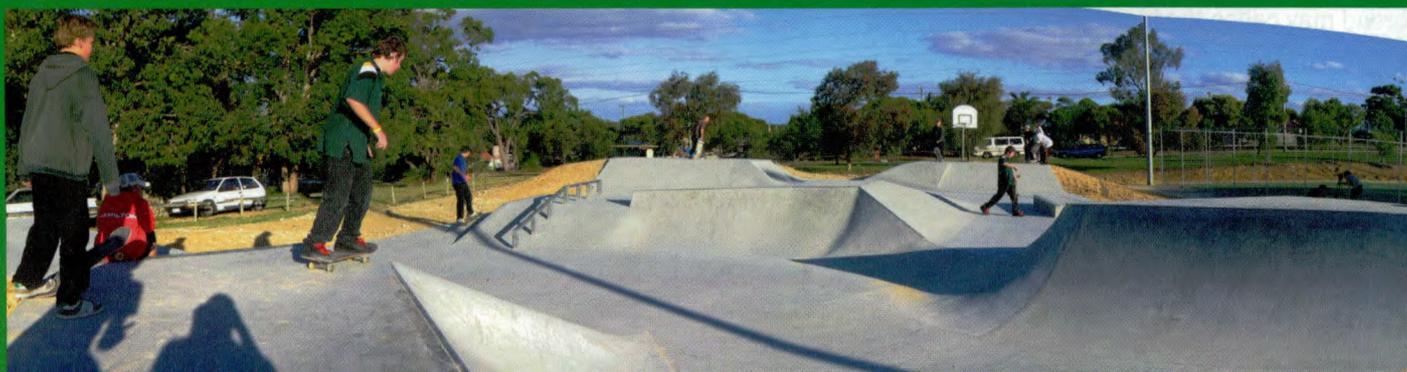
These new facilities will see a flurry of activity in the future with coaching clinics, competitions and other events planned through the City's Youth Services Department.

Why don't you head out to these great new skateparks and check them out.

Coolbellup Skatepark - Corner Cordelia Avenue and Tybalt Place,

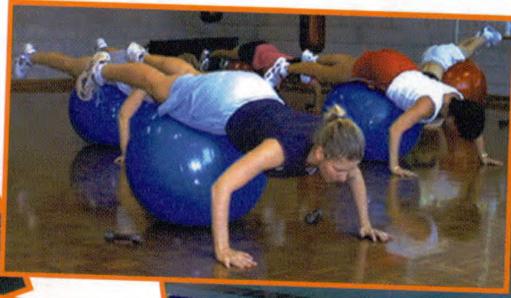
Atwell Skatepark - Northern end of Tapper Road

If you would like to register your interest in being involved in any of these activities you should call Paul de Bruin - Youth Programs and Activities Officer on 9418 7153 or drop Paul an e-mail at pdebruin@cockburn.wa.gov.au



SOUTH LAKE LEISURE

CENTRE



JOIN, REFER AND YOU'RE IN THE DRAW



Cable Beach Club
RESORT



Sponsored by Flight Centre at Gateways



Keep slim and trim this winter by joining our gym or trying out an exercise class. Ward off those winter blues by relaxing in our cosy spa, sauna and steamroom!

Join as a member and refer your friends to put your name in the draw for a trip for two to BROOME!! (Conditions apply.)

Call 9417 3003 for further details.

Ph: 9417 3003 email: leisure@cockburn.wa.gov.au

pool entry charges from July 1

Adult	\$4.00
Student [student card reqd]	\$3.00
Family [2 adults, 2 children]	\$11.90
Pensioner [Pens/Snr card reqd]	\$2.70
Spectator	\$1.70
Children Under 5	FREE

Children under 5 must be supervised by a swimming adult

facility charges

Swim - Spa - Sauna - Steam	\$7.30
Pensioner Swim - Spa - Sauna - Steam	\$6.20
Gym & Swim	\$12.00
Fitness / Aquarobics Class	\$7.10
Club 50 Class	\$5.50
Crèche 1st child - 1.5 hours	\$2.60
Crèche 2nd child - 1.5 hours	\$1.50

Call the South Lake Leisure Centre on 9417 3003 to find out about our great value membership packages and multi visit passes.

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- ✘ Alleviate stress & tension
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9417 3003

Cost:

30 min. treatment - \$30

60 min. treatment - \$50

90 min. treatment - \$70

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Payment by cash or Cheque only

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20% OFF

Simply present this coupon to receive a 20% discount on your next Massage.

Don't delay, book now!

9417 3003

FITNESS CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8.00 - 9.00am						BODY COMBAT	
9.00 - 10.00am						BODY PUMP	
9.30 - 10.30am	BODY COMBAT	BODY PUMP	BODY SCULPT	BODY COMBAT	CROSS TRAINER		BODY PUMP
10.30 - 11.30am	FIT BALL	BODY BALANCE	FIT BALL	BODY PUMP	BODY BALANCE		BODY BALANCE
5.30 - 6.30pm	BODY COMBAT	BODY BALANCE	BODY SCULPT	BODY PUMP	BODY PUMP		
6.30 - 7.30pm	BODY PUMP	CARDIO SHAPE-UP	BODY COMBAT	BODY BALANCE			



AQUAROBICS CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
7.30 - 8.30am	CLUB 50		CLUB 50		CLUB 50	
8.30 - 9.30am						AQUA CROSS
9.15 - 10.15am	AQUA BLITZ	AQUA TONE	AQUA CROSS	AQUA TONE	AQUA BLITZ	
10.30 - 11.30am	CLUB 50	CLUB 50	CLUB 50	CLUB 50	CLUB 50	
6.30 - 7.30pm	AQUA BLITZ	AQUA TONE	AQUA CROSS	AQUA BLITZ		



South Lake Leisure Centre
'2 for 1'

Present this voucher to receive 2 for the price of 1 entry to a FITNESS CLASS or AQUAROBICS CLASS

VALID BETWEEN
JULY 15 - AUGUST 15, 2006

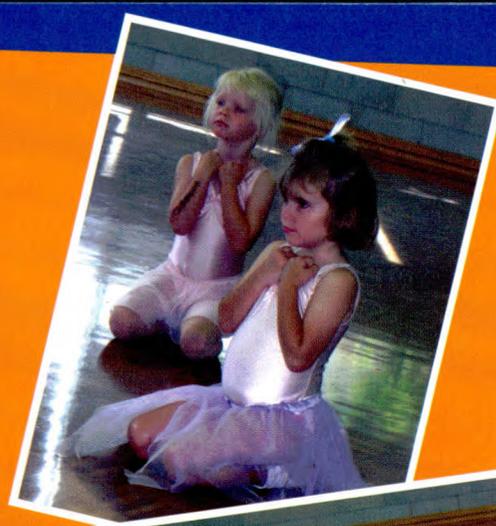


Ph: 9417 3003 email: leisure@cockburn.wa.gov.au

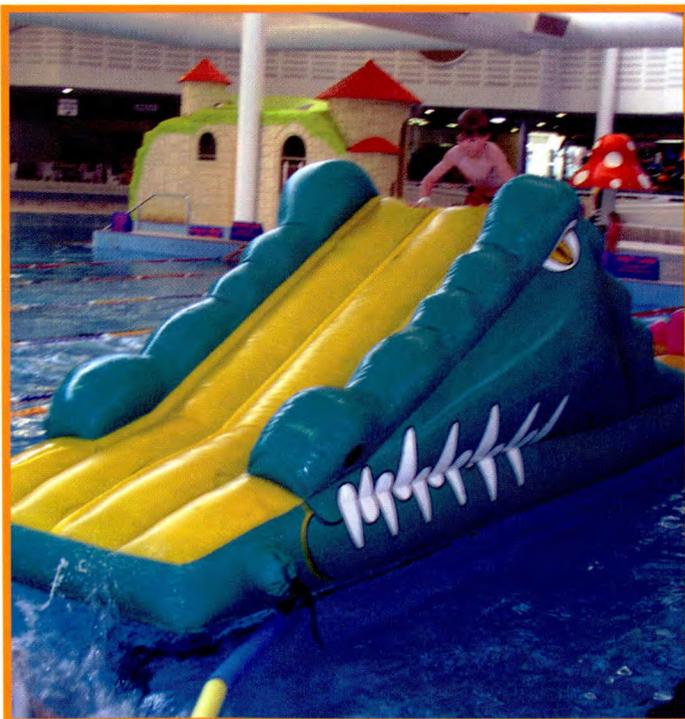
Ballet

The CLASSICAL DANCE STUDIO caters for youngsters of all abilities, offering classes in CLASSICAL BALLET, and JAZZ DANCE at the SOUTH LAKE LEISURE CENTRE.

TERM PROGRAM STARTS SAT, 29th JULY
BALLET for beginners & upwards and
JAZZ DANCE for 3-5 year olds



PARTY WITH OUR CROC!



- Exclusive inflatable crocodile use
- Choice of menus
- Free spectator entry for parents
- Ice-cream cake included (min 10)
- Indoor and outdoor play areas
- Weekends and School Holidays



CALL 9417 3003 TO BOOK YOUR PARTY



Pilates

WHAT IS PILATES?

Pilates is a system of controlled stretching and strengthening exercises that condition the total body. Pilates is a dynamic, low impact form of exercise that works several muscle groups simultaneously through smooth, continuous motion, with focus on strengthening and stabilising core muscles.

With regular practice, Pilates produces many benefits such as:

- * strength and flexibility, particularly abdomen and back muscles;
- * posture, balance and core strength are all increased;
- * improved lung capacity and circulation through deep breathing.



**"After 10 sessions you'll feel the difference,
after 20 sessions you'll see a difference,
after 30 sessions everyone will see a difference"**

Josef Pilates

**TERM PROGRAM STARTING FROM 25th JULY
TUES 5.30pm; THURS 6.30pm; SAT 10.15am**

Why Swim in Winter?

Tragically, 2 children drown in Australia every week. These drownings are preventable.

South Lake Leisure Centre Swim School can teach your child to enjoy the water and arm them with the life saving skills they will use throughout their life.

To maintain the essential skills that children learn from swimming lessons, they need the opportunity to practice on a regular and ongoing basis. If your child swims only through summer, they are not practising their swimming skills on an ongoing basis, so it can be like taking two steps forward and one step back.

So when it is cold outside, remember that your children can learn to swim where it is always warm.

For further details on our Term 3 program, contact South Lake Leisure Centre on 9417 3003 or **email swim@cockburn.wa.gov.au**.

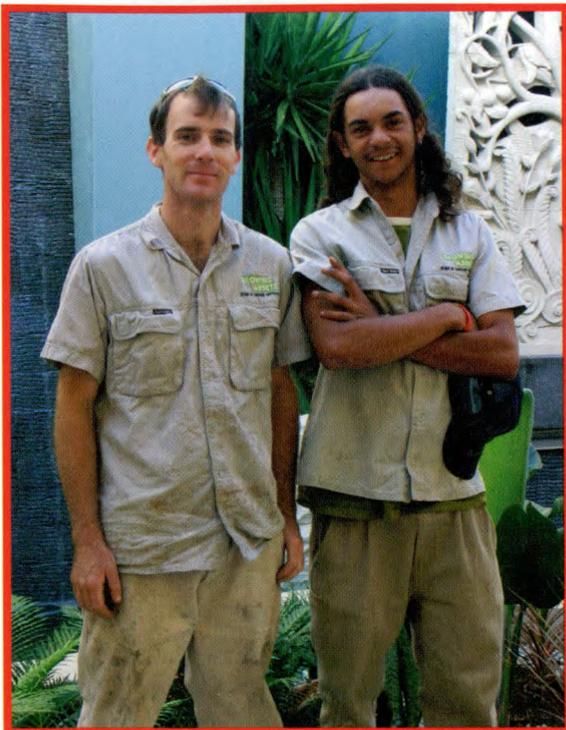
Learn to Swim

@ South Lake Leisure Centre

Term 3 starts 23rd July



councillor's corner



employ local

The Employ Local Program is running full speed ahead having placed several young people in jobs located in Cockburn.

Growing Assets, a gardening and landscaping company, is only one of the businesses taking part in the Employ Local Program, taking on 15 year old Malcolm Riley as a trainee.

Owners Kirk Hawthorn and Jana Sturis said that they saw the advertisement for the Employ Local Program in the local newspaper and decided to give it a go.

Malcolm says that he enjoys the work he is doing: "We get to move around to different places, and I'm sticking to this job."

Malcolm also said that growing up he had two childhood friends called Kirk and Jana. "Their names were even spelt the same way, it was like a sign. I also want to build my own house and be able to design it. I want to become a bricklayer; this job will help me do that."

For more information on the Employ Local Program call the City of Cockburn's Community Development Projects Officer on 9411 3499 or e-mail acullen@cockburn.wa.gov.au

Councillor Tony Romano represents the City of Cockburn's West Ward. Tony has taken some time out to answer some of our questions so we can get to know him better.

Q: Who or what inspires you?

A: People that achieve extraordinary things in life and people that have the determination to beat the odds.

Q: Where is your favourite place in Cockburn?

A: There are many areas in Cockburn that I enjoy but particularly the Coogee coastline, the Bibra Lake recreational area and my home in Cockburn.

Q: What is the one thing you'd most like to see happen in Cockburn?

A: I like to see Cockburn expanding and creating more places for residents to interact and enjoy with their families: for example, cafes, restaurants and cultural centres.

Q: What's the best thing about being a Councillor?

A: I enjoy meeting lots of new people from all different walks of life and being able to be involved in the decision making process for our great City.

Q: What's the hardest thing about being a Councillor?

A: Balancing time between work, family and my role as Councillor. I endeavour to tend to community needs but sometimes it's not always possible. My role as Councillor is demanding at times and I try to balance the needs of the community with the individual needs of residents in Cockburn.

Q: What are you passionate about?

A: I'm passionate about Cockburn and the projects that are currently being undertaken in our great City, which in turn will bring prosperity to the community.

Q: What is your motto?

A: Treat people with respect and they will treat you the same way and an old favourite, 'Work hard and be kind to your mother'.

Q: What do you do to relax?

A: I enjoy playing golf and going out to dinner with family and friends.



Contact Councillor Tony Romano on 0407388139 or e-mail tromano@cockburn.wa.gov.au.



seniors club calendar

Presented by the Regional Seniors Group

new faces in family services

The City of Cockburn has been offering Family Support and Financial Counselling services to its residents for many years and has recently brought some new faces to our community. The City provides these services free of charge from two locations covering the whole of Cockburn: Atwell Community Centre and Coolbellup Community Centre.

family support services

Linda Sharman is the Coordinator for the Family Support and Financial Counselling Services team and also coordinates Atwell Family Support, which provides a service to residents in Atwell, Banjup, Beeliar, Bibra Lake, Henderson, Jandakot, South Lakes, Success, Wattleup and Yangebup.

Anna Fletcher and Sue Wilson job share coordination of the Cockburn Family Support Services for residents in Bibra Lake, Coogee, Coolbellup, Hamilton Hill, Munster, Northlake and Spearwood. Sue also assists at the Atwell Family Support Service on Tuesdays and Wednesdays.

financial counselling services

Ann-Marie Paulsen is the new Coordinator for the Cockburn Financial Counselling Service – Atwell Office, and Colleen Crowley is the new Welfare Officer at Cockburn Financial Counselling based in Coolbellup. Both Ann-Marie and Colleen provide assistance to individuals and families at financial risk so that they can make informed decisions regarding their financial problems and in doing so, they can gain control over their lives.

It's important to know that Ann-Maire and Colleen ARE NOT Financial Advisors and will not provide you with advice about what action you should take nor can they provide you with investment or legal advice.

Interviews are by appointment only and information is strictly confidential.

Family Support Services – Atwell 9414 6011

Family Support Services – Coolbellup 9331 3022

Financial Counselling – Atwell 9414 6302

Financial Counselling – Coolbellup 9331 1174

monday	10am to 12noon St Jeromes Seniors, Phone Lucy on 9418 1630	1pm to 3pm South Lake Seniors Phone Doris on 9414 5772
tuesday	9am to 3pm Cockburn Senior Citizens Phone Mavis 9337 3772	10am to 1pm Cockburn Prime Timers Phone Val on 9337 1680
wednesday	9am to 3pm Cockburn Senior Citizens Phone Mavis 9337 3772	
thursday	9am to 3pm Cockburn Senior Citizens Phone Mavis 9337 3772	9.30am to 12 noon Coolbellup Leisure Club Phone 9337 3584
friday	11.45am to 2.30pm Atwell Over 50's Phone Lorna on 9418 4296	

seniors get your dancing shoes on!

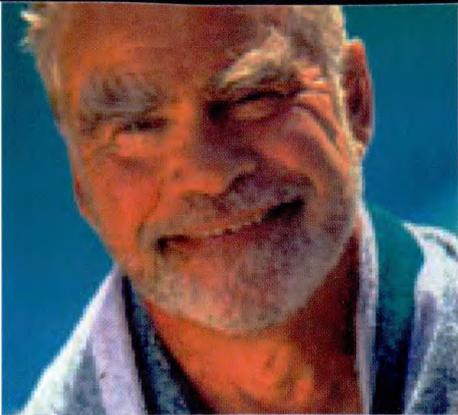
This year the Seniors Afternoon Tea Dance will be held in September instead of April as advertised in the City of Cockburn's 'Summer of Fun' brochure.

Unfortunately, there were no venues available for the 'classic' event to take place in April but do not fret, as it will go ahead, bigger and better than last year's.

So clean those spectacles and keep your eyes peeled for more information headed your way.

For details please contact the City of Cockburn's Events and Project Officer – Beverley Hanley on 9411 3535 or e-mail Bev at bhanley@cockburn.wa.gov.au.





upcoming events:

making new friends in southwell

The Southwell Friendship Club will be having a launch soon to celebrate the opening of their new over 50's social club. If you are interested in meeting new friends in a welcoming atmosphere please call Alex for more information on 9411 3499.

for the female persuasion...

A Fashion Parade will be hosted at Phoenix Shopping Centre on July 5 at 10am. It will showcase the latest mature ladies' fashions. Call Chantelle for more information on 9418 1655.

well-being seminars for seniors

The Regional Seniors Group will present a series of mental well-being seminars, starting in August. Topics will range from dealing with depression to life long learning strategies. Contact Alex for more information on 9411 3499.

warm up those joints...

The Cockburn Senior Citizens Association are starting up an old-time dancing group in Hamilton Hill. If you are interested in attending or have any suitable music to donate please contact Mavis on 9337 3772.

calling bibra lake seniors

Are you interested in helping to establish a seniors social club in this area?
Phone Don on 9417 4686.

other news:

Green PC has computer at special prices for seniors that hold a health care card or similar. Call 9434 0530 for more information.

cockburn's aged care services

The City of Cockburn's Community Care Program is based at the Jean Willis Centre. The Program offers a wide range of services to the frail aged, their carers and young people with disabilities. The Service is broken up into five main areas:

centre-based day program

The Day Centre program provides a wide range of activities and outings that cater to the physical, social and emotional needs of all members.

home support

The Home Support service assists people to remain living in their own home in the community. Assistance and support is provided with basic everyday tasks such as: respite care, domestic assistance, social support and home maintenance.

carer support

The service offers support to carers by way of offering them advocacy, information and assistance, fortnightly coffee mornings, newsletters and carers' retreats.

kwobarup aboriginal program

This service is aimed specifically at our Aboriginal Community. The Kwobarup program offers a range of services to frail, aged and disabled Aboriginal people. A range of activities is run including cultural activities and outings in a relaxed and friendly atmosphere.

community aged care packages

The packages are specifically designed to cater to the individual and are flexible to meet varying needs. A referral is required for this service and can be discussed with the Program Coordinator.

The Jean Willis Centre is located at the corner of Ingram Street and Healy Road, Hamilton Hill. For more information you can contact the centre on 9314 6363.



are you a very important person?

The City of Cockburn's Community Development Strategy has come up with a great and innovative way to reward their hard-working volunteers.

The Very Important Volunteer Program or the VIV Program as it's more commonly referred to is a program that rewards those who volunteer their time in the community.

As the Strategy's motto says: 'In helping one another, we help ourselves'. The idea is to encourage community members to volunteer for the benefit of the Cockburn community through the support of local businesses.

Participating businesses will offer discounts of between 5% - 20% for goods and services to the eligible members taking part in the VIV program. This would in turn assist those Volunteer Associations participating in the VIV program to increase their membership and provide more volunteers in the community.

If you're a Volunteering Association that would like to be part of this great program or you would like to find out more, you can contact the City of Cockburn's Volunteer Resource Centre on 9411 3490 or e-mail kbennett@cockburn.wa.gov.au or Manfred Heske on 9498 6754.



have you ever thought about becoming a volunteer?

The Cockburn Volunteer Resource Centre can help you get started. The VRC will match your skills and interests with a corresponding need in one of our local schools so that you can pass on your knowledge and skills to a younger generation.

The BREAKFAST CLUB is one of the VRC's latest programmes, where seniors are volunteering their time in our local schools. The Breakfast Club is designed for volunteers to help kids reach their full potential by providing a nutritious start to the day.

So why not do your bit and contact the Volunteer Resource Centre on 9411 3490 or e-mail kbennett@cockburn.wa.gov.au to get some more information.

terry denton @ your library

Hey kids, want to meet a famous author? Terry Denton will be at Spearwood Library in a special after-school workshop.

Terry will share the secrets behind his books and show how you too can create your own crazy stories.

Don't miss this chance to get a behind-the-scenes look at how a book is made.

Sign up for crazy fun with the author of 'The Gasp!' series and 'The Story Maze' series, co-author of 'The Bad Book', illustrator of Andy Griffiths' 'Just' series and many more...

@ The Spearwood Library Monday July 31 at 4.30pm

Check the City of Cockburn website and follow the links to the library to find out more, or grab a flier from your local library.

are you interested in crime and solving mysteries?

Join the Crime Club at Spearwood and Coolbellup Libraries

Each month, professional criminal behaviour profiler and Licensed Private Investigator, John Earley, will present members of the club with a crime to solve.

Your task will be to uncover the clues and track down the perpetrators. The library will facilitate your search and internet training will be provided for crime club members if required.

Find out how the experts analyse crime scene reconstructions and criminal behaviour and get to practise the art and science of criminal profiling yourself.

Spearwood Library – Coleville Crescent, Spearwood

When: First Wednesday of each month commencing July 5

Time: 10am to 12 noon

To book: Phone 9411 3491

Coolbellup Library – 90 Cordelia Avenue, Coolbellup

When: First Wednesday of each month commencing July 5

Time: 1pm to 3pm

To book: Phone: 9314 1695

Cost: \$2 per session (to cover photocopying)

Refreshments provided

BE WARNED – Some of the sessions may contact explicit crime scene violence.

getting the most out of your writers group

If you belong to a writers group or are thinking of joining one then this is the workshop for you. Join Dr Alan Hancock as he covers:

- Aims and objectives of a writers group
- Three basic models, write and share, write and critique and critique
- Group process – what to do and what to avoid in the group
- Managing feedback
- Writing exercises for groups
- The art of critique
- Elements of story-telling; character, plot, setting, style, structure, point of view, dialogue and truth

When: Tuesday, July 11

Time: 10am to 2pm (free lunch included)

Where: Spearwood Library, Coleville Crescent, Spearwood

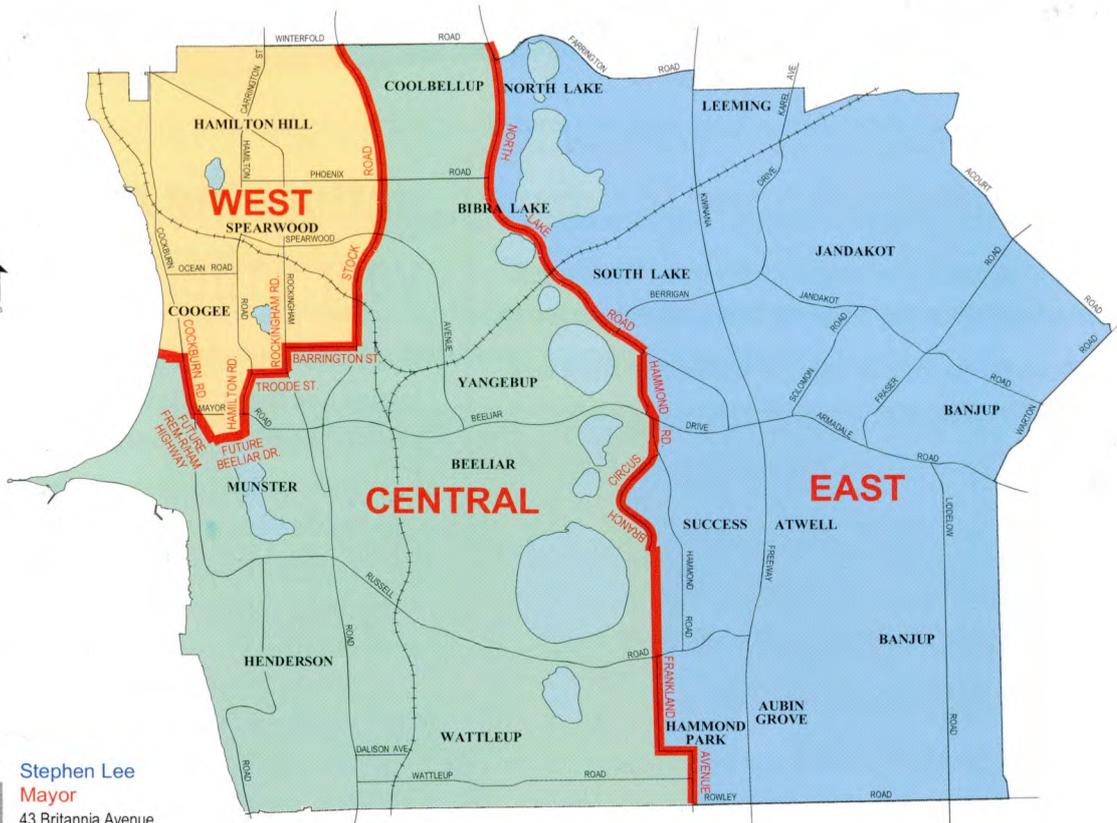
Ph: 9411 3491 for bookings.

totally wild

The library goes wild these holidays with all creatures great and small!

Come to the library and cuddle cute and fluffy baby farm animals, hunt high and low for clues to solve the puzzles and claim your prize in our Treasure Hunt. Get hooked on hessian and create an amazing piece of embroidered art and dive under the sea and create a funky decal for your bedroom window.

Free animal fun at your library. Check the City of Cockburn web site and follow the links to the library to find out more or grab a flier from your local library.



Stephen Lee
Mayor

43 Britannia Avenue
BEELIAR WA 6164
Fax B/H: 9411 3577
Phone/Fax A/H: 9434 1547
Mobile: 0404 001 323
Email: slee@cockburn.wa.gov.au



Kevin Allen
West Ward

4 Christine Crescent
COOGEE WA 6166
Phone/Fax: 9434 9193
Mobile: 0419 901 735
Email: kallen@cockburn.wa.gov.au



Val Oliver
Central Ward

8 Malvolio Road
COOLBELLUP WA 6163
Phone/Fax: 9337 1680
Mobile: 0438 377 538
Email: voliver@cockburn.wa.gov.au



Richard Graham
Deputy Mayor
East Ward

8 Bree Close
ATWELL WA 6164
Phone: 9414 5036
Mobile: 0408 503 600
Fax: 9498 5036
Email: rgraham@cockburn.wa.gov.au



Linda Goncalves
West Ward

18 Ashendon Boulevard
HAMMOND PARK WA 6164
Mobile: 0401 557 560
Email: lgoncalves@cockburn.wa.gov.au



Sue Limbert
Central Ward

34 Noyes Place
MUNSTER WA 6166
Phone: 9418 6202
Mobile: 0438 195 769
Fax: 9418 5073
Email: slimbert@cockburn.wa.gov.au



Amanda Tilbury
East Ward

3 Rendell Avenue
ATWELL WA 6164
Phone/Fax: 9498 5317
Mobile: 0407 310 376
Email: atilbury@cockburn.wa.gov.au



Tony Romano
West Ward

12 Chaucer Close
SPEARWOOD WA 6163
Phone/Fax: 9418 6117
Mobile: 0407 388 139
Email: tromano@cockburn.wa.gov.au



Julie Baker
Central Ward

6 Donne Court
SPEARWOOD WA 6163
Mobile: 0423 146 226
Email: jbaker@cockburn.wa.gov.au



Ian Whitfield
East Ward

12 Derwent Crescent
SUCCESS WA 6164
Phone: 9414 5245
Mobile: 0421 421 724
Fax: 9414 5343
Email: iwhitfield@cockburn.wa.gov.au



your mayor and councillors