

Cockburn Soundings



Above: Cockburn Mayor Stephen Lee and CEO Stephen Cain work through the details of the Plan for the District.

plan for the district

The City of Cockburn's 10 year 'Plan for the District' is now available for public comment.

It includes plans for establishment of a new Senior's Centre in Spearwood, detailed plans for the City's new Youth Centre in Success and sports facilities in Hammond Park, and an outline of Cockburn's major local road plan for the next ten years.

Cockburn Mayor Stephen Lee says that the Plan provides a vibrant blueprint for the future of Cockburn.

"We're a fast growing area and we want to help build a strong community. I think the Plan gives us a terrific vision for the future of Cockburn."

Mr Lee says that the plan is based on extensive community consultation.

"As part of the Community Development Strategy we went out to all of our local community associations, and asked them what they wanted to see us do over the next ten years. Our Plan for the District is based, in part, on their feedback."

Copies of the Plan are available from the City of Cockburn website, over the counter at the City's offices in Spearwood, or from the City's libraries. Comments should be made in writing to the City of Cockburn and returned by October 20.

Public response to the Plan is likely to be considered at the November Council meeting.

what's inside!

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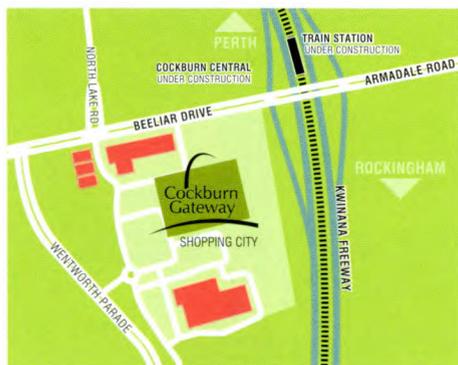


There's something big happening around the corner.

Cockburn Gateway Shopping City. This change of name reflects the importance of the centre within the Cockburn Community. Adjacent to the centre, works are underway on the Cockburn Central Town Centre and Train Station, this will see our location transform into a thriving metropolis.

The redevelopment of our centre will see a larger Woolworths Supermarket and additional specialty stores open during November. Development will continue and when works are complete next year, the centre will include a BIG W, Best & Less, Woolworths, Progressive Supa IGA, a food court and over 100 specialty stores.

We will shortly launch our new website so please keep an eye out for more big changes.



MAJOR STORES

Progressive Supa IGA 9414 5444
Woolworths 9414 5222
Woolworths Liquor 9414 5222

FOOD

Ace Asian Supermarket 9414 5816
Donut King 9498 5248
Eagle Boys • 9498 7455
Gateways
Chinese Restaurant 9498 6313
Gateways Fish & Chips 9414 6038
Good Life 9498 5000
McDonalds • 9414 5900
Micachinos 9498 5242
Oven Delights 9498 5599
Red Rooster • 9414 6759
Subway 9498 5200

FASHION

Ed Harry 9498 5388
Kays Bags 9414 6785
Motif Fashion 9498 6599
Rockmans 9414 5600
Sportz 29 9498 7811
Surfs Up 9414 6317

SERVICES

ANZ Bank 13 13 14
Australia Post 9498 5263
BankWest 13 17 18
BP Service Station • 9498 5966
Checkers 9498 7022
City of Cockburn Library 9414 5599
Clear Image Skin Clinic 9498 5188
Curves • 9498 7789
Farrington Drycleaners 9498 5316
Fixit Multi Services 9498 5958
Flight Centre 9414 3182
Francis Logan MLA 9414 3266
Gateways Dental Centre 9498 6000
Gateways Newsagency 9498 5222
Head Studio Urban Retreat 9498 7577
Home Building Society 9498 7989
Jandakot Print • 9498 6488
One Stop Auto Parts & Batteries • 9498 5822
OPSM 9498 5855
Raine & Horne • 9414 4444
Realty One 9414 5111
Salvation Army • 9498 7418
Video Ezy • 9498 5111

Volona & Associates 9414 6655
Wizard Home Loans • 9414 3255

HOUSEHOLD

Baines 9414 6244
Bedroom Success • 9414 5578
Carpet Choice • 9414 3070
Gateways Night & Day Pharmacy 9498 5977
Godfrey's 9498 7900
Half Price Pottery • 9414 3777
Knives Forks & Allsorts 9498 5888
Lakes Bikes • 9498 5677
Pet Magic • 9498 6667
Plantation Furniture • 9414 5571
Red Dot Mega Mart • 9414 6722
Tandy Electronic 9414 5948
Thingz Home and House • 9414 6678

• Beelihar Drive Complex, formerly South Gate Commercial.



816 Beelihar Drive, Success WA 6164
PO Box 3265 Success WA 6964
T: 9498 5577 F: 9498 5588
www.cockburngateway.com.au



A PROUDLY WA OWNED CENTRE

mayor's message

Later this month the City of Cockburn will be presented with a national Local Government award for our Community Development Strategy.

The award will recognise the success of our partnership with Alcoa to provide the Community Projects Fund.

It is also a recognition of the success of the Strategy. The City of Cockburn does more to support local residents groups, sporting clubs and other community organisations than any other metropolitan Council, in my view, and we will continue to do so.

I am pleased and proud that the City will be receiving this award – but, more than that, I am proud that our Community Development Strategy is delivering real benefits to the region. There is a real sense of community in the City of Cockburn, which is one of the things that makes our City the best place to live in Perth.

I would like to thank the officers at the City of Cockburn for their hard work – and I would also like to thank every volunteer from every community organisation in the area. Without your hard work, our City would be a much poorer place.

As always, if there is any way that you think we can help to improve our City, please do not hesitate to contact myself, or one of your local ward Councillors.

Stephen Lee.
Mayor.



mail

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CRESCENT, SPEARWOOD

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ready to party this Summer?

Keep an eye out for this year's Summer of Fun Events Calendar coming to your mailbox soon!

This year's events will be a great hit with entertainment such as the Big Oz Band, Countdown and our favourites, the ABBA and Queen Tribute Band!

Make sure you get your Summer of Fun Calendar so you don't miss out.



oral history

Spearwood Library is collecting the oral histories of local Aboriginal elders after a group of young people recently participated in a training course coordinated by the City of Cockburn on the recording of oral histories.

The Walyalup Reconciliation Group, in partnership with the City of Cockburn's Aboriginal Advisory Committee and Library Services, obtained a grant from the State Government's Department of Indigenous Affairs to run a course that teaches interviewing skills.

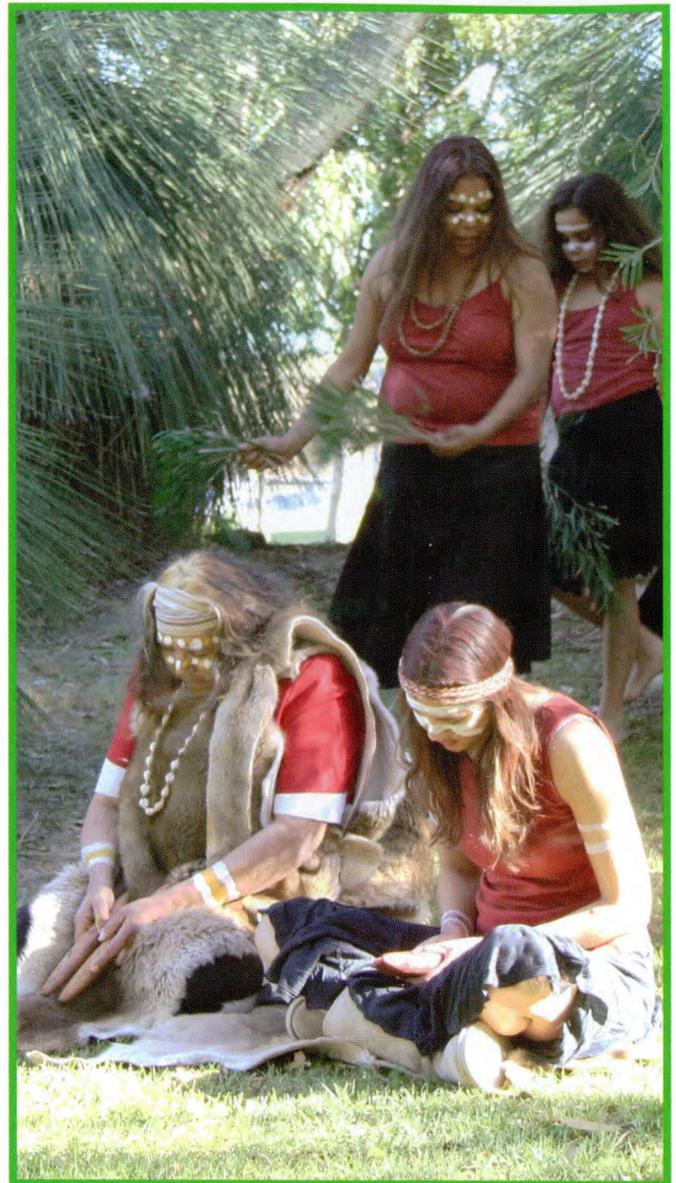
The project gives young Aboriginal people the opportunity to gain oral history training which will enable them to go into their community and interview local families and respected elders to gather stories of their past.

"The Aboriginal oral histories project is about local Aboriginal people collecting local Aboriginal stories and this in turn passes on the stories and culture through the community. The collection of oral histories helps us learn more about our past from a local perspective and gives unique insights into how local people have lived their lives," said Cultural Development Coordinator Cassandra Cooper.

The oral histories will be kept in the Spearwood Library. The recordings will provide local historical material from an Aboriginal perspective. They will extend the existing Aboriginal resources, all of which are accessible by educational institutions, families and the community.



Picture: (Left) Cassandra Cooper – Cultural Development Coordinator (middle) Lee Anne Mason – Participant (right) Marnie Richardson – Course Trainer



N.A.I.D.O.C. 2006

The City of Cockburn's Annual N.A.I.D.O.C. celebrations were a great success this year, with several activities taking place during N.A.I.D.O.C. week (July 3-7).

The City started events with a flag raising ceremony, followed by a family fun day at the Southlake Ottey Centre which was a big hit.

A Hip-Hop Night was also held for young people aged between 12 – 18 years at Memorial Hall. With a DJ and some thumping music, there were many eager young people showing off their moves.

Overall, it was a well celebrated and enjoyable week of activities.

councillor's corner

Councillor Ian Whitfield

Q: Who or what inspires you?

A: Volunteers who give up their time to help others - the Jandakot and South Coogee Fire Brigades are made up of these fabulous people. These selfless people inspire me.

Q: Where is your favourite place in Cockburn?

A: Woodman Point is such a relaxing place to visit. I like to take my class of children there twice a year.

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

A: The one thing I want to see happening is what is happening at present: good planning for communities to grow.

Q: What is the best thing about being a Councillor?

A: I enjoy debating different issues to get everyone's viewpoint. At Council meetings I like to think I speak for the 'common man'. I relate to all walks of people and think I have empathy for their viewpoint.

Q: What is the hardest thing about being a Councillor?

A: Not being able to have more say on State issues.

Q: What are you passionate about?

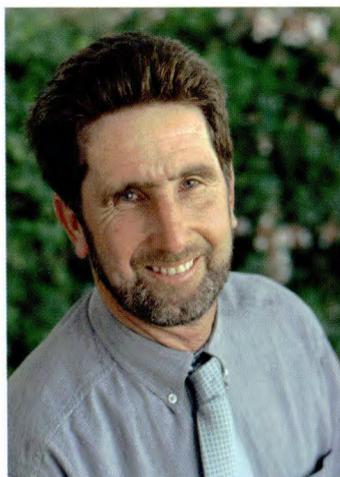
A: I am passionate about anything Australian, from geckos climbing walls, to the Dockers making us all climb walls.

Q: What is your motto?

A: My motto is: "What do you want and what are you doing to achieve it?". I am a great believer in Altruism - doing what is right because IT IS right.

Q: What do you do to relax?

A: When I have spare time I enjoy reading. I thoroughly enjoy my family time, plus I walk our dog Waldo every night... well 6 out of 7 nights.



2006 teddy bear's picnic

Kick off the start of the Summer of Fun season with the Teddy Bear's Picnic at McFaulk Park in Spearwood on Wednesday, October 25.

There's lots of free fun to be had, including a tractor train, pony rides, face painting and you could meet the Kangaroo Creek Gang! There's also a teddy bear hospital where you can have your teddy weighed and receive a certificate.

So don't forget to bring a picnic and, most importantly, your teddy bear!

For more information call the Events and Projects Officer on 9411 3535.

butt out!

As of July 31, smoking is not permitted inside pubs, clubs, nightclubs and restaurants under the new Tobacco Products Control Act 2006.

The State Government has banned smoking in all enclosed areas of hospitality venues throughout Western Australia, to further reduce community exposure to second hand smoke and the harm that it causes.

You should be aware of 'No Smoking' signs and do not smoke in enclosed areas. If you are asked to stop smoking or to move to a smoking area outside, please do so immediately and respect the requests of venue management who must also abide by the law. There are also penalties - individuals and businesses that break the law may be faced with a maximum fine of \$2,000.

More information
can be found at

[www.health.wa.gov.au/
tobaccocontrol](http://www.health.wa.gov.au/tobaccocontrol)

who is peter cooper?

Meet Peter Cooper. Peter has been kind enough to allow us to put him in the spotlight to talk about his experience as a 'Social Support Volunteer' in Cockburn.



What inspired you to become a volunteer?

My father, Joe Cooper, devoted a lot of his life to helping the community. He spent 25 years on the Cockburn Council - and he was the first Mayor of Cockburn. He had the privilege of becoming an honorary Freeman of the Municipality.

Why are you interested in this particular volunteer opportunity?

I enjoy giving my time to helping people in need. In the past my family have received help and assistance from other volunteers in the Cockburn community and this is my way of giving something back.

What is the level of commitment required?

The level of commitment is what you want to make it. Any spare time you have is valuable to the people you are giving it to.

What type of work do you do as a Social Support Services volunteer?

I drive people to doctor's appointments, hospital appointments, physiotherapy, chemotherapy, grocery shopping, or sometimes I just chat and offer friendship and support.

How does Social Support Services help the Community?

Social support is very important to maintain independence and also for the community to be able to call on help when they need it. Quite often people are surprised that there are people out there who are giving their time to the community free of charge.

Can you recall a particular experience you've had as a Social Support Volunteer that has made you really happy?

The whole experience in general gives me a different outlook on life. Social support volunteering opens your eyes to the fact that there will always be people worse off than yourself but they still manage to smile.

To find out more about volunteering in Social Support Services please call the Cockburn Volunteer Resource Centre on 9411 3490.

wheelchair mayhem

City of Cockburn staff discovered exactly how hard it can be to get around in a wheelchair in poorly designed areas last month. The Spearwood Disability Services Commission set up an obstacle course in their carpark, and invited City of Cockburn staff and other DSC officers to try and negotiate it in a wheelchair.

The practical initiative was designed to promote awareness and better planning for the needs of people with mobility issues, as well as parents with prams.

Jamie Dunross, DSC Local Area Coordinator says that he hopes the direct experience of the problems faced by people with mobility issues will lead to more thought being put into planning.

"It is vital that more thought go into the planning of all areas such as shops, restaurants, car parks, community facilities and pathways, so that people in wheelchairs or scooters and parents with prams have access to the same areas as anyone else," said Mr Dunross.

All the participants had difficulties manoeuvring around footpaths, curbs, entryways and in some areas were forced to go onto the roads in order to get to certain shops. Even some of the disability parking zones did not allow easy exit and entry into a vehicle or shop.

Mr Dunross hopes to expand the demonstration to other Local Government areas also.

For more information please contact Jamie Dunross, Local Area Coordinator, Rockingham Office on 9527 2886.



swimming pool and spa owners

pools and spas installed before July 1, 1992

In March 2002 the WA Government amended the Regulations that apply to all pools and spas installed before July 1 1992.

The legislative change requires that all pre July 1992 swimming pools and spa safety barriers be up-graded by no later than December 17 2006. This amendment was introduced with a transition period to give pool and spa owners time to make the necessary changes required.

You can determine if your pool and/or spa was installed before July 1, 1992 by checking your last Swimming Pool Inspection Report/Notice issued to pool/spa owners by the City of Cockburn. Your swimming pool/spa safety barriers may have already been upgraded. If this is the case a notation would have been made on your last Swimming Pool Inspection Report/Notice.

As the transition period ends on December 17 2006 it is required that all owners of pre July 1 1992 pools and spas upgrade existing barriers to restrict access from their residence to the pool/spa area. This can be achieved by modifying doors and windows from the residence and gates leading to the pool/spa area so as to ensure they comply with the Australian Standard 1926.1, or installing a fence between the house and pool/spa in accordance with the Australian Standard 1926.1.

Pools and spas without barrier restrictions between the residence and the pool/spa area are still one of the main factors leading to children drowning. It is every private swimming pool/spa owner's obligation to ensure that they comply with the legislative requirements.

If you need information in regard to the approval date of your pool/spa please ring 9411 3595. Or, for general technical advice, please contact the City of Cockburn's Swimming Pool Inspector on 9411 3564 or 0408 939 189.



paying your rates

Council's annual rate notices were issued on August 12 2006 and were due for payment by September 12 2006.

If you have not yet received your notice, please contact the Rates Department on 9411 3475 so that a replacement notice can be issued.

You must give notice in writing if you change your mailing address, or sell or dispose of any rateable land. Please quote the property number and/or property address.

If you are intending to pay your rates by instalments, your first instalment should have been received by September 12, and your second instalment is due by November 14.

In the event that instalment options are not suitable for your circumstances, written application may be made to the Chief Executive Officer to enter into an alternative arrangement. An administration fee of \$20.00 will be incurred.

Please note, penalty interest at the rate of 11% will be charged on overdue rates and charges.

If you are in receipt of a pension concession card or senior's card you may be eligible to register for a concession on your rates.

For all enquires you can contact the Rates Department on 9411 3475, Fax; 9411 3568 or you can e-mail them, rates@cockburn.wa.gov.au



bands alive in cockburn's new youth centre

Cockburn's new Youth Centre will be the place to be for young musicians across the region, when construction is complete next year.

With a recording studio, jam space, and room for performances, the Youth Centre could one day give a local band a leg up on to the national stage.

The Centre will also feature indoor basketball courts and a climbing wall; a computer training room; an auditorium for local performing arts groups, and a meeting place for youth groups.

Cockburn's Deputy-Mayor Cnr Richard Graham, who chairs the City's Youth Centre Advisory Committee, says that the facility will be a valuable asset for the community.

"Our decision to build a Youth Centre comes in response to feedback we received. Our residents have told us that a dedicated facility would provide a wider range of activities for our young people," he said.

Plans for the facility can be seen in the City of Cockburn's 'Plan for the District', which is available for public comment from the City of Cockburn's website.



the plan for the district

The City of Cockburn's ten year capital works programme is now available for public comment.

The Plan for the District contains the City of Cockburn's building and works plans for the next ten years. Please take the time to get a copy and have a read. If you want to make a comment, you should put your comments in writing to Cockburn CEO Stephen Cain by October 20.

The plan is available on the City of Cockburn website, or at any of the City's public libraries.

seniors' centre

The City of Cockburn will take the first steps in building a replacement Seniors' Centre this financial year, with \$100 000 in the City's budget for the first architectural concept plans for the new facility.

Cockburn Mayor Stephen Lee says that the new facility will be a welcome addition to the City's community facilities.

"It's clear that the existing facilities are reaching the end of their useful life. We've got the opportunity to get started on some brand new facilities for the future, and I'm pleased to be able to say that we'll be getting on with the job."

The City of Cockburn is proposing to place the new facilities in Coleville Crescent, adjacent to the City of Cockburn's offices.

Mr Lee said that the once the initial concept plans have been drawn up, they will be made available for public comment and consultation.

Below: Stephen Lee, Val Leitner and Pat Richards celebrate the announcement of a new Seniors' Centre. Photo courtesy of Martin Kennealey (Community Newspaper Group)





firebreaks

The bushfire season is nearly here – and to help keep homes and properties in the region safe from fire, the City of Cockburn requires property owners to build firebreaks through the bushfire season.

Firebreaks for vacant residential land should be in place by September 30, and will be inspected from October 1.

Firebreaks on rural properties should be in place by November 30 and inspections will commence from December 1.

All firebreaks should be maintained until the May 31 2007.

Firebreaks will help keep your and your neighbour's property safe from bushfire, so please help us by ensuring that your firebreaks are well maintained through the summer.

Fines exist for property owners who have not constructed firebreaks by the required date.

If you have any queries in relation to firebreaks, please contact the City of Cockburn Ranger's Office on 9411 3594 or 9411 3402.

all the details you'll need to know

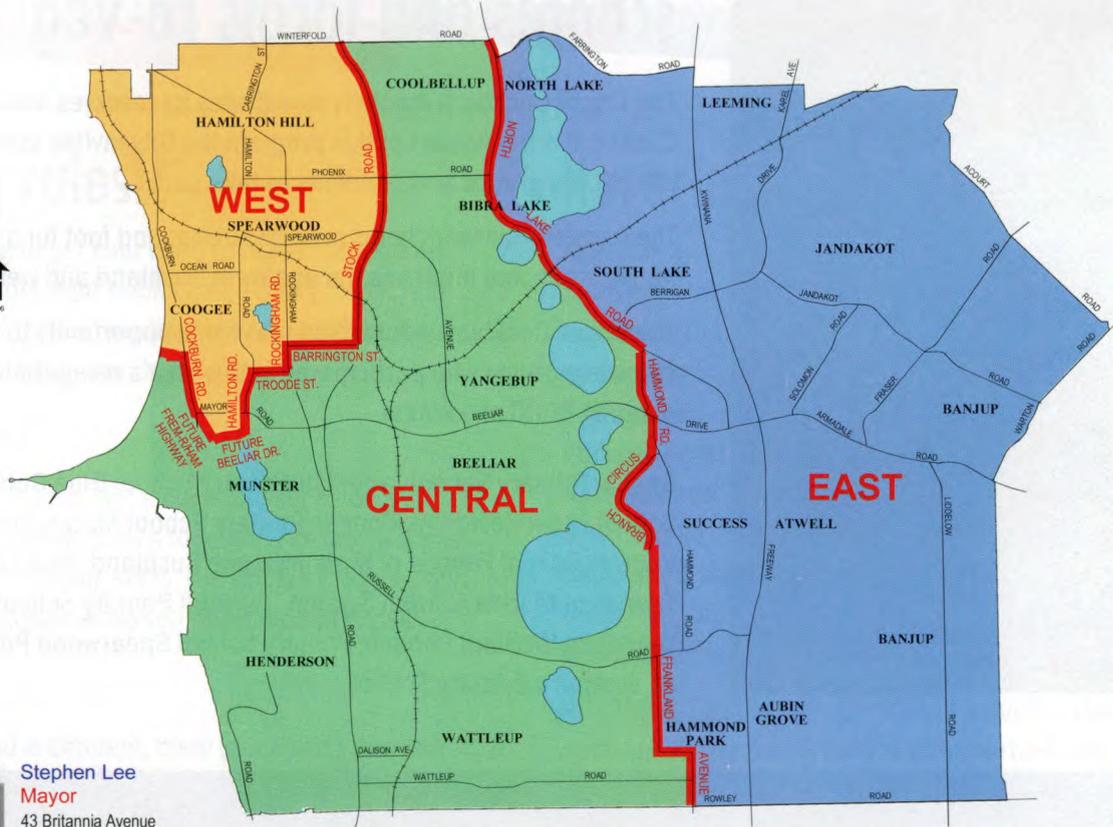
To assist in making communication easier for the people of Cockburn, the City of Cockburn now has provided e-mail addresses for both Residents Associations and Neighbourhood Watch Suburb Managers.

residents associations

Atwell@cockburn.wa.gov.au
Banjup@cockburn.wa.gov.au
Beeliar@cockburn.wa.gov.au
BibraLake@cockburn.wa.gov.au
Coogee@cockburn.wa.gov.au
Coolbellup@cockburn.wa.gov.au
GlenIris@cockburn.wa.gov.au
HamiltonHill@cockburn.wa.gov.au
HammondPark@cockburn.wa.gov.au
HarvestLakes@cockburn.wa.gov.au
Jandakot@cockburn.wa.gov.au
NorthLake@cockburn.wa.gov.au
Southwell@cockburn.wa.gov.au
SouthLake@cockburn.wa.gov.au
Spearwood@cockburn.wa.gov.au
Success@cockburn.wa.gov.au
Yangebup@cockburn.wa.gov.au

neighbourhood watch

Atwell_NHW@cockburn.wa.gov.au
Banjup_NHW@cockburn.wa.gov.au
BeeliarEast_NHW@cockburn.wa.gov.au
BeeliarWest_NHW@cockburn.wa.gov.au
BibraLake_NHW@cockburn.wa.gov.au
Coogee_NHW@cockburn.wa.gov.au
Coolbellup_NHW@cockburn.wa.gov.au
HamiltonHillSouth_NHW@cockburn.wa.gov.au
HamiltonHillWest_NHW@cockburn.wa.gov.au
HammondPark_NHW@cockburn.wa.gov.au
Henderson_NHW@cockburn.wa.gov.au
Leeming_NHW@cockburn.wa.gov.au
GlenIris_NHW@cockburn.wa.gov.au
Jandakot_NHW@cockburn.wa.gov.au
Munster_NHW@cockburn.wa.gov.au
NorthLake_NHW@cockburn.wa.gov.au
SouthLakeEast_NHW@cockburn.wa.gov.au
SouthLakeWest_NHW@cockburn.wa.gov.au
Spearwood_NHW@cockburn.wa.gov.au
Success_NHW@cockburn.wa.gov.au
Wattleup_NHW@cockburn.wa.gov.au
Yangebup_NHW@cockburn.wa.gov.au
Administration_NHW@cockburn.wa.gov.au



Stephen Lee
Mayor

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Central Ward

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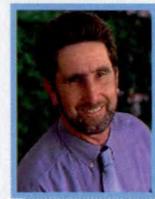
Amanda Tilbury
East Ward

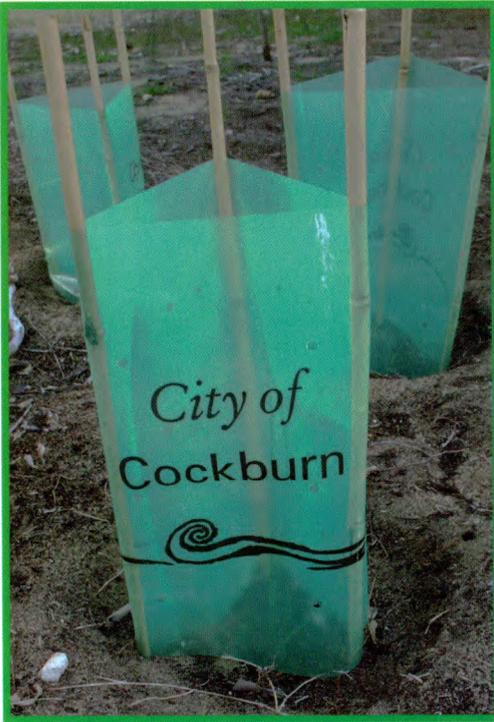
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schools and locals re-veg

The City of Cockburn regularly revegetates its reserves around the Cockburn area. As part of this program the City invites schools and local community groups and residents to take part.

The revegetation work helps provide habitat and food for a wide variety of native fauna and improves the quality of bushland and wetland reserves.

The City of Cockburn would like to take this opportunity to thank the following groups who participated in this year's revegetation program, planting 8000 seedlings!

Beeliar Primary School **Jandakot Primary School** Blue Gum Montessori School **Local Residents** Coogee Primary School **Mater Christie Catholic Primary School** Friends of Manning Lake Bushland **New Life College** Friends of Market Garden Swamp **Newton Primary School** Friends of Yangebup Wetland **Phoenix Primary School** Spearwood Primary School **St. Jerome's Primary School**

weed watch

In our final series of Weed Watch we are going to look at '*Typha orientalis*' or Bulrush, and the prickly weed Caltrop that is growing in the City's Conservation Reserves.

Bulrush is native to Eastern Australia but not WA. It is an upright aquatic perennial with a leaf blade up to 14mm wide. Bulrush grows from seed and rhizomes, and has a compact flowering spike, flowering in summer.

Bulrush has colonised vast areas of wetlands along the Swan Coastal Plain and can be found in all wetlands in Cockburn. It is very prolific at Bibra Lake.

How do we get rid of it?

We spray the plant with herbicide or cut the stems under water so that the plant drowns. It is a long process and may take many years to reduce the seed bank. We also must ensure that we plant native rushes before we reduce the *Typha* numbers as they are important for birds and reptiles for food and shelter.

The next troublesome weed is Caltrop (*Tribulu terrestris*). This is a very prickly weed. It is an annual with small yellow flowers and has spiny fruits. It's thought the weed was introduced prior to European settlement though there are some forms of Caltrop that are native.

It likes to colonise bare open patches of ground and usually emerges after the first rains of the season.

It is best to hand remove small infestations, bagging the seeds and disposing of them at landfill. Large infestations can be sprayed with herbicide and repeated each year. Care is needed as the seeds easily attach to car tyres and soles of shoes.

We hope that you have enjoyed our Weed Watch series. In the coming months we will be adding this series to our website, but 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 3505.



Bulrush at Bibra Lake.

reading rules!!

Are you battling to get your child to read? Connecting your child with the right book can be tricky, especially when you consider the hundreds of thousands of books out there! So, how do you do it?

just have fun!

Reading should be fun, not a chore. So set aside a special time to explore books together. Not only will this help your child's reading skills, you will get to know each other and have discussions you never dreamt possible.

just ask!

While every child is different, there is one thing they can all have in common. A love of reading! The library has lots of books to help parents, like Paul Jennings' "The Reading Bug", which can show you how to make reading fun.

We also have a team of librarians, including children's specialist Sam, to help you. Why not make an appointment with Sam to explore the library together and get some book recommendations?

just try!

Every child is different, and we have a great range of materials to entice reluctant readers...

- Books On Tape - Your kids can read with their ears! And many talking book sets come with the book, so the kids can read and listen at the same time.
- Graphic Novels - Boys especially love these highly visual comic-book styles. And they're not just about super-heroes! Perfect because they engage the reader visually and with text.
- Non-fiction - Find out what your child is interested in, and try a few non-fiction books. Horses, sport, dinosaurs, crazy facts, jokes... We have a whole library filled with fun fact books, bursting with information and glossy pictures.
- Magazines - From D-Mag to Dolly, Australian Scout to Australia's Surfing Life, there's a fun magazine for every kid!

For more info call, Sam Hughes - Young People's Service Librarian on 9411 3493 or e-mail shughes@cockburn.wa.gov.au

libraries beat footy!

Libraries are more popular than ever. There are now over 1700 public libraries across Australia and over half the population use



them. Yes, that's more people than attend footy matches or any other cultural or sporting venue.

In 2002 6.1 million people visited a public, state or national library. Libraries are an important hub of the community, leading debates on literacy, reading and access to information.

Here in Cockburn we had 311,130 visitors to our Coolbellup, Success and Spearwood Libraries who borrowed a total of 549,616 items. That's a whopping 74 loans for every hour we are open.

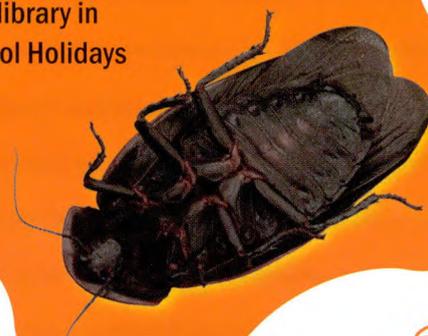
So CONGRATULATIONS! You have made it our best year ever!

What, you're not a member? Join your FREE Cockburn library and discover the amazing world right in the middle of your community.

eew, gross!!

Icky sticky, ooey gooey, disgusting fun for kids

@ your Cockburn library in
the October School Holidays



seniors' club calendar

Presented by the Regional Seniors Group

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 on 9337 3772	9.30am to 12pm Cockburn Prime Timers. Phone Val on 9337 1680
wednesday	9am to 3pm Cockburn Senior Citizens. Phone Mavis on 9337 3772	
thursday	9am to 3pm Cockburn Senior Citizens. Phone Mavis on 9337 3772	9.30am to 12 noon Coolbellup Leisure Club. Phone Pat on 9417 4059
friday	11.45am to 2.30pm Atwell Over 50s. Phone Lorna on 9418 4296	

annual seniors' ball

Clear your schedules because the annual Seniors' Ball is on again!

Dance the night away to the Heel to Toe Bushband on Saturday, October 21 at the Dalmatinac Club in Hamilton Hill.

Entry is \$2, with supper, tea and coffee provided and drinks can also be purchased at the bar.

For more information please call the Events and Projects Officer on 9411 3535.



up-coming events:

happiness and well being seminars

Presented by the Regional Seniors Group, City of Cockburn and the Fremantle Hospital Program for seniors.

free Community information sessions from 2pm- 4pm, City of Cockburn Civic Centre, topics include;

- **unravelling the myths around anxiety and panic disorders.**

Find out about the causes, symptoms, triggers and treatment. October 26. Contact Alex Cullen for more information on 9411 3499.

- **beating the blues.**

Learn about the symptoms of depressions the types and treatments available.

November 23. Contact Alex Cullen for more information on 9411 3499.

free road safety workshop

Presented by the R.A.C., City of Cockburn and the Regional Seniors Group.

live safe

Tips for minimising risk to you and your home.

September 27. 10am - 11.30am at the Spearwood Library

afternoon tea dance

The Seniors Annual Afternoon Tea Dance

September 29, 1pm- 4pm

Dalmatinac Club, Hamilton Hill

To reserve your place call the Events and Projects Officer 9411 3535.

seniors clear your diaries...

If you haven't noticed already the Seniors Bulletin Board has expanded. There is now a fortnightly feature in the Cockburn Gazette that updates you on all events happening around. If you have any information that you would like to see featured in the Bulletin please contact Alex Cullen on 9411 3499.

um clube cultural portugueses —

Translation please....A Portuguese Cultural Club

The Portuguese Culture and Welfare Centre has games, food and social events for Portuguese speaking people or just lovers of all things Portuguese.

For more information contact Elsie on 9414 1930



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cockburn facilities survey

Complete the City of Cockburn Community Centre & Halls Survey and be in the running to win one of three Prizes!

First Prize \$500 voucher, Second Prize \$200 voucher or Third Prize \$100 voucher from Phoenix Shopping Centre, Spearwood.

The City of Cockburn has 11 Community facilities and has over 100 groups and activities operating out of them. Some of these groups include: Dance classes, karate, playgroups, yoga, scouts, guides, seniors groups, boot scooting and Community Associations.

Although our facilities are currently filled with lots of exciting things to do, we want **YOUR** input. - If there's an activity you would like to see running from your local Centre we want to know about it, or if you're interested in starting your own activity we can help.

Please fill in the survey and drop it in the **Survey Collection Box** located at your local Cockburn Library **OR** just tear off this page, fold it and drop it in the mail.

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City of Cockburn
Reply Paid 1215
BIBRA LAKE DC WA 6965

cockburn facilities survey



Name: _____ Age: _____

Address: _____

Phone Number: _____ Email: _____

Which Community Centre or Hall is closest to where you live?

Do you use this Centre / Hall? If so, what do you use it for?

What activities would you like to see happening in your Community Centre / Hall?

When would be the most convenient time and day for you to attend these activities?

What would you consider a reasonable weekly cost to attend these activities?
 \$0 \$5-\$20 \$20-\$50 \$50+

Would you like to be on our mailing list to receive the 'What's Happening' bi-monthly newsletter telling you about the community activities happening around Cockburn?
 YES NO

Survey Forms can also be found on the City's website, www.cockburn.wa.gov.au and follow the links.

Competition closes: 4.30pm on Friday, October 27 2006. Enquiries can be made to the Community Centre Project Officer on 9411 3404 or e-mail: amaclou@cockburn.wa.gov.au.

All Community Centre and Hall Bookings can be made by contacting the Bookings Officer on 9411 3432 or e-mail sedgar@cockburn.wa.gov.au.

I HAVE READ AND UNDERSTOOD ALL THE TERMS AND CONDITIONS OF THIS COMPETITION AVAILABLE ON THE CITY OF COCKBURN WEBSITE AND AT SURVEY COLLECTION BOXES.

Signed: _____

Date: _____