

# COCKBURN

CITY OF COCKBURN OFFICIAL NEWSLETTER ISSN 1035 - 0956 No. 32 JUNE / JULY 2000

# SOUNDINGS



## ***We want to hear from YOU!***

Soon after the Commissioners were appointed to the City, we undertook an extensive market research program to find out what residents thought about electoral issues. These included whether there was a preference for elections by postal vote or in person; whether the Mayor should be elected by the people or by the councilors; the number of elected representatives and the number of ward boundaries Cockburn should have.

The result in favour of postal voting and the election of the Mayor was very clear and we immediately initiated these changes.

Council now seeks your views on ward boundaries and elected member representation. A comprehensive series of options have been developed and from these Council has selected a preference.

We encourage your participation in this important matter and ask you to review the information Council is distributing so that you can give us your views. (A large portion of this issue is devoted to this information.)

## ***Response to the Report of the Inquiry***

Council has now received the Report from the Inquirer and Council has responded to the Minister supporting the recommendations made by Mr Douglas.

It is the Commissioners' view that the Cockburn community deserves strong, robust and responsive representation from its elected members. It is our sincere hope that the people who stand for election in the future will acquaint themselves with the findings of the Inquiry and use this information as a benchmark for achieving good government for Cockburn.

No community should be deprived of its elected local government if that body is truly committed to the service for which it is elected. Being involved as an elected member begins and ends with a desire to serve the community: no more and no less.

It is our one hope that in the future, Cockburn is represented only by people who earnestly want to serve the community for the benefit of the community.

*Julian Donaldson*

Chairman of the Joint Commissioners

## EVENTS CALENDAR

20th June	BINGO - Jean Willis Centre	12.30pm 'Eyes Down'
21st June	Promotion / Marketing / Events Workshop	Ph: 9411 3432
30th June	Deadline for Submissions on Ward Boundaries	Page 2
3rd - 7th July	NAIDOC Week	Ph: 9411 3433
18th July	City of Cockburn Council Meeting	7.30pm

RING CO'INFO ON 9411 3553 FOR MORE INFO OR TO REGISTER YOUR EVENT

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



## HAVE YOUR SAY!

# REVIEW OF WARD BOUNDARIES & COUNCILOR NUMBERS

Council is considering a change to its current Ward structure and Councilor numbers as a result of an extensive survey conducted throughout the district in September, 1999.

The results of that survey have already assisted Council in making changes to the way that the Cockburn community will be represented by its elected members. These include:-

- Introducing Postal Voting for Council elections.
- Election of the Mayor by the community at large.
- Retaining a Ward System based on:-
  - Equal number of Councilors representing each Ward
  - Ward boundaries to be aligned with suburb boundaries, to eliminate some suburbs being separated into different Wards.

While the community has clearly indicated it wishes to retain a Ward system of representation, the survey results did not provide a preferred number of Wards wanted by residents.

Because of this, Council staff have prepared a comprehensive options paper which illustrates a variety of possible Ward structures ranging from 2 Wards to 14 Wards and just about everything in between.

Of course, with such a large variance in these alternatives, there are points for and against each option. **THIS IS WHERE YOU CAN HELP.** Council staff have considered all options and made comment on the suitability of each. However, if there are reasons why these opinions are not shared by the community, then it is important for Council to be aware of them.

Council is providing extensive information on this subject to encourage community participation and feedback.

Your input to this process will provide Council with valuable assistance and information upon which it can make a decision in the best interests of the community as a whole.

As a means of kick starting comment on this matter, Council has endorsed one of the options prepared in the Report, as its most preferred. This option recommends three (3) Wards, each being represented by three (3) Councilors in the short term and eventually increasing to four (4) in the long term. Together with the Mayor elected by the people, this will constitute a ten (10) person Council in the short term, eventually increasing to thirteen (13).

This option is illustrated here to depict how the Wards will look in the short term, and as a comparison when the City is fully developed. Also shown is a map of the current Ward structure with its Councilor numbers.

This indicates that only one suburb change will be necessary to accommodate this Ward Option. This will require the splitting of Bibra Lake into two suburbs, using North Lake Road as the defining boundary.



It is being suggested that the area between North Lake and Stock Roads be renamed West Bibra Lake in order to create a clear distinction between the two communities. In addition, that boundary also serves as a Ward boundary in both the short and long term.

Apart from that, no changes to suburb boundaries are needed to accommodate this option in either the short or long term scenarios.

It should be noted that while Council has endorsed this option as its most preferred, it has not adopted it for the purpose of change at this stage. Much will depend on the level of public involvement and comment in determining Council's final position on this subject.

Information stands providing more details are located at:-

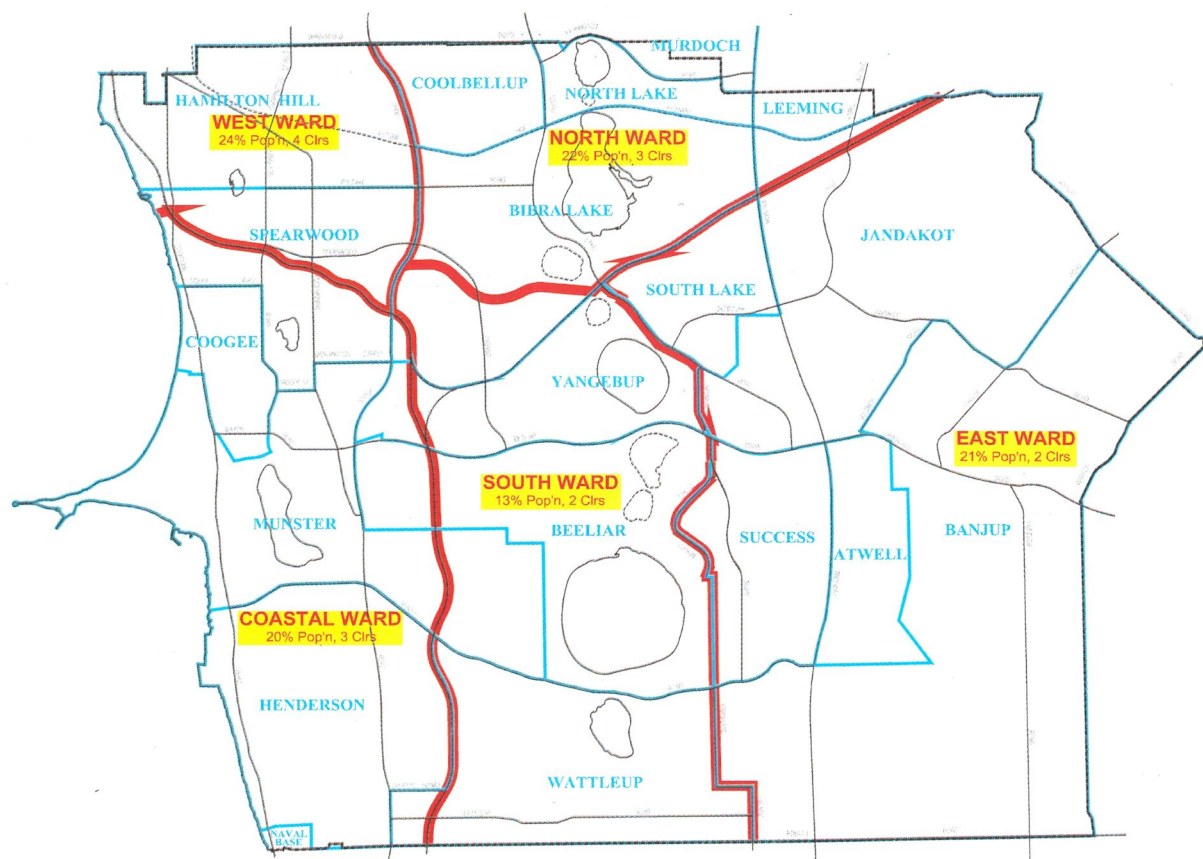
- Council's Administration Office
- Spearwood Library
- Coolbellup Library
- South Lake Leisure Centre.

Submissions can be left in the boxes provided at these locations or sent to the City in either of the following ways:-

- Post to P.O. Box 1215 Bibra Lake 6965
- Fax to 9411 3416; or
- E-mail to [don@cockburn.wa.gov.au](mailto:don@cockburn.wa.gov.au)

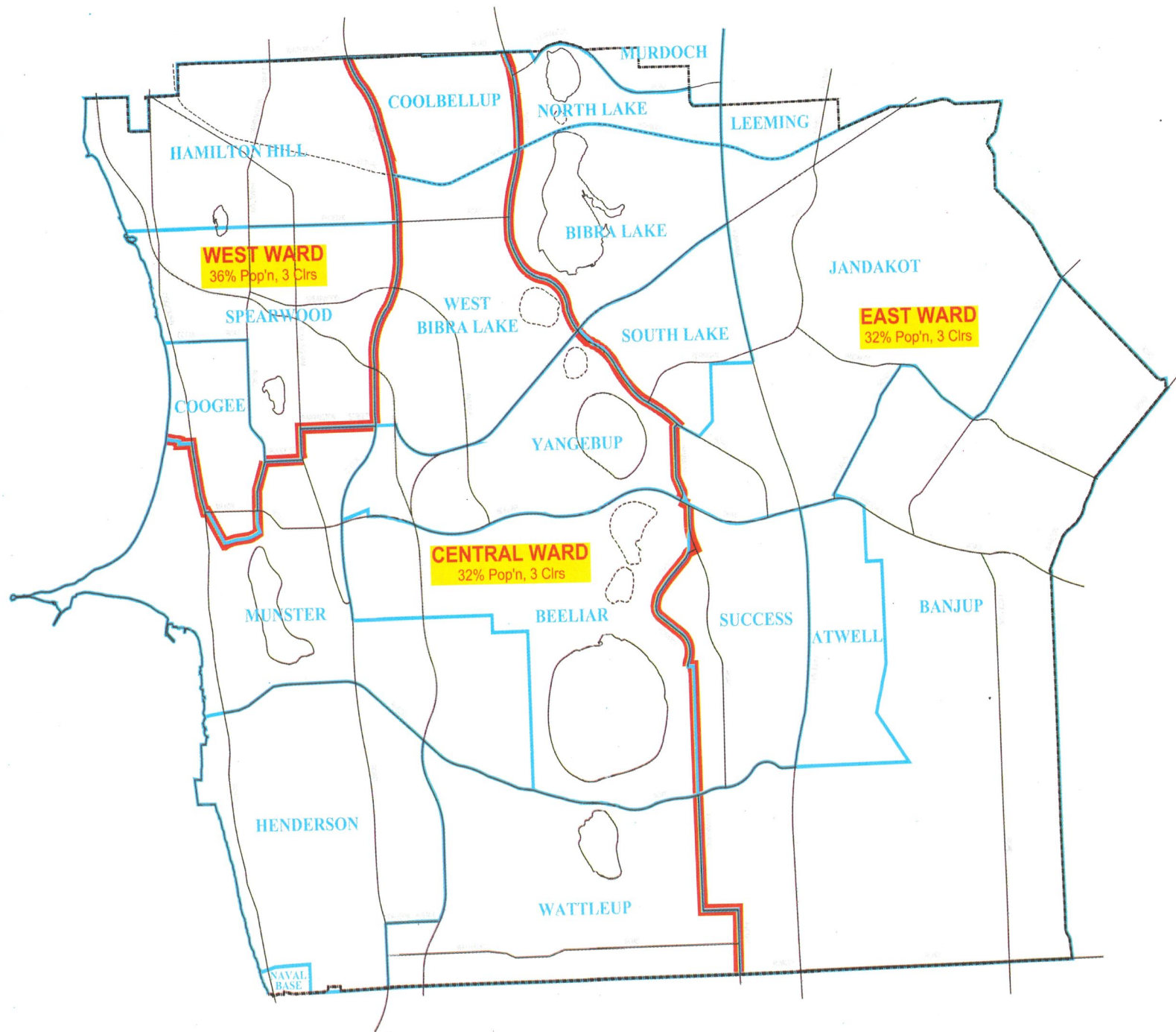
Submissions can be made until 30<sup>th</sup> June, 2000, with a view to providing a Report to Council for its final consideration on 18 July, 2000.

To discuss the matter further, or find out any additional information, contact Don Green at the City of Cockburn on 9411 3444.



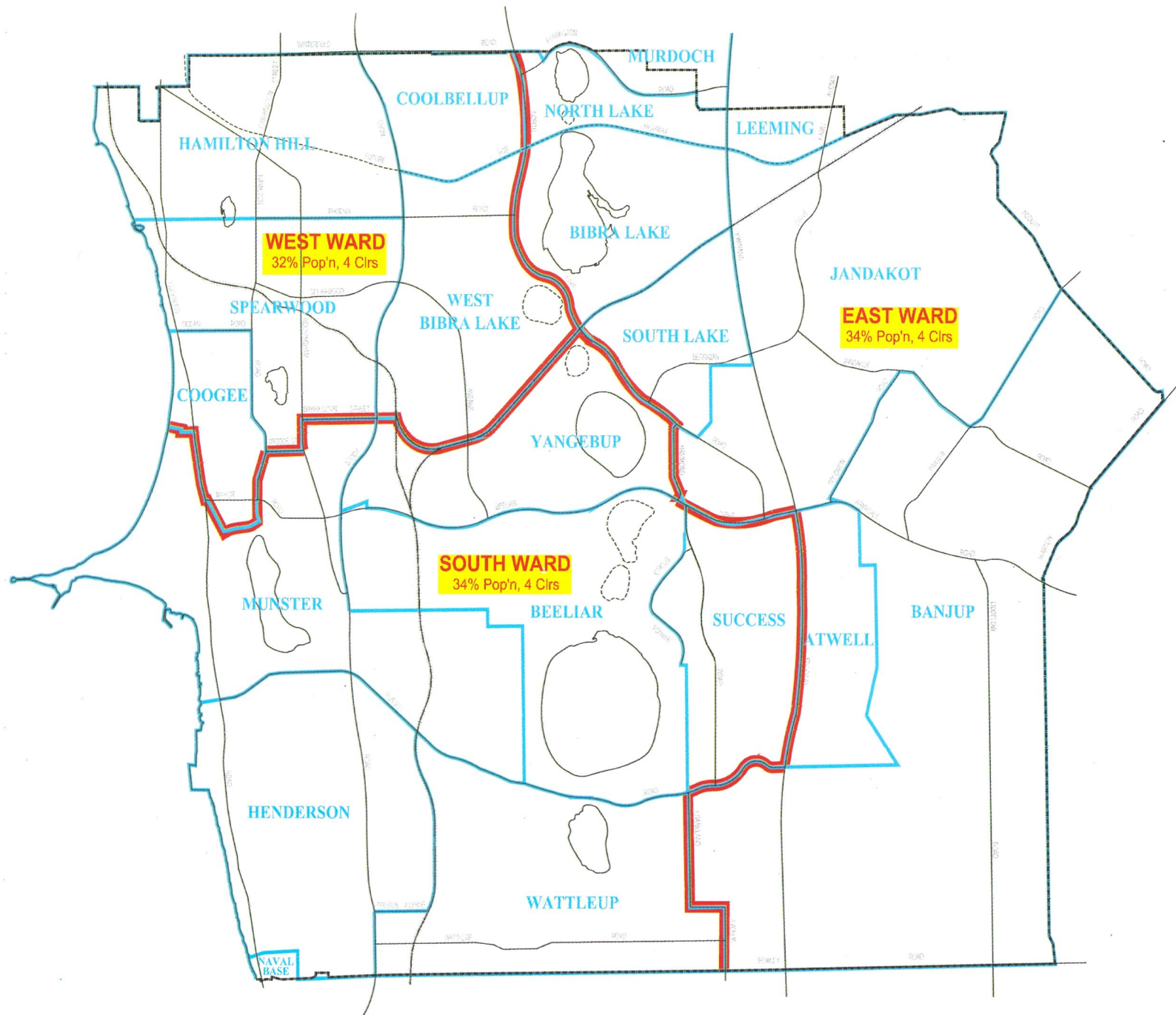
**Existing Ward Structure and Suburb Boundaries**

PREFERRED OPTION  
WARD STRUCTURE (CURRENT) AND PROPOSED SUBURB BOUNDARIES





PREFERRED OPTION  
WARD STRUCTURE (ULTIMATE) AND PROPOSED SUBURB BOUNDARIES





# COMMUNITY CHAT

*An Update on What's Happening*

## FREE



### PEACE OF MIND...

#### With the City of Cockburn SAFER CITY PROJECT

This project is currently being offered to Senior and Disabled residents of Cockburn and includes;

- \*FREE Home Safety Check
- \*FREE Assistance to reduce any hazards in your home
- \*FREE Referrals to community services or programs who can help with areas of risk
- \*FREE Identification of any valuables in your home including jewellery & antiques
- \*FREE Floppy Disk recording valuables for identification
- \*FREE Engraving and UV marking for ID
- \*FREE PEACE OF MIND

Phone the City of Cockburn  
SAFER CITY PROJECT on  
**9314 3001**  
to book your free appointment.

## BINGO

Alternate Tuesdays  
Next Game Days -  
20th June & 4th July

"Eyes Down" is at 12.30pm  
for an afternoon of fun and  
games with raffles, prizes and  
**FREE afternoon tea!**

At the Jean Willis Centre  
Cnr of Healey & Redmond Rd  
Hamilton Hill  
Ph: **9314 6363**

### NEXT COUNCIL MEETING

The City of Cockburn conducts Ordinary Meetings of Council on the 3rd Tuesday of each month commencing at 7:30pm.

The next meetings are  
**18th July & 15th August 2000.**

## SORE FEET?



Come and visit the 'Foot Doctor' at the Jean Willis Centre and have a professional Podiatrist care for your feet.

Phone the Jean Willis Centre on  
**9314 6363**  
for bookings and enquiries.

## PROMOTING EXCELLENCE WORKSHOPS

The City of Cockburn have been holding a series of workshops providing training & information to community / sporting groups & organisations in City of Cockburn.

The next workshop is:  
**Promotions/Marketing/Events**

**Date:** Wednesday 21st June  
**Time:** 7.30 - 9.30pm

### Topics Covered:

- \* How to get the best out of your local media - editorial space, community announcements & ads.
- \* Marketing your event - the how, what, where, why & when.
- \* Promotion - the little things that work.
- \* Those hidden extras that can make things possible.
- \* Your budget - what can you afford, what can you beg, borrow or steal?

The workshop will be held in the City of Cockburn Meeting Room.

Booking are essential,  
please phone **9411 3432**



# COOLBELLUP COMMUNITY CELEBRATES OPENING OF HARGREAVES PARK



On Sunday 7<sup>th</sup> May 2000, Peter Gianoli from Fini Group welcomed excited residents & visitors to the official opening of the newly completed Hargreaves Park. *(Mr Gianoli is pictured above with Commissioner Donaldson after the official plaque had been revealed by Commissioner Donaldson).*

Located on the corner of Hargreaves and Counsel Road, Hargreaves Park basked in the warmth of a perfect Autumn's day as close to 1000 people came to witness Coolbellup's newest attraction. Developed as a joint project between The Fini Group, Landstart and the City of Cockburn, Hargreaves Park boasts a number of facilities including a stunning amphitheatre, beautiful landscaped gardens and play equipment for children and the young at heart.

The official opening was celebrated in style and those attending were treated to an afternoon of colour, music and entertainment. Facepainters, clowns and balloons brightened smiles and the more adventurous parents scaled the climbing wall and battled the bucking bull.

The less daring members of the crowd gravitated towards the amphitheatre to enjoy hours of first class entertainment in the afternoon sun. Fat Cat and Percy were a smash hit and local group "Spice Four" had the crowd rocking to their favourite Spice Girls chart-topping hits. Belly dancers and the Abodijeri Aboriginal Dancers showcased their respective cultural talents whilst Saint Matthews Comedy Freakshow stunned the crowd with his freakish antics and abilities.

Hot on the heels of his successful Guinness Book of World Records attempt, Saint Matthews Comedy Freakshow shocked the Coolbellup crowd with a re-enactment of his record breaking attempt by swallowing not one, not two, but 14 razor sharp swords!

Those who managed to retain their appetites were treated to a delicious sausage sizzle, professionally cooked and served by the Coolbellup Junior Football Club. Proving the team can rise to the challenge, the boys spent the afternoon manning the BBQ's, selling drinks and making sure the day ran smoothly.

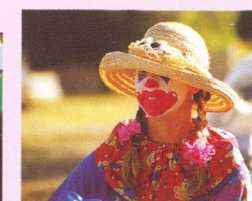
The official opening of Hargreaves Park proved to be a fantastic success. Capturing the attention of residents and visitors alike, this event is just another tremendous milestone in Coolbellup's ongoing transformation and new found success.



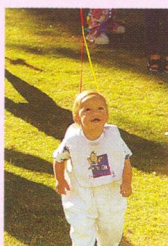
**Adding Spice to the Day**



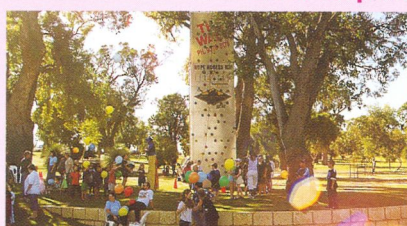
**That Pesky Pelican  
Just Kept Comin' Back!**



**Painted  
Onlookers..**



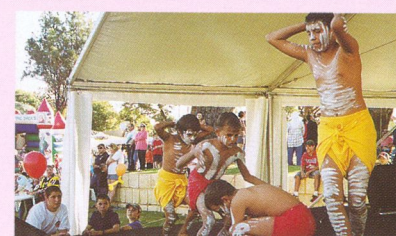
**Is It A Bird?...**



**Only For The Brave!**



**Fat Cat & Percy Penguin**



**Abodijeri Aboriginal Dancers**



# GARBAGE, DOMESTIC WASTE, RUBBISH, HOUSEHOLD REFUSE ....

whatever you call it, it is the Number 1 most important local government issue (and it's the background to this story!)

It's no surprise though that you consider it important, it's one of the major issues facing the human race. The more products we develop and the further we advance technologically, the more "throw-away" our society becomes and most of us now realise that the amount of refuse we are producing is not acceptable. We certainly don't want to be known as the generation that scarred and tainted our planet. Yet we are rapidly running out of land-fill sites across the world.

This is why YOU, in the last Community Needs Survey, identified recycling as one of the highest priorities. Your Engineer's department at the City of Cockburn has taken it one step further.

***By the end of 2001 less than 20% of our household refuse will be going to landfill!***

In anyone's terms that's a huge reduction but it will come at a price. Considering, however, the priority at which you rated this issue I think you will be surprised at how little the cost is!

One of the reasons we have been able to keep the cost to a minimum is by combining resources with other councils.

Together the Cities of Fremantle, East Fremantle, Melville, Canning and Cockburn are building a ***Regional Resource Recovery Centre*** at Canning Vale. I think you will be stunned and amazed at the capabilities of this centre which will be enclosed and certainly a lot more visually attractive than the current "landfill facility" or "garbage tip" as most of us call it.

Residents of the City of Cockburn have embraced our current recycling program with enthusiasm but wait till you see where we are going.

By the middle of 2001 our current garbage bin and recycling bags will be replaced with two recycling bins. One bin will be for the currently acceptable recyclables such as glass, newspaper, carboards, steel cans, aluminium cans and various forms of plastic (currently P.E.T.) and another bin will be for all other household waste and weekly green

waste. We will still have the tri-yearly green waste collections.

The traditionally recyclable contents of the first bin will go into the process seen below. They will automatically be sorted into the various bins. Current recycling companies will be pleased to buy the already sorted product.

The contents of the second bin will be put into the giant composting machine (also pictured) where it will be mulched with green waste and composted over a period of time to produce recyclable mulch. The mulch will then be mixed with bio-organic waste to produce an organic mulch/fertiliser. It is expected that this product will be much in demand to replace current phosphorus based fertilisers, which are polluting our waterways and ground-water.

Construction of the plant and providing the additional bins obviously will be an expensive process and therefore your rates will increase by \$20 in the first year, and \$50 in 2002. This

works out to be 38 cents a week and 96 cents a week respectively. Considering where you rated this priority that is indeed a small price to pay.

But there is BETTER news ahead! The City of Cockburn still operates a landfill site at Henderson. At current dumping rates this site will remain open until about 2010. As time progresses and land-fill sites become more scarce "dumping fees" will increase and this site will become an income earner for the city. It will be your opportunity to tell the Council where you think the money should be allocated. Local government is your government.

Council is really proud to be involved in investing in our future and that of future generations with forward thinking waste minimisation strategies and we have to thank you for rating recycling as such a high priority. Every resident of the City of Cockburn, will be able to hold their head high, knowing ***"we have done our bit!"***

Further information over the page...







**Top left:** Typical landfill site.

**Top Right:** Regional Resource Recovery Centre at Hallam, Victoria. This plant is similar to the one being built at Canning Vale.

**Middle Left:** Household refuse before processing in the equipment at **Bottom Right**.

**Middle Right:** Household refuse after it has been mulched and composted with green waste

**Bottom Left:** Recycled materials sorted by the machine on the previous page, ready to be transported.



Materials sorted for recycling

← FROM THIS  
TO THIS  
↓



← AND FROM THIS  
TO THIS  
↓



Part of the equipment used for mulching and composting



# ENVIRONMENTAL UPDATE

## Woodman Point Environmental Enhancement Project

### Community Reference Group Holds It's First Meeting

A recently formed Community Reference Group for the Woodman Point Environmental Enhancement Project held its inaugural meeting on 17 April at the Woodman Point Wastewater Treatment Plant in Munster.

After an initial tour of the site and an in-situ explanation of the project, the Community Reference Group returned to the Wastewater Treatment Plant, where a more detailed overview of the project was given by Woodman Alliance personnel.

"Starting the meeting with a tour around the site was an excellent way of introducing us to the project and was very valuable for our understanding of the proposed work," Mr Bart Houwen residential representative and Group member said.

"It allowed us to visualise the various components of the work and the actual location and size of the future facilities."

The Community Reference Group was formed to enable the Woodman Alliance to consider the concerns of the Group and the people it represents, to assist with the dissemination of accurate information about the project and to enable the community to provide feedback to the Alliance on the environmental enhancement works being undertaken.

Members representing residents include; L Mihaljevic, T Ingrassia and B Houwen, representatives of local industry include; T Dobbs of Cockburn Cement, Mike Baker of the Kwinana Industries Council and Jim Warnes of Weston Bioproducts. Other members are, Cmr Julian Donaldson and Kirsty Stratford of the City of Cockburn, Phil Jennings of Conservation Council WA, Denise Crosby of Wetlands Conservation Society and Paul Byrnes of the DEP.

The Woodman Alliance, which was formed in February 1999, is an alliance between the Water Corporation, Clough Engineering Ltd and Kinhill Pty Ltd. For information on the Alliance or the Woodman Point Environmental Enhancement Project, please contact Ms G Gelok on **1800 882 037**.

## COOGEE PRIMARY SUCCESS!

On the 25<sup>th</sup> May 2000 the Coogee Primary School held a special ceremony to symbolically acknowledge the commitment and contributions of the City of Cockburn, Coastcare, GreeningWA, Cockburn Cement and APACE to assist with the management of McNeil Field.

McNeil is a remnant area of bushland on the Coogee Primary School. The area faced an uncertain future until Mr Keith Brown, teacher and bushland co-ordinator, approached the City of Cockburn with the idea of sharing the land with the council. With the Coogee Primary School and City of Cockburn co-managing the area as a conservation reserve and use as a educational tool for the students.

"We saw this as an important first step towards the management of the area, as the Education Department could not actively manage the bushland area" said Keith Brown.

Keith Brown maintains an environmental education program at the school, and co-ordinates the management committee which maintains the schools bushland area

Two and half years later the idea has become reality. With the hand over of the bushland area by school principal Mr Warren Bell to the City of Cockburn's Environmental Officer - Mr Paddy Strano. The event was symbolised by a jar of soil taken from McNeil field.

Along the way the Coogee Primary School have made a number of achievements. On the day the school received \$13250 from Coastcare to assist with the management of the bushland area. Kathy Ronalds handed the cheque on behalf of Coastcare to Warren Bell - School Principal. Alison McClelland on the behalf of Greening WA provided a number of native plants.

"Coogee Primary School is fortunate to be surrounded by bushland. The bushland is valuable not only for it's conservation values, but also for it's educational value. The relationship with the school will benefit the school, the City of Cockburn and the community", said Paddy Strano, City of Cockburn Environmental Technical Officer.



## COMMERCIAL FACILITIES - SURVEY WINNERS

In the March 2000 edition of the Cockburn Soundings, residents were asked to fill in a Commercial Facilities Survey. The purpose of this survey was to gather your views and expectations on the potential for expanding or improving existing shopping centres and to guide the size, location and form of future shopping centres and other commercial facilities in the area.

We had a great response to the Survey, with 253 residents expressing their views and expectations. Thankyou to everyone who responded you have provided us with some really good information.

The winners of the shopping centre vouchers, kindly donated by Gateways Shopping Centre, Lakes Shopping Centre and Phoenix Park Shopping Centre were;

**N.Willis of Atwell** - \$100 Gateways Shopping Centre Voucher

**E.Davies of Hamilton Hill** - \$100 Phoenix Shopping Centre Voucher

**E.Phillips of Spearwood** - \$100 Lakes Shopping Centre Voucher

Happy Shopping!



## FACES OF COCKBURN



*Debbie Jack*

Tucked away on a street in Hamilton Hill, there lies a group of brightly coloured houses. They are known as the Pinakarri Community. Pinakarri being a Noongah word for 'Deep Listening'. In a bright yellow house Debbie Jack, a disabled Cockburn resident, lives.

Debbie is now 23, and has been disabled from a very young age. Her father discovered the Pinakarri Community and realised it was the perfect place for Debbie to live.

Debbie's house has been designed for her needs. The doorways are extra wide to allow for Debbie's wheelchair, the bathroom is built so it's easily accessible from Debbie's bedroom and Carers quarters are built-in for a fulltime carer to live.

Debbie's full time carer, Tony, believes since Debbie moved from an institution to the Pinakarri Community she is a lot happier and more independent. "Here Debbie has people who care about her and who are willing to spend time to make her life as easy as possible and who want her to be happy".

Frank Thomas, the City of Cockburn Disability Access Officer would like to hear from anyone who has any stories to share, any ideas to discuss or any problems to solve. He can be contacted at the Jean Willis Centre on **9314 6363**.



*Lisa deVanna*

A star has risen in the City of Cockburn, and she's playing Soccer!

At only fifteen years of age, Lisa de Vanna has impressed the Soccer world so much so that she has an American Scholarship waiting for her to become a few years older!

Lisa recently travelled to Canberra where she played for the Australian Schoolgirls Soccer Team. She was awarded the Player of the Tournament & was selected for the Under 16's Allstar Team. She then travelled to UK to play with the 'best of the best', helping Australia to place 2<sup>nd</sup> in the competition.

A John Curtin High School student for four years, Lisa has been able to develop her skills through a Soccer program run at the school.

Lisa has been chosen to play in a tournament in Darwin closer to the end of the year and will surely blow them away with her incredible talent.

After graduation, Lisa hopes to travel to Sydney for a year and then move to the US to begin her scholarship, playing soccer for the best teams in the world.

Phone Vanessa Castlemain, City of Cockburn, Youth Services Co-Ordinator on 9411 3447 for sponsorship details or other Cockburn youth success stories.

For Lisa de Vanna – the sky's the limit!



# ARE YOU FOOD SAFE?



Staff in FoodSafe premises are trained in

- ✓ Good personal hygiene
- ✓ Correct food handling and storage
- ✓ Effective cleaning; and
- ✓ Pest control

Staff know they must

- ✓ Wash their hands
- ✓ Cover up cuts and wounds
- ✓ Wear hats
- ✓ Not cough or sneeze near food
- ✓ Not to touch or scratch themselves while preparing food
- ✓ Not to smoke or eat in the kitchen
- ✓ Keep their fingernails short and clean
- ✓ And to wear clean clothes

They are taught the importance of

- ✓ keeping food either hot (above 60°C) or cold (below 5°C)
- ✓ using utensils wherever possible to minimise handling of food
- ✓ thawing food in the fridge or the microwave, not on the bench
- ✓ separating raw and cooked food; and
- ✓ checking deliveries coming in the shop

FoodSafe shops have effective cleaning rosters and the premises are cleaned and sanitised on a regular basis.

FoodSafe premises also keep all those nasty disease spreading pests away so you can be sure that mice, rats, cockroaches and flies are not welcome in a FoodSafe shop!

Congratulations are extended to the staff of Villa Dalmacia, the presentation of the FoodSafe award was most enjoyable, particularly the tempting treats prepared for the morning tea by the happy ladies! Students from Hamilton High School's Hospitality and Tourism class were rewarded for their FoodSafe training with certificates of participation awarded by Principal Environmental Health Officer, John Hardy. The FoodSafe list has grown even further with the newly accredited premises of Baker's Delight and the Winterfold Child Care Centre joining those premises already dedicated to food safety.

Be sure to take the time to see the entries in the FoodSafe colouring in competition. They will be on display at the Gateways Shopping Centre June 12<sup>th</sup> – 16<sup>th</sup> and at Phoenix Shopping Centre June 19<sup>th</sup> – 23<sup>rd</sup>. Winners will be announced at the Phoenix Shopping Centre on Friday 23<sup>rd</sup> June at 4pm. See you there!

## We're FoodSafe!



**Winterfold Child Care Centre**  
(above and below)



**Villa Dalmacia Nursing Home**  
(above and below)



**Hamilton Hill High School**  
**Hospitality & Tourism Class**



**Baker's Delight**  
**Phoenix Shopping Centre**

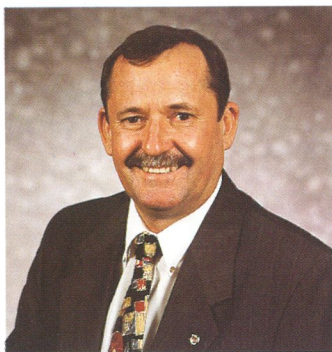


# COMMUNITY SHOWS SUPPORT FOR CEO

When the findings of the Douglas Inquiry into the City of Cockburn were tabled a few weeks ago Mr Rod Brown was named with five adverse findings. At a well attended meeting on 23 May, council accepted Mr Brown's explanations and declared its full support for and confidence in, the CEO.

Most of the issues were of a minor procedural nature and certainly there was no question that Mr Brown had acted unlawfully at any time.

Well known locals, including ex-Mayors, ex-Councillors & suspended Councillors all spoke in glowing terms of the diligence and loyalty Mr Brown has shown to the city in his 32 years of service.



**Mr Rod Brown, CEO  
City of Cockburn**

Mr Julian Donaldson, Chairman of the Joint Commissioners summed up the meeting by saying that since their appointment they had received **"outstanding cooperation from the CEO and the complete management team"**.

Mr Brown issued a statement to the staff following the meeting in which he said; *"We have been subjected to the closest scrutiny during the past two years and have come out of it with some procedural criticisms which are already being remedied."*

*This surely indicates that the entire staff are operating at the highest and most professional level. I am confident that staff will continue to provide high quality service to the community, in the knowledge that the Inquiry in no way, reflected on their performance."*

## NAIDOC WEEK

**3rd - 7th July 2000**

NAIDOC stands for National Aboriginal Islander Day of Celebration. The theme for 2000 NAIDOC Week is "Building Pride in our Community"

To celebrate, the City of Cockburn has organised various events throughout the week.

Coolbellup Library activities on Friday 30 June include Yirri Yakkan Theatre group who will be conducting theatre workshops with local school children in the morning. The Noongar Language Resource Centre will be doing storytelling and face painting activities in the afternoon. Community policing will also be doing role model talks.

Other activities during NAIDOC week include the opening of the Aboriginal Family Violence Outreach Service.

On Thursday 29 June at South Lake Ottey Centre between 4-7pm, there will be an evening of entertainment with Kangaroo Tail Stew, sausage sizzle, Sports Stars, music and dance by local Aboriginal young people, Karaoke and much more

Watch local press, or phone Cassandra on **9411 3533** for other activities that will be happening in Cockburn during NAIDOC week.

## WIN WIN WIN!

**As a part of the City of Cockburn Centenary Celebrations, two competitions will be held;**

### Photographic Competition

#### **"From the Beginning"**

Theme: Cockburns diverse history and heritage from settlement to today

### Literary Competition

#### **Celebrate Cockburn 2001**

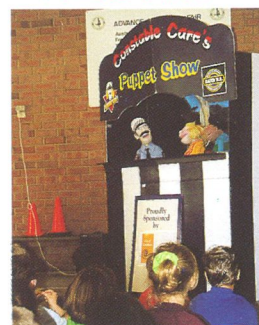
Theme: Where we've been. Where we are now. Where we are headed

There are prizes on offer for different age groups and areas of work, thanks to New Edition Bookshop & Fremantle Arts Centre Press .

Keep an eye out in the local press for further details or phone Lisa McAndrew, Centenary Celebrations Officer, City of Cockburn **9411 3415**.

**Closing Date for entries is  
Friday 14 July.**

## CONSTABLE CARE A BIG HIT!



**Bibra Lake Primary School**

Every primary school throughout the City of Cockburn will have a special visit from Constable Care Puppet Show thanks to the City of Cockburn Safer City Project.

47 shows have been purchased and will perform at Cockburn's primary schools teaching the students safety issues such as stranger danger and safe places to go when in trouble.

Jim Johnson, Safer City Coordinator, has been very impressed with the response from the students to the program. "The kids are totally absorbed in the show, not one head is turned from the set. It's a pro-active step by the City of Cockburn to teach our youth the importance of safety in case something happens, not after something has happened".

Phone Jill Zumach for more details on **9411 3431**.



# SOUTH LAKES LEISURE CENTRE

## AEROBICS TIMETABLE

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
6.00 - 7.00am			BODY PUMP			7.00 - 7.30am PUMP TECH	
7.45 - 8.45am						BODY PUMP	
8.00 - 9.00am							POWER STEP
9.00 - 10.00am						HEAT	
9.15 - 10.15am	BODY SCULPT	CARDIO COMBAT	HABIT	BODY PUMP	BODY SCULPT		BODY PUMP
10.00 - 11.00am							
10.30 - 11.30am	BODY BALANCE	BODY PUMP	BODY BALANCE	CARDIO COMBAT	BODY PUMP		BODY BALANCE
11.00 - 12.00 noon						CARDIO COMBAT	
4.30 - 5.30pm							
5.30 - 6.30pm	BODY PUMP	BODY PUMP	AERO-BOXING	HEAT	AERO-BOXING		
6.15 - 7.15pm	CARDIO COMBAT		CARDIO COMBAT				
6.30 - 7.30pm	HEAT	BODY SCULPT	POWER STEP		BODY PUMP		
7.00 - 8.00pm		CARDIO COMBAT		CARDIO COMBAT			
7.30 - 8.30pm	AERO-BOXING		BODY BALANCE				

Catering for all levels of fitness from the beginner to the elite athlete we have some fun & challenging classes for everyone.

If muscular conditioning, strength or toning is what you want we have a class for both guys and girls, why not try BodyPump. BodyPump is the fastest way in the universe to get into shape.

The newest form of exercise to hit the **South Lake Leisure Centre** is **Cardio Combat**! This high energy shadow boxing class can decrease body fat and increase cardio vascular fitness levels FAST.

Did you know the build up of stress can be one of the greatest reasons for drop in productivity? Have you heard about BODY BALANCE? The technique of posture and breathing take up only a small portion of a day and it's rewards are great, not only mental calm and relief from stress but improved health, increased vigour and a clearer, more alert mind.



Just one of the fun classes available at the South Lakes Leisure Centre.



SLLC Staff in bright, new uniforms!



## 'TENT CITY' A HUGE SUCCESS

As most of you already know, the South Lake Leisure Centre is under-going extensive refurbishment, to upgrade the indoor pool.

In a WA first, the outdoor pool at the Leisure Centre has been covered with huge marquees allowing swimming lessons, water aerobics and public swimming to continue.

Dubbed 'Tent City', the outdoor pool has proved to be a huge success, with up to 80% of enrolments maintained which is a huge effort by the South Lake staff.

'Vortex Pool' before the SLLC began the upgrade.



One of the pools covered by huge tents, now being successfully used for swim classes & aqua aerobics.

To the delight of the kids, a penguin showed them to their swim classes, where they participated in fun filled lessons specially coordinated for the outdoor pools.

Work on the indoor pool system is going as planned and should be up and running soon.

Look out for the new artwork at the bottom of the indoor pool designed and painted by Shani, an employee at the South Lake Leisure Centre.

(Photos & info in next Cockburn Soundings)

**For details on anything happening at the South Lakes Leisure Centre, phone 9417 3003.**



# NEWSOUNDINGSTEAM

There's a new team creating the "Cockburn Soundings". The team now consists of : Carolyn Button, Customer Service Manager; Rachel Edwards, Public Affairs Officer and Fayhe Hide, Senior Secretary.

As the current Editor, I would like to encourage some feedback from you.

Below is a questionnaire which we invite you to complete and return to us. Please return it to :

REPLY PAID No 2  
PO BOX 1215  
BIBRA LAKE WA 6965

In the recent editions of the "Soundings" some items have been dated by the time you received the newsletter in your letter box. We sincerely apologise for this and we are taking every step to make sure this doesn't happen in the future. But remember the most up to date information is available in the "Cockburn Soundings" half-page advertisement in the Cockburn Herald on alternate weeks. This paper is delivered free to your door and usually our ad is at the bottom of Page 5.

We welcome feedback at any time. Contact either Rachel (9411 3551) or me (9411 3552) or you can email us at : [media@cockburn.wa.gov.au](mailto:media@cockburn.wa.gov.au)

*Carolyn Button*  
Customer Services Manager

## COCKBURN SOUNDINGS QUESTIONNAIRE

1. How would you rate the current format of the "Cockburn Soundings" Newsletter.

(Poor) 1 2 3 4 (Excellent)

2. What areas of council's administration are you most interested in?

- |   |  |
|---|--|
| <input type="checkbox"/> Parks and Gardens        | <input type="checkbox"/> Planning and Buildings                |
| <input type="checkbox"/> Environmental Issues     | <input type="checkbox"/> Youth                                 |
| <input type="checkbox"/> Health                   | <input type="checkbox"/> Sport & Recreation                    |
| <input type="checkbox"/> Services for Aged        | <input type="checkbox"/> Services for People with Disabilities |
| <input type="checkbox"/> Cultural Activities      | <input type="checkbox"/> General Administration                |
| <input type="checkbox"/> Road and Traffic Control | <input type="checkbox"/> Zoning Issues                         |
| <input type="checkbox"/> Child Care               | <input type="checkbox"/> Council Meetings                      |
| <input type="checkbox"/> Libraries                | <input type="checkbox"/> Other - Please give details           |

3. Have you any other suggestions or comments ?

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## THANK YOU FOR RESPONDING