



City of Canada Bay Council

Bayside Brief

City of Canada Bay Council Newsletter
MAY 2005 ISSUE 26

Dobroyd Point Aquatic Club



Mayor **Angelo Tsirekas**

In the last 12 months, there have been over 600 incidents of graffiti reported and removed on Council assets alone which is equal to the vandalism of over 2000 square metres of property.

In a bid to stop graffiti, Council will be removing graffiti from private property with the consent of the owner. The removal cost will be shared equally by Council and the respective property owner. The resolution was made following a Council decision to improve on the time it takes to remove graffiti from both Council and private property.

Graffiti is a form of vandalism, it is destructive and creates a sense of unrest within the community. We need to take care of our local environment and the allocation of more resources and the development of Council's current graffiti strategy will I'm sure, receive a lot of support from the local community.

VISY Recycling Tour

Council is organising a recycling tour at VISY recycling for residents who want to explore the environmental benefits of recycling.

You will be able to see where your recycling material is processed and what actually happens to it when it leaves your home.

The tour will be held at VISY Recycling on Thursday, 9 June at 11am. The tour is free and open to the first 20 residents that write to Council to tell us why you would like to go on the recycling tour.

Please send all letters to the Mayor's Office, City of Canada Bay Council, Locked Bag 1470, Drummoyne NSW 1470.

Council unanimously resolved to support the rebuilding of the Dobroyd Point Aquatic Club and to assist the Club and its members after a fire caused more than \$1 million worth of damage to the Club last month.

Over 66 years of history was lost including the entire club house, junior training craft, junior training boats, club member boats, four rescue craft, Sailability Dobroyd craft, radios, buoys and memorabilia and trophies dating back to the Clubs' establishment in 1939.

Of significant loss were the Sailability boats that were specifically designed and used for people with disabilities.

Sailability is a non-profit organisation that works closely with a variety of disability organisations around Australia to ensure that people with disabilities have the opportunity to sail in safety and experience adventure and freedom - building mobility, self confidence and pride through achievement. Sailability Dobroyd was the first club in the world to introduce the access dinghy which is now used worldwide.



President Stuart Long, Mayor Angelo Tsirekas and secretary Peter Wriggley

Children of Kokoda Fundraising Dinner

On Wednesday, 13 April, \$20,000 was raised for the City of Canada Bay Kokoda Foundation at a fundraising dinner held at Castel D'Oro in Five Dock.

Supabarn Five Dock started off the fundraising by generously donating \$10,000. The money will go towards educating the children living in the villages along the Kokoda Track in Papua New Guinea and to our local children living in Canada Bay about the significance of the role that the Kokoda Campaign played in the history of World War II in the Pacific.

Mayor Angelo Tsirekas, Eric Koundouris from Supabarn Five Dock, Council's General Manager Michael G McMahon



Back Row Tony Watson, Norman Pfoeffler, Rusty Priest AM, Mayor Angelo Tsirekas, Rebecca Hansson. Front Row Lance Brooks, Michael G McMahon, Larry Musolino, Remo Andonocello



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World Health Day delivers a local *Wellness Week* for the City of Canada Bay

Wellness Week is a new program established in the City of Canada Bay to encourage everyone to do something to improve their health and wellbeing. It aims to develop awareness of the benefits of a healthy lifestyle within the community.

Wellness Week will run from Monday, 23 May until Monday, 30 May 2005 and will involve Council and local health practitioners working together to promote opportunities for everyone to adopt a more healthy way of life.

'I hope that the whole community gets behind *Wellness Week* and does something during the week that will help improve their health and/or wellbeing. Ideally I hope everyone can identify a new healthy habit that they pursue every week', said Mayor Angelo Tsirekas.

'*Wellness Week* has been established as part of the new commitment to promoting public health in the Council's recently updated public health plan. We are one of the first Councils in the Sydney basin to adopt this commitment and we hope that other Councils in the area will follow suit. Everyone benefits from attention and commitment to a healthy lifestyle - our community, our families and ourselves'.

Local practitioners are behind the program and have developed a range of special offers for people to try during *Wellness Week*. Remedial Massage on Lyons Road will be offering a 50% discount on a second aromatherapy massages when people enjoy a healing aromatherapy massage during *Wellness Week*. Drummoyne Pharmacy will grant a 20% discount to customers purchasing two or more courses of vitamins and a special pamper gift on selected skincare products. The Healing Heaven has cut the price of all their sessions during *Wellness Week* to encourage that feel good feeling! Lyons Road Chiropractic, is offering a full spinal and nervous system (including spinal x-ray if required) check up for a donation of \$25 to the Australian Spinal Research Association.

Council's commitment will be delivered throughout the year. It will pursue the goal of promoting public health with a whole range of initiatives, from environmental health, to new recreation programs being pursued, health information available from the libraries, and a range of community services programs.

Council has launched a special *Wellness Web* page with information and special links to encourage healthy living.

Healthy Habits for Wellness Week!

It takes 21 days to acquire a new habit! Council is urging you to commit to a new health habit during *Wellness Week*! Until physical activity becomes a habit for you, the effort to remain active may seem difficult. When you first start your healthy habit try to stick to the same time every day. You can vary the time and place later, but creating a habit requires repetition.

Consider your activity efforts a planned part of your day. Block it out in your diary for a few weeks or months in advance if you can, so that you become used to thinking of that time as already planned. Keep it up until you don't think about it as an extra part of your day.

Here are some health habit suggestions for you and your family!

Mayor Angelo Tsirekas, Council's Project Officer - Economic Development Stephanie Kelly, Manager Five Dock Leisure Centre Dan Skakavac, Council's Environmental Health Officer Belinda Smith



Look Good Feel Good	<ul style="list-style-type: none"> Smile - It boosts your energy and immune system; tackles stress and everyone looks better smiling. Aim for 7 hours sleep a night to make you look and feel great. Always seek professional help for pain and injuries, do not leave niggling worries.
Stay Safe	<ul style="list-style-type: none"> Never leave the house without your sunscreen, hat and sunnies! Regular health checks can help you live longer. Break unhealthy habits such as smoking and excessive drinking.
Get Connected	<ul style="list-style-type: none"> Socialise with friends and family. A problem shared is a problem halved. Connect with your inner-self. Meditate - give yourself space to think and reflect.
Get Active	<ul style="list-style-type: none"> Do a minimum of 20 minutes exercise at least 3 days a week. Find an individual or group sport that matches your character and that you enjoy. Take the active option, stairs not lift, walk not drive!
Eat Well	<ul style="list-style-type: none"> Eat a balanced diet including foods from all 5 food groups. Drink plenty of water. Eat fast food and junk food as a treat, not as staple diet.
Feed your mind, body and soul	<ul style="list-style-type: none"> Listen to music and be uplifted. Pick up a book and learn something new. Pamper yourself - soak in a bath, take a massage, whatever makes you feel good.
Healthy Hygiene Habits	<ul style="list-style-type: none"> Wash your hands regularly to eliminate bugs and to protect yourself from germs. Remember your personal hygiene - brush, floss and wash regularly. Keep your home clean and tidy to eliminate unwanted pests.



Get Your Free Wellness Week Show Bag

Special wellness show bags are available to the first 100 members of the community who email their *Wellness Week* commitment to council@canadadabay.nsw.gov.au from the Monday, 23 May. Show bags contain vital wellbeing information and gifts ranging from a guzzler water bottle, frisbee, key ring, free gym passes from Five Dock Leisure Centre and Fitness First, free golf rounds and luxury samples provided by Concord Beauty Spot and Rhodes Shopping Centre, vouchers for healthy food, supplements and activities! So create your commitment and send it to Council to secure your *Wellness Bag*!



Well - Offer!

Get motivated to feel better with these fantastic offers from our local businesses and practitioners during *Wellness Week*. Bookings are vital! All offers available during Wellness Week only and not available with any other promotion.



Abbotsford Family Practice 409 Great North Rd Abbotsford Tel: 9713 7988	WELLNESS WEEK OFFER 20% off initial Osteopathic consultation and treatment.
Access Chiropractic 48 Wellbank Street Concord Tel: 9743 2552	WELLNESS WEEK OFFER Free computerised spine and posture analysis
Be Beyond PO Box 278 Concord Tel 9712 0463	WELLNESS WEEK OFFER A free professional quality Yoga matt valued at \$45 given booking a 'Yoga & Beyond' workshop
Central Medical & Health Care Centre 1/34 East Street Five Dock Tel: 0400288288	WELLNESS WEEK OFFER Specialist relaxation and stress management consultations available
Concord Beauty Spot 78 Majors Bay Road Concord Tel: 9743 2211	WELLNESS WEEK OFFER Purchase any beauty treatment and receive a 50% discount on your second treatment
Concord West Chiropractic 241 Queen Street Concord West Tel: 9743 4885	WELLNESS WEEK OFFER Complimentary initial chiropractic consultation. \$10 discount on any one hour remedial massage
Concord Centre of Natural Health 112 Majors Bay Road Concord Tel: 8765 1511	WELLNESS WEEK OFFER Free mini Iridology consultations!
Dental Extra 40 Burwood Road Concord Tel: 9747 4328	WELLNESS WEEK OFFER Free consultation for snoring and sleep apnoea treatment.
Drummoyne Remedial Therapy 208 Lyons Road Five Dock Tel: 9712 2914	WELLNESS WEEK OFFER Book an aromatherapy massage and receive a 50% discount on a second treatment.
Dynamic Physiotherapy Cnr Queens Rd & William St Five Dock Tel: 9744 6880	WELLNESS WEEK OFFER Receive a 20% saving with no initial consultation fee. A special offer of \$10 for a hydrotherapy class
Energy Matters 37 Majors Bay Road Concord Tel: 0421 450 942	WELLNESS WEEK OFFER \$10 off all massages. If customers also book an appointment with Herbalist Sally Kingsford-Smith they will receive a gift.
Family Self Defence / Fitness Academy Level 1, 14/118 Cnr of Queens Rd & William St Five Dock Tel: 9744 7055	WELLNESS WEEK OFFER Two weeks obligation free training for children (3 1/2 yrs+), teenagers and adult beginners.
Fiona Wright Homeopath 4/141 Victoria road Drummoyne Tel: 9819 7770	WELLNESS WEEK OFFER A free initial homeopathic consultation for a child to the value of \$60 or \$75 for an adult AND receive a gift offer of a homeopathic medicine after consultation.
Five Dock Health Foods 93A Great North Road Five Dock Tel: 9713 6423	WELLNESS WEEK OFFER Special offers on naturopathic consultations on Thursday and Saturday, and health tests on Friday. Phone, or see in store for times and more details.
Gillys Fitness Outlook PO Box W72 Wareemba Tel: 9819 6164	WELLNESS WEEK OFFER One week use of the gym for FREE.
Health Matters Australia 37 Majors Bay Road Concord Tel: 9743 4611	WELLNESS WEEK OFFER Special wellness kits available - featuring Echinacea, Multi-vitamins and vitamin C with a 10% discount
Jenny Livanos Optometrist 112 Majors Bay Road Concord Tel: 8765 9600	WELLNESS WEEK OFFER Free 30min consultation for computer stress syndrome and kid's vision testing.
Let's Get Fit PO Box 778 North Sydney Tel: 9743 2144	WELLNESS WEEK OFFER Win spin the wheel discounts off training session. Purchase a ball or exercise band and have a personalised home exercise program for only \$150
Lyons Road Family Chiropractic Centre 169 Lyons Road Drummoyne Tel 9819 6182	WELLNESS WEEK OFFER A full spinal and nervous system check-up and full spinal X-ray (if required) for a donation of \$25 or \$35 for a family of 4 to Australian Spinal Research
Nuskin www.getyourhealthscore.mynuskin.com Tel: 8753 1400	WELLNESS WEEK OFFER FREE Antioxidant Health Score.
Permanence 170 Victoria Road Drummoyne Tel: 9719 1391	WELLNESS WEEK OFFER 50% off a tube of Melfol Calm Balm.
Sally Kingsford-Smith (Herbalist) 37 Majors Bay Road Concord Tel: 418674851	WELLNESS WEEK OFFER \$10 off all consultations. Customers who also book an appointment with massage therapist Lyn Lormer will receive a gift.
Sinosic Perosh Martial Arts 29A Majors Bay Road Concord Tel: 8765 8526	WELLNESS WEEK OFFER Free introduction to Self Defence Class or free Yoga Class.
The Healing Haven 23 Ludgate Street Concord Tel: 9743 4017	WELLNESS WEEK OFFER 10% off all treatments
Vitaya Pty Ltd www.vitaya.com.au Tel: 9712 8533	WELLNESS WEEK OFFER \$100-\$150 discount on booking for the Wellness Workshop being held on May 28 - 29.

Community Grants Program 2005/06

The City of Canada Bay Council provides non-recurrent financial assistance to non-profit community groups and organisations that operate services or conduct activities of benefit to residents within the Canada Bay local government area.

Applications are now invited for the 2005/06 Community Grants Program. All applications will be assessed on their individual merit. Applications that meet the recommendations of Councils adopted Social Plan will be highly regarded.

Program guidelines and application forms are available from Community Services. Please phone 9911 6580 for a copy, or go to Council's website at www.canadabay.nsw.gov.au. For specific enquires please call Warren Ambrose on 9911 6585.

Applications close on Friday, 27 May 2005.
Michael McMahon
General Manager
City of Canada Bay Council
Locked Bag 1470
DRUMMOYNE 1470

City of Canada Bay Family Day Care

Quality Childcare in a Home Environment- Family Day Care is an accredited service which provides quality child care for young children in a home environment. Carers are assessed, monitored and supported by the Family Day Care Coordination Unit to ensure state regulations and quality assurance requirements are met through regular home visits, training, meetings, toy library and weekly play sessions.

Experienced Carers- The majority of our carers have extensive experience and training in the early childhood field, many with tertiary qualifications in childcare. We are able to offer a preschool program and work with older preschool children in developing essential school readiness skills.

Low Child-Carer Ratios- No more than 5 pre-school aged children are cared for in any carer's home, these low child adult ratios mean that carers are better able to meet the needs of the children they care for. Personalised care enables children to build a relationship with the Carer and often results in the Carer and their family becoming part of the child's extended family.

An Affordable Childcare Option- Family Day Care offers low fees and Child Care Benefit is available to parents linked to our service.

For further information please contact the Family Day Care office on 9911 6586

Drummoyne Community Centre Autumn program

The Drummoyne Community Centre Autumn program is out now. New programs include Women and Relationships, Men and Relationships, Grandparents group, Tummy Trimming with Tai Chi, Music Appreciation and more. For more information call 9719 8102.

Concord Senior Citizen's Charity Luncheon

A Charity Luncheon will be held on Sunday, 19 June at 12pm at the Concord Senior Citizens' Club to raise money for ongoing research at the Children's Oncology Department at Westmead Hospital.

There will be lucky door prizes, a raffle and an auction featuring a basket of goodies from Telstra including a DVD player, cordless phone and two bottles of wine. There is also an autographed swimming cap from the 2004 Australian Olympic Swimming Team and two Sydney Harbour Bridge Climb passes on offer.

Members and guests will be entertained and served a delicious lunch by the Executive Committee Members. The luncheon is being held at the Concord Senior Citizen's Club, 9-11 Wellbank Street Concord. Tickets are \$15 per head. For more information call 9743 5793.

To contact Council phone 9911 6555, email council@canadabay.nsw.gov.au or via mail to The General Manager, City of Canada Bay Council, Locked Bag 1470, Drummoyne 1470.



COUNCILLOR

Marian O'Connell

How did you get started in local government?

Through an avid interest in local affairs which really took hold when I started a family and began looking at how Council responded to family needs. I was also encouraged by some current and former Councillors.

How long have you lived in the City of Canada Bay?

6 years

What do you think about living here?

Sparkling waterways, pretty parks, sensational shopping and fantastic food - now this is living!

What are some of the challenges you have faced in local government?

Making good decisions that will stand the test of time, not expedient ones based on short term interests. Understanding, and communicating, that things don't happen overnight, you need to plan, consult and act. Trying to find solutions to problems without making the mistake of trying to please everybody, and ending up pleasing no one. Finding out what people in the community really want.

What issues are important to you?

Child care, and helping families juggle their responsibilities and enjoy our area - it is not all down to Council but we have a role. Safety for people and property. Culture and community - bringing our community together in meaningful, fun ways which our kids will remember in years to come and protecting our heritage - again for our kids! Promoting our local businesses and beautifying our main streets. Communities thrive with vibrant small business.

What do you think are the aspects of being a good Councillor?

Listening, leadership and accountability. Being able to work in partnership with others is another good skill to have but most importantly understanding and appreciating your role and responsibilities.

What's your favourite past time?

If I had to pick just one it would be enjoying time at home with my son Luka and husband Julian. Other than that reading for pleasure.