

be active cockburn



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9411 3503



WINNER

Cockburn Rotary Spring Fair

Hamilton Hill teenager Teagan Richardson danced, jumped, shook and ran her way to 9295 steps in the City of Cockburn Travel-Smart pedometer challenge at the Rotary Cockburn Spring Fair. After completing the most steps in one hour at Manning Park, Ms Richardson won a \$500 bike from Taylors Bikeshop. Last year's records were well and truly broken with Jessica Hilsley, Mark Nadilo, Kathleen Miller and Chris Adams all achieving more than 7000 steps in one hour. Joe Favazzo of Coogee won the Senior's Challenge with 5185 steps and received a back pack and five free meals at the Cockburn Senior's Centre. Other senior winners were Anne Hendricks, Senga Haywood and Maria Reynolds.



Aboriginal Elder Noel Morrison of South Lake won a 3-month membership to South Lake Leisure Centre in the Pedometer Challenge Lucky Draw. Three TravelSmart transport modes were promoted at the Fair with main the prize being a bike, the motivational use of pedometers and the opportunity for people to tour through the Transperth bus, thanks to the Public Transport Authority



Manning Ridge Community Walk

Heart Foundation Walk organiser Fred Mason will be joining other walkers to enjoy an early morning walk along the picturesque Manning Ridge on Wednesday 20th January at 7am. Enjoy the views from the lookouts over the coast and tap into Fred's knowledge of the area. Community members, including Alison Bolas, custodian of Randwick Stables, will also be encouraging community members to have regular informal and fun get togethers to get to know each other and discuss local issues. Meet in the carpark near Azelia Ley Homestead at 7am Please note that some of the paths are rough and only suitable for very able walkers. Fred's contact details, and those of other walk organisers are on page 4. All new registered walkers in January will receive a Heart Foundation Walking t-shirt.



Be Active Beeliar Launch

Over 100 residents celebrated the launch of the Be Active Beeliar Walk Trails with a community walk and barbeque on 15th November.



Maisie Barrett won an Eco Tanka steel drink bottle in the TravelSmart lucky draw.



Lloyd and Vonne Bateson, who are planning to move to Beeliar, travelled all the way from Moore River to attend the event. "We love the community spirit and lovely walk trails here in Meve Estate", said Vonne. The event was organised by Meve Estate staff and supported by the City of Cockburn, Lions Club of Jandakot Lakes, BRAG Beeliar and the Department of Environment and Conservation. The three walk trails are different lengths and include a picturesque section of Beeliar Regional Park and Meve.



Fremantle-Cockburn TravelSmart Trek

Walkers from the two cities enjoyed a beautiful spring walk to celebrate Walk Week and Heart Foundation Walking's second birthday. Logan Howlett, Mayor of Cockburn and Doug Thompson, Deputy Mayor of Fremantle gave inspiring speeches before joining about forty walkers who all arrived at Pioneer Park opposite Fremantle train station by

public transport. The group then headed off for a riverside walk to enjoy a feast at the Left Bank Bar and Restaurant in East Fremantle. The Cities once again pledged to work together on this annual event and hope to double numbers next Spring. The event was supported by the Department of Transport and the Heart Foundation.

NEWS

Pedometer use helps Travel too

Evaluation of Walk Week events has shown that the use of pedometers not only encourages recreational walking, but also helps reduce carbon emissions. "People wearing pedometers chose to walk to their destinations instead of driving to help reach their goals" said Alice Haning, Manager of the Walking and Access Unit at the Department of Transport. Able adults are recommended to aim for a minimum of 10 000 steps in a day to help maintain good health. All City of Cockburn libraries offer a free pedometer loan scheme, available on loan for a 4 week period.



Healthy Winners

The Be Active Cockburn program achieved a commendation in the Heart Foundation State Awards for 2009. The Health Promotion team at the City of Cockburn, supported by the South Metropolitan Public Health Unit, were also proud recipients of both the state and national award from the Heart Foundation for the City's Tobacco Action Plan.



City of Cockburn to TravelSmart

In 2010 the City of Cockburn will be setting a TravelSmart workplace example. Some staff are already inspired and have begun carpooling, riding bikes and using public transport.



Healthy Lifestyles for Be Active Cockburn website

The South Metropolitan Public Health Unit (SMPHU) will be supporting the City of Cockburn to add Healthy Lifestyle pages to the Be Active Cockburn Website. As well as the news and information about being physically active and "Travelling Smart", Jamie-Lee Cavill, Health Promotion Officer at SMPHU, will help the City's health promotion team to add information on nutrition, promoting mental health, quitting smoking and injury prevention. Jamie has previously assisted the team in the Be Active Cockburn program. The pages are due to be up and running by February 2009. If there is specific information you would like to see on the Website, please email beactive@cockburn.wa.gov.au Don't forget to log on to the Website at www.beactivecockburn.com.au To avoid confusion, please note that the ends of these addresses are different!



TravelSmart To School Pilot program in Yangebup schools

Two schools in Yangebup (Mater Christi Catholic Primary and Yangebup Primary) have been accepted into the TravelSmart to School program, working with the City of Cockburn and Department of Transport. This is good news for Yangebup residents who battle with traffic congestion as hundreds of students are dropped off and collected each school day. Parents from the two schools have completed surveys about their travel habits which will provide information to plan the program. The pilot program will also help direct the Department of Transport and the City of Cockburn plan actions to help all schools in the future. In addition to the pilot program, the TravelSmart Officer will be promoting and assisting all schools in City of Cockburn with training and implementing the Walking School Bus program later in the year.

Upcoming Events:

PARKS WALKS

The Park Walks calendar continues in February at the Mosman Park bushland. Registrations will open by phone and internet one month prior to the walk on 4 January 2010.

For more information please visit www.heartfoundation.org.au/wa or call the Heart Health Information Service on 1300 36 27 87.

McFAULL PARK RUNNERS

Join Steve Atherton personal trainer and fitness enthusiast for group training in the McFaull Park and surrounding areas.

If you're serious about training, running and into body weight exercises contact Steve at statesk8@hotmail.com.

Who needs gym memberships? Train outside and get the most out of your environment!

BIKE WEEK EVENT

The City of Cockburn's Bike Week event will be bigger than ever.

Taylor's Bikeshop will once again support the City's cycling bonanza.

Bikes, Bikes and more Bikes

FREE Cockburn Community Coastal Bike Ride

Sunday, 28 March 2010
8.30am - 12 noon (Ride starts 8.45am)

Join the community bike ride starting from Woodmans Point Reserve to Port Coogee and return.

There will be a FREE healthy breakfast for all participants including Pedal Power Smoothies!

Loads of FREE bike focused activities including:

- BMX rides, jumps and races
- Road cycling demos
- Triathlon demos
- Recycled bikes available to buy
- Cycling WA inclusive bike riding demos
- Bike repair station
- Unique bikes
- Penny Farthings
- Unicycle demos
- Electric bikes

Plenty of prizes to be won - so don't miss out!

REGISTER FREE Online @ www.cockburn.wa.gov.au/bikeweek
or pick up a form from Cockburn Council, Library Services or Community Facilities




Walk Organizer Feature: Barbara Staines, Coogee Cruisers



My name is Barbara Staines. I have been a longstanding member of another Heart Foundation Walking group, the South Beach Friday Striders. When Gilly (Heart Foundation Walking area coordinator at the City of Cockburn) told me that there had been a number of queries about a Walking Group in Coogee I decided to do the Heart Foundation Walking walk organiser training and give it a go. The Coogee Cruisers Walking Group was launched in Coogee in July 2009. The walk has proved popular with between 6 and 10 walkers joining in each week. I love walking, it's my treat to myself, I always feel good after a walk and want to encourage others to get the same benefits. The Coogee Cruisers walking group is open to members of the public who would like to enjoy the physical and mental

benefits as well as the safety of walking in a group. We meet every Thursday outside the Coogee Café in Powell Rd at 9.30

Walking groups in Cockburn and Fremantle

| Walk Leader/ Organiser | Organization | Meeting point | Day and Time | Phone | Email |
|---|--------------------------|--|--|---------------------------|--|
| Barbara Staines (sometimes away please ring to check) | HFW | Outside Coogee Café, Powell Rd, Coogee | Thursday 9.25am | 9418 1897 0415 402 450 | |
| Bernie Dierks | HFW | South Lake Primary school, cnr Mason Ct and Foxall Place, meet at the 2nd carpark | Monday 5.30pm Thursday 5.30pm | 9418 1535 | bdierks1@dodo.com.au |
| Coral Wickham (SENIORS POLE- WALKING GROUP) | City of Cockburn | Cockburn Senior Centre 9 Coleville Crescent Spearwood | Monday Morning 10am | 9411 3871 | cwickham@cockburn.wa.gov.au |
| Fred Mason Hamilton Hill | HFW | Phone for details | Can walk 7am and 7pm any day except Thursday | 9434 1545 | |
| Dianne Black (Yangebup Striders) | HFW | Yangebup Shopping Centre, Cnr Moorhen Dr and Swallow Dr, meet next to postbox | Monday, Wednesday and Friday 6.50am for 7am start | 9499 4143 0429 109 992 | Tblack5@bigpond.com |
| Ken, Val and Damien Norris Olympic Fun & Fitness Jandakot | Olympic Fun & Fitness | Olympic Fun & Fitness, cnr Berrigan Drive and Lakes Way | Wednesday 9.15am Friday 9.15am Friday 10.15am Saturday 10.15am (coinciding with kids gym classes, but open to other walkers) | 9417 2153 | |
| Leanne Gledich (Phoenix Shopping Centre Mall Walking) | ICCWA | Phoenix Shopping Centre, meet outside Coles, enter near Post Office | Wednesday 7.45 for 8am Friday 7.45 for 8am | 9420 7212 | lgledich@iccwa.org.au |
| Lilly Jackson (walkers and wheelchairs welcome) | HFW | Southwell Crescent Hamilton Hill | Mornings 8am – ring to discuss | 0401 037 672 | |
| Wendy Hegarty & Wendy Hogan Smith Atwell Community Nurse (pram-walking for mothers) | HFW | Cockburn Gateway Shopping City | Tuesday 8.15am | 9414 6304 9417 4927 | Wendy.Hegarty@health.wa.gov.au Wendy.Hogan-Smith@health.wa.gov.au |
| Barbara Hallion (South Beach Friday Striders) | HFW | South Fremantle. Car park next to South Beach Cafe | Friday 9.30am | 9339 4976 0408 383 053 | |
| City of Fremantle Walking Groups | HFW & others | Various | Various | 9432 9957 | aaronk@fremantle.wa.gov.au |

HFW = Heart Foundation Walking **ICCWA** = Injury Control Council of WA

Heart Foundation Walking is Australia's largest network of free community based walking groups coordinated locally by City of Cockburn and City of Fremantle. Heart Foundation Walking is funded by the Australian Government Department of Health and Ageing.

If you would like to walk at another time or place, please consider starting your own Heart Foundation Walking group – it only takes two to start a group and you will get free training, hat and t-shirt, and others can then be referred to your group. Contact Heart Foundation Walking Area Coordinator (for Cockburn) Gilly Street on 9411 3444 or email gstreet@cockburn.wa.gov.au (Cockburn)