



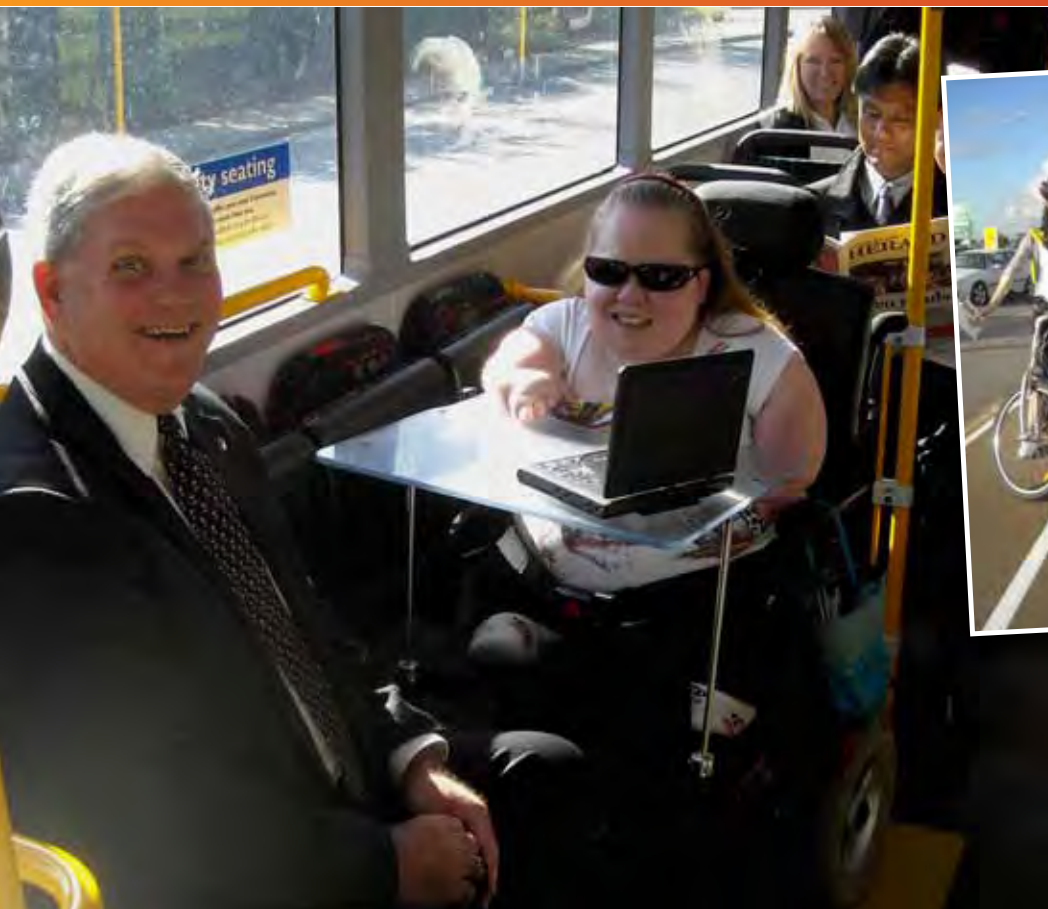
be active cockburn



www.beactivecockburn.com.au

beactive@cockburn.wa.gov.au

9411 3503



Mayor and Megan Travel the Smart way

The Mayor of Cockburn, Logan Howlett (pictured with Megan Murphy of Armadale), travels smartly whenever possible and often uses public transport to avoid traffic and parking problems.

"I find it quicker and more convenient to use public transport to attend meetings in Fremantle or Perth" the Mayor said, "The new TravelSmart guides (see p2) will help all residents enjoy alternative means of transport."

Pledge Winners

Tracee Newton won a SmartRider with \$20 credit and Lawrie Bugeja won a stainless steel eco-tanka drink bottle in the latest TravelSmart Pledge Lucky Draw. Residents, commuters and visitors to the City of Cockburn are invited to pledge to not drive their cars for between 1 and 7 days of the week. Pledge forms and information are available at Spearwood and Success Libraries, and at www.beactivecockburn.com.au

Thumbs-up for new bike lanes


Cr Sue Limbert joined City of Cockburn staff to test-ride new bike lanes on Forrest Rd and Beeliar Drive. The paths were installed as part of the City's Bicycle Network and Footpath Plan and were partially funded by the Department of Transport's BikeWest.

Members of the Community can win prizes in the TravelSmart Pledge bi-monthly draws.

TravelSmart Guides for everyone

Two detailed maps of East and West Cockburn, showing the latest in cycle paths, walking trails, public transport and places of interest, are being distributed to residences throughout the City of Cockburn between June and September 2010. People in the western suburbs will receive the West version, people in eastern suburbs will receive the East version and residences on the borders of the two maps will receive both versions.

Residents who do not need their guides, or have already received them by taking the TravelSmart Pledge are requested to return them to their local library.

 Alternative formats are available on request



and communication technologies. In one day we can travel vast distances at a velocity which can overtake the speed of our thoughts. At this speed it is impossible to notice anything but a mere glimpse of the environment around us. When we walk we enter into a rhythm that is outside the pace of everyday busyness. When we walk we are not focused on any particular thing and our senses are able to imbibe the

nuances of the places we walk through. We hear, see, smell and encounter things that we would otherwise miss if we were zooming past in a car."

Heart Foundation Walking is Australia's largest network of free community based walking groups coordinated locally by the City of Cockburn and the City of Fremantle. See Page 4 for details of Walking Groups in Cockburn.

Beelias Wetlands Walking Launch

Visitors from other Heart Foundation Walking groups joined Mayor Logan Howlett, Aboriginal Elder Noel Morrison and Walk Organiser Nandi Chinna at the launch of the Beelias Wetlands Walking Group in April. Nandi inspires others to join the group with her knowledge and appreciation of the land.

"The pace of our lives is dictated by the speed of motor cars, aeroplanes,



TravelSmart to School pilot Schools

Students, Parents and staff from Mater Christi Catholic Primary School and Yangebup Primary School joined the Minister of Transport Simon O'Brien and Mayor Logan Howlett at a TravelSmart Workshop hosted by Millennium Kids in April.



make tracks2school

Registrations now open! Until 17 September 2010

Early Bird Registration

Register by 13 August and go in the draw to WIN a bike and helmet for your school.

make tracks2school is a **FREE, FUN** and **EXCITING** walking and cycling program for primary school students in **Years 5 – 7**. The program aims to encourage children and their families to walk and cycle to school more often over a period of four weeks in Term 4, 2010.

Cycling and walking to school regularly will help your students to achieve the recommended 60 minutes of daily physical activity they need for good health and can have a positive effect on their social learning and development. **make tracks2school** can also be of benefit by reducing pollution and traffic congestion around your school.

Schools that register for **make tracks2school** will receive everything they need to participate in the program including curriculum activities and free merchandise.

Refer to the registration pack sent to your school or register online at www.heartfoundation.org.au/wa

For further information contact the **Heart Foundation** on **9388 3343** or email wa@heartfoundation.org.au



Department of Education
Department of Transport

be active wa
Physical Activity Taskforce



Fred's Last Walk

When Heart Foundation Walk (HFW) Organiser Fred Mason agreed to lead a group on the Manning Ridge Community walk in January 2010 he didn't let on that he knew it may be his last big walk. Instead, Fred put his willingness to help others ahead of his own comfort, knowing that he was already in the advanced stages of terminal cancer. He cheerfully shared his knowledge with other walkers and expressed his concern for the future of the natural environment in the area.

Fred passed away on Monday 17th May. In typical Fred style, he had all his affairs sorted out and his funeral arranged so as not to be any trouble to anybody. He showed his love and concern for nature by slowly weaning the wild birds that he had been feeding for the past eight years so that they would stop relying on him. We will miss not only his help, but also his friendship and cheeky sense of humour. Rest in Peace Fred.

Fred Mason was a City of Cockburn Walk Leader since 2005 and a Heart Foundation Walk Organiser since 2008.



Thanks to support from South Metropolitan Public Health Unit, the Be Active Cockburn Website is now a comprehensive guide to Healthy Living. Find out more about healthy living, being active and the City of Cockburn TravelSmart program at www.beactivecockburn.com.au

STOP PRESS from the Heart Foundation:

Beeliiar Regional Park Walk Thursday 8 July at 9:30am. For more information visit www.heartfoundation.org.au/Get_Involved/Whats_On

Now at Cockburn Senior Centre

HeartMoves – helping all Australians stay active for life

Heartmoves is a low-to-moderate intensity exercise program designed for people who are living with health conditions. More information about the HeartMoves program is available at <http://heartmoves.heartfoundation.org.au/>

Cockburn Senior Centre (9 Coleville Crescent Spearwood) is now offering classes in two levels on Tuesdays and Fridays 9:30 to 10:30 (Level 1), and then 10:30 to 11:30 (Level 2). This program is very popular so it is essential to ring 9411 3877 to book. Cost \$3 for Senior Centre members and \$6 for non-members.

Ask about the delicious healthy affordable meals available at the Senior Centre on Mondays, Wednesdays and Fridays. Soup and a main meal cost \$7.50.



Bikes, Bikes and More Bikes

More and more Cockburn residents are enjoying the health and financial benefits of cycling while everyone benefits from the cleaner air when fewer cars are on the road.

The annual Community Bike Ride in March was bigger and better than ever, featuring a variety of cycling options and even a mobile bathtub.





Walk Leader Profile:
Nandi Chinna

Walk Organiser Feature: Nandi Chinna, Beelias Wetlands Walking Group

Nandi Chinna has lived in the City of Cockburn for nine years. She decided to join the Heart Foundation Walking program through her desire to share her love of the Beelias Regional Park. Nandi comments that life cycles in the Beelias Wetlands are constantly changing and walking there is always an adventure.

“Each time you visit you will see something different. So far the walks around Bibra Lake have attracted a variety of people from those who want to walk for fitness to those who want to observe the birdlife of the lake. We have seen whistling kites, pelicans, swans and sacred ibis, particularly now as the lake begins to fill, hundreds of birds are returning. When we walk we notice our world, and by noticing it we are better able to understand it. And through a deeper understanding of what is around us, we are often inspired and enabled to take greater care of the natural spaces that exist alongside our developed ones.”

Nandi is currently a PhD student at Edith Cowan University. Her project is a poetic study of the lost wetlands of Perth.

Walking Groups in Cockburn and Fremantle

| Walk Leader/ Organiser | Organisation | Meeting point | Day and Time | Phone | Email |
|---|---|--|--|---------------------------|--|
| Barbara Staines | HFW | Outside Coogee Café, Powell Rd, Coogee | Thursday 9.25 am | 9418 1897 0415 402 450 | |
| Bernie Dierks | HFW | South Lake Primary school, cnr Mason Ct and Foxall Place, meet at the 2 nd carpark | Monday 5.30pm Thursday 5.30pm | 9418 1535 | Bdierks7@dodo.com.au |
| Coral Wickham (City of Cockburn Seniors POLE- WALKING GROUP) | Be Active and Seniors Recreation Council of WA | Cockburn Senior Centre 9 Coleville Crescent Spearwood | Monday Morning 10am | 9411 3871 | cwickham@cockburn.wa.gov.au |
| Nandi Chinna and Heather Atwell (Beelias Wetlands Walking Group) | HFW | Main playground on Progress Drive, Bibra Lake | Sunday at 9.30am | 9331 3104 0431 970 797 | chinnanandi@hotmail.com |
| Dianne Black (Yangebup Striders) | HFW | Yangebup Shopping Centre, Cnr Moorhen Dr and Swallow Dr, meet next to postbox | 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 South Lake Community Nurse (pram-walking for mothers) | HFW | Cockburn Gateway Shopping City | Tuesday 8.15am | 9417 4927 9414 6304 | 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 Group Enquiries | | Various | Various | 9432 9957 | aaronk@fremantle.wa.gov.au |

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

FREE Pedometer Loans are Available at All Libraries in the City of Cockburn

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 Gilly Street on 9411 3444 or email gstreet@cockburn.wa.gov.au