

glen eira news

Community Grants Program

Open Hands received a \$3,225 grant to assist with providing more than 40 people with weekly meals and food parcels. Photo: Frank Amato.

More than \$375,000 in community grants has been awarded to 136 not-for-profit community groups and organisations as part of Glen Eira City Council's 2012-13 Community Grants Program.

The Program assists community groups and organisations within the municipality to implement projects and activities.

Every year, Council awards grants across a broad range of categories including arts and culture, sport, recreation and youth, public health and community development, aged and community services and family and children's services.

Open Hands received a \$3,225 grant to assist with providing more than 40 people with weekly meals and food parcels. The grant will also be used to help with volunteer training and the purchase of kitchen equipment.

Every Wednesday at Carnegie Church of Christ, a team of up to 14 volunteers serve up lunch to

people from the local area who are finding it hard to make ends meet.

From sausage rolls, quiches and Rafi's home-made soup, to pasta, salads and stewed fruit and icecream, nobody leaves with an empty stomach.

Following the lunch, people can then hand-pick food parcels to take away with them.

Open Hands Project Manager and Church Pastor Peter Los said to many of the people who come through the doors weekly, it's not all about the meal and food parcels.

"A majority of the people come to Open Hands for the interaction with others," Peter said.

"For many, this day is the highlight of their week.

"They are really great people and they feel like they belong — like they are part of the family."

Peter said the highlight of Open Hands for him is the fantastic volunteers.

"Half of the volunteers originally came to Open Hands for help.

Once they got back on their feet, they wanted to come and help and give something back," Peter said.

Peter said everyone is excited about receiving the grant.

"We all appreciate the support Council has given to us over the years," he said.

Other community groups and organisations to receive a grant include:

- Glen Eira Adult Learning Centre — received \$5,800 to assist in running its second annual *Multicultural, Music, Dance and Food Festival*; and
- National Council of Jewish Women of Australia — received \$7,500 to assist with the costs associated with running its *Mum 4 Mum* program.

Applications for the 2013-14 Community Grants Program open in March 2013.

For further information, contact Council's Service Centre on 9524 3333.

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Council elections

Glen Eira City Council's elections were held on Saturday 27 October. Election results will be published in the December edition of *Glen Eira News*.

Maternal and Child Health Key Ages and Stages consultations give parents peace of mind

Early childhood is an exciting time for children — and for parents it is both rewarding and challenging.

Glen Eira City Council's Maternal and Child Health (MCH) Service is a free service available for all families with children from birth to school age.

The Service provides a comprehensive and focused approach for the promotion, prevention, early detection and intervention of the physical, emotional or social factors affecting young children and their families through the MCH Key Ages and Stages framework.

Ten Key Ages and Stages consultations are provided, one of which is the two-year-old consultation.

All MCH consultations are conducted by one of Council's experienced maternal and child health nurses.

During the 2011–12 financial year, Council's MCH Service conducted 15,591 Key Ages and Stages consultations, with 1,406 for two-year-olds.

Why are these Key Ages and Stages consultations important?

Council's Maternal and Child Health Co-ordinator Helen Cunningham said that these consultations provide parents with the opportunity to discuss their concerns, parenting experiences and how to optimise their child's health,

growth and development.

"These consultations assist in the early identification of any health, growth, learning and development issues, which could potentially affect school readiness, future learning and wellbeing outcomes for all children," Ms Cunningham said.

What happens at the two-year-old Key Ages and Stages consultation?

- A full developmental screening of the child using the Parents Evaluation of Development Status (PEDS) is conducted. If concerns are identified a secondary developmental screen, Brigance, may be completed.
- Height and weight is assessed and monitored.
- A health review is completed, including immunisation, gait and oral health.
- Opportunities are provided to discuss any concerns you may have about your child.

Key promotion of health and development information is provided relating to communication, language, play, behaviour, safety, development, playgroups and kindergarten enrolment

Other MCH Key Ages and Stages consultations

Ms Cunningham said it is important not only for two-year-old children to be assessed, but also children at all other

key stages of their development.

"The first MCH Key Ages and Stages is conducted at the child's home following their birth and discharge from hospital," Ms Cunningham said.

"Subsequent Key Ages and Stages consultations are provided at the family's local MCH centre at two weeks, four weeks, eight weeks, four months, eight months, twelve months and three and a half years."

What if I can't attend my local MCH centre?

There are seven MCH centres across the City of Glen Eira.

Ms Cunningham said if there are

circumstances in which families can't attend their local MCH centre, alternative arrangements can be made.

"Sometimes families have circumstances that make accessing their local MCH centre difficult. This may be the result of illness, transport issues, or complex family needs," Ms Cunningham said.

"We provide an Outreach Service, staffed by MCH nurses, that is able to complete these important Key Ages and Stages consultations at home, within their local childcare centre, early learning centre or kindergarten."

For further information or to make an appointment, contact Council's MCH Service on 9524 3333.



During the 2011–12 financial year, Council's MCH Service conducted 1,406 Key Ages and Stages consultations for two-year-olds. Photo: Bernie Bickerton.

International Day of People with a Disability

International Day of People with a Disability is part of a worldwide celebration that occurs each year.

The day brings together individuals, businesses, community organisations and governments from every corner of the world to celebrate and acknowledge the contributions, skills and achievements of people with a disability.

The day aims to promote an understanding of people with disability and encourage support for their dignity, rights and wellbeing.

This year is the 20th anniversary of *International Day of People with Disability*. To celebrate, Glen Eira City Council will host a free barbecue on Friday 30 November in the Bentleigh Rotunda, Centre Road in Bentleigh. Come along between 12pm and 1pm and enjoy meeting local community members and learn more about *International Day of People with a Disability*.

For further information, contact Council's Service Centre on 9524 3333.



Council will host a free barbecue on Friday 30 November. Photo: Frank Amato.

Deadlines

The deadline for the next edition (December) of *Glen Eira News* is Wednesday 31 October for delivery 26–30 November (weather permitting).

Coming deadlines

The deadline for the February 2013 edition of *Glen Eira News* is Wednesday 2 January for delivery 28 January–1 February (TBC).

For advertising and *Community Diary* enquiries, contact 9524 3333.

To submit editorial material write to: *Glen Eira News*, PO Box 42, Caulfield South Victoria 3162 or email: editor@gleneira.vic.gov.au

Disclaimer

The information in this publication is of a general nature. The articles contained herein are not intended to provide a complete discussion on each subject and/or issues canvassed. Glen Eira City Council does not accept any liability for any statements or any opinion or for any errors or omissions contained herein.

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2012 RACV Redspot Survey results released

For the second consecutive survey, fed-up road users have named the notorious Murrumbeena and Neerim Roads railway level crossing as the most frustrating stretch of road in the state *2012 RACV Redspot Survey*.

Nearly 8,500 nominations, nominating more than 2,600 sites in 61 municipalities, were received during the seven week survey as road users named the congested sections of road that made them 'see red'.

The railway level crossing at Koornang Road and Morton Avenue in Carnegie was named the number four red spot.

Glen Eira City Council is calling on government agencies to finalise plans to implement grade separation at the Murrumbeena and Neerim Roads railway level crossing.

Council's CEO Andrew Newton said Council has a long history of advocating to successive State Governments to investigate and allocate funding for grade separation of the Dandenong Line.

"Glen Eira residents and businesses are fed up with the traffic conditions. During peak times, motorists, cyclists and pedestrians sometimes have to wait for more than 15 minutes before the boom gates go up," Mr Newton said.

"Road and rail authorities are investigating options for implementing grade separations and Council urges them to firm up on a plan to achieve that as soon as possible.

"Adding more train services in future will also be easier if they do not come at the expense of other modes of transport.

"Grade separation is also much needed on the railway level crossings along the Frankston Line which are also dangerous and disruptive to local residents and businesses."

RACV Manager Roads and Traffic Dave Jones said road users were frustrated that the same roads were causing the same gridlock with not enough being done to rectify the problem and get roads flowing freely.

"The State Government committed in its *2011 Budget* to the removal of 10 level crossings and confirmed five level crossings in its *2012-13 Budget*," Mr Jones said.

"RACV welcomes these commitments, but we need an ongoing program of works to reduce congestion."

RACV analysis

- Murrumbeena and Neerim Roads, Murrumbeena

There are now 28 trains using this crossing in the busiest hour of the morning peak, seeing it closed for about half of every peak hour. The only solution — to put this and other railway

lines on this route under the road — has State Government approval and it has made a submission to Infrastructure Australia for funding. But there's been no commitment from the Federal or State Governments to start planning or construction work.

- Koornang Road and Morton Avenue, Carnegie

On the morning RACV's engineers observed this crossing, 26 trains passed through in an hour, seeing it closed for well over half an hour. As with our number one redspot at Murrumbeena Road, RACV believes the only solution is to separate the road and rail at this crossing. Release of the results of the Caulfield to Dandenong Rail Crossing Study would help us understand whether this redspot is one the Government plans to fix.

For further information on the *2012 RACV Redspot Survey*, visit www.redspotsurvey.com.au



Road users have named the Murrumbeena and Neerim Roads railway level crossing as the most frustrating stretch of road in Victoria. Photo: Sharon Walker.

Community column

Engaging our community

Pay-by-phone parking trial shows good results

The pay-by-phone parking trial at Caulfield Station/Monash University precinct has received positive feedback from users and uptake continues to grow weekly. The pay-by-phone technology allows users of paid parking in the precinct to use a new smart phone application to pay for parking on their credit card.

Speaking up for our City

GESAC wins API Victoria Local Government Property Award

Glen Eira Sports and Aquatic Centre (GESAC) has won the Australian Property Institute (API) Victoria Local Government Property Award.

Announced at the API Victoria Excellence in Property Awards 2012, the judges noted "Glen Eira Sports and Aquatic Centre has exceeded expectations by setting new benchmarks in community use and environmental sustainability. Since opening in May 2012, usage has significantly exceeded business plan forecasts and is on track to turn an operating surplus within its first year of operation."

GESAC was also a finalist for the Environmental Award and Property Development Award.

SACS Award for Leadership 2012

The winners of the SACS Award for Leadership 2012 were recently announced.

Glen Eira City Council Major Projects and Infrastructure Renewals Group Manager Mark Judge was one of two finalists for the Leadership in Local Government (Executive Category) Award.

Mark was recognised, in part, for the leadership role he played in the design and construction of Glen Eira Sports and Aquatic Centre.

Free e-waste collection day

Sunday 2 December

8am-4pm

Glen Eira Town Hall, corner Glen Eira and Hawthorn Roads, Caulfield

Please note: residents/small businesses are responsible for removing private/confidential data for any equipment provided for recycling. Limit of 15 items per drop. Large quantities will not be accepted.

Council will hold more electronic (e-waste) collection days in 2013. Dates are yet to be confirmed.

For further information, contact Council's Service Centre on 9524 3333 or visit www.gleneira.vic.gov.au

Almost 200 tonnes of e-waste recycled

Since October 2010, Glen Eira City Council has recycled almost 200 tonnes of e-waste through its six collection days.

While only a small fraction of total waste, e-waste is one of the fastest growing contributors to our waste stream. The replacement of old televisions and increased turnover

of electronic devices, such as mobile phones and computers are all contributing to the growth in e-waste volumes.

Ninety eight per cent of e-waste is recyclable. E-waste contains a range of materials including plastic, lead, copper, gold, platinum and rare earth metals.

Why divert e-waste from landfill?

- to reuse scarce and valuable non-renewable resources;
- to reduce greenhouse emissions; and
- to divert e-waste from landfills.

GESAC reaches 2000 Swim School members

Glen Eira Sports and Aquatic Centre (GESAC) has signed up its 2,000th Swim School member.

Since opening in May this year, GESAC has seen rapid growth within its aquatic education program.

As well as conducting lessons for more than 2,000 students every week, GESAC also conducts swimming programs for 15 local primary and secondary schools.

GESAC Aquatics Co-ordinator Liam Dempsey said it's pleasing to see how well the community has responded to the new facility.

"With summer just around the corner, now is the time to ensure your child is a safer, stronger and smarter swimmer," Mr Dempsey said.

As well as their weekly swimming and water safety lesson, all GESAC students receive unlimited access to GESAC's aquatic facilities, including the popular interactive Pirates Cove water playground and two thrilling waterslides.

In addition to GESAC's six pools, the facility also offers a range of other health and fitness facilities for all ages, including one of Melbourne's largest health clubs and a three court indoor sports stadium.

For further information on GESAC's Swim School or other facilities, contact 9570 9200, visit www.gesac.com.au or drop into 200 East Boundary Road, Bentleigh East.



GESAC has signed up its 2,000th member. Photo: Frank Amato

Attracting local native birds to Glen Eira: Eastern Rosella

In your local parks and gardens you may have noticed the colourful Eastern Rosella (*Platycercus eximius*).

Residents can help attract native birds and insects to Glen Eira by adding plants to their gardens that provide a habitat and food.

About the Eastern Rosella

This medium-sized very colourful parrot has distinctive white cheek patches. It is often found in urban habitats such as parks, gardens and golf courses.

The Eastern Rosella feeds in trees, bushes and amongst grasses in lawns.

Eastern Rosellas mate for life. The female chooses and prepares the nesting site — usually a hollow in a eucalypt tree — but will sometimes use a nest box or other artificial site. Breeding occurs in spring and early summer and up to seven white eggs are laid. The female incubates the eggs while the male regularly feeds her.

What to plant to help attract the Eastern Rosella

There are a range of local native shrubs that can help attract and protect the Eastern Rosella, including:

Blackwood (*Acacia melanoxylon*)
Height: five to 10 metres
Width: four to six metres

Blackwoods are long-lived, stately, dense trees that provide good screening and shade. It will also attract butterflies.

Blackwoods prefer deep moist soil but it is adaptable. This tree tolerates some dryness once established, but not salty winds. It grows in full sun or part shade and has small cream flowers from June to October.

There are other local native plants which may also help attract insects which are a source of food. Your local nursery will be able to assist you. A list of indigenous nurseries can be found on the internet.



Eastern Rosella (*Platycercus eximius*). Photo: Chris Lindorff.



Blackwood (*Acacia melanoxylon*). Photo: Sally Stewart.

Council wins Procurement Sustainability Award

Glen Eira City Council has won the 2012 Procurement Australia Sustainable Procurement Award.

To be considered for the Award, Council was required to have developed and implemented sustainable procurement policies and processes which addressed the following:

- reduce overall carbon footprint/ emissions;
- conserve energy and/or protect the climate;
- conserve water;
- enhance biodiversity; and
- reduce waste.

Award winners in other categories included:

- *Individual Excellence in Procurement* — City of Melbourne;
- *Collaboration and Innovation in Procurement* — Central Highlands Group; and
- *Supplier of the Year* — Corporate Express.

Over a number of years, Glen Eira has performed better than the metropolitan average in relation to expenditure on environmentally-friendly products.

Council's procurement policy requires staff, where practicable, to consider

purchasing environmentally-friendly products which offer value for money over the life of the product.

By purchasing green products, Council is helping to:

- reduce operating costs by buying energy and water efficient products;
- create demand for environmentally preferable and recycled products;
- reduce its contribution to the impacts of climate change; and
- create a more sustainable future for the organisation and the local community.

Council's property maintenance team

Glen Eira City Council's property maintenance team assists frail older people, people with disabilities and their carers with repairs and minor maintenance to ensure a safe and secure home environment.

The experienced and skilled team undertake a variety of tasks including:

- changing tap washers;
- repairing door and window locks;
- changing light globes;
- installing smoke detectors and changing batteries when needed; and
- minor maintenance tasks.

For further information about property maintenance and accessing the service, contact Council's Service Centre on 9524 3333.



Property Maintenance Officer Phil Morey. Photo: Sharon Walker.

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ORMOND HEALTH + FITNESS
 plus LIQUOR

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Healthy meals served with a smile

Where can you receive a healthy and nourishing meal, accompanied with a friendly smile and a chat from the person delivering the meal?

Glen Eira City Council's Delivered Meals Service offers a wide range of meal choices which cater for all dietary requirements.

Clients can select a daily meal from a choice of six mains, including fried fish with chips and vegetables; ricotta ravioli and vegetables; chicken tenderloin and vegetables; and roast beef and vegetables. Three desserts are available and soup is included during the winter months. Fruit juice is also included and the menu is updated twice a year to reflect seasonal changes.

Meals can be provided hot for immediate consumption or chilled for refrigeration and later consumption.

Meals are delivered in biodegradable containers which have a clear film lid so that the meal can be seen.

Dedicated staff and volunteers

Council has a dedicated group of staff and volunteers who deliver more than 300 meals every day to older residents and residents with a disability who need support to live at home independently.

Meals are delivered each day between 9am and 1pm and are available chilled for those who wish to heat and eat the meal later in the day or hot for those clients who wish to eat the meal immediately.

An important aspect of the service is the monitoring role that the

service performs. This is particularly important for residents who live on their own.

Because it's a requirement of the service that the resident be at home to receive the meal, Delivered Meals staff are able to check on the resident's welfare.

If they have any concerns about a resident's health or wellbeing, it is reported back to the office for follow up.

Many clients of the Delivered Meals Service have benefited from the much needed assistance which is provided,

following a fall or a bout of illness.

How to access the service

All it takes is a quick telephone call to access this excellent service. Delivered Meals staff will ask a few questions to determine your eligibility for the service and any dietary or delivery requirements. The service may be able to commence within two working days.

For further information about delivered meals and accessing the service, contact the Delivered Meals Service on 9576 9748.



Clients can select a daily meal from a choice of six mains, including fried fish with chips and vegetables. Photo: Belinda Foley.

Traffic calming continues in local streets

Glen Eira City Council receives many requests for traffic calming treatments to be installed in local residential streets.

Recently, safety has been improved in Olive Street near Caulfield Primary School with the construction of three road humps to reduce vehicle speeds.

Council's Manager Transport Planning Matt Harridge said the new road humps would create a safer road environment designed to increase active travel, such as walking and cycling.

"The roll out of traffic calming treatments will continue over the coming year in an additional seven local streets," Mr Harridge said.

"The treatments will include road humps, road cushions and a zebra crossing on a road hump.

"These streets have been identified through proactive road safety audits, crash analysis and Council's traffic management priority list."



Olive Street, Caulfield South.

Photo: GECC Transport Planning.

The importance of play

Babies are naturally inquisitive and play is a vital part of growing and learning. Playtime is about discovering the world and can be as simple as tummy time on a mat, touching a textured soft toy or watching a mobile slowly turn.

Parents are the most important play buddy — playing with your child is one of the most wonderful things about being a parent.

Glen Eira City Council's Maternal and Child Health Service provides support and information to all parents about the importance of play.

Council's first-time parent groups recognise the challenges associated with becoming parents. Offered to all new parents, the six week group aims to enhance parenting through the sharing of information, support and ideas relating to this new experience. Playtime and linking to playgroups are key components of the groups.

Some of the play ideas shared include:

- **Funny faces:** make different faces, smile, laugh, roll your eyes and wave your hands gently. Your baby will be fascinated and may even try to imitate you.
- **Peek-a-boo:** this simple game of 'now you see me, now you don't' is an enjoyable spectator sport for your newborn. In months to come, your baby will learn to play it with you.
- **Singing:** your baby loves the sound of your voice and your songs can help with brain development.
- **Toys:** simple toys let your newborn exercise their sense of touch. Try soft toys or a rattle made of various textures, like crinkly fabric, satin and velvet. By touching and feeling things, your baby finds out more about their world.
- **Talk:** talking about whatever you're doing (running the bath and cooking dinner) not only keeps your newborn entertained, but can start laying the foundations for language development.
- **Reading:** read to your baby everyday — just a few minutes to start is fine. Your baby will love being held in your arms, listening to your voice and looking at pictures.

For further information about play time, visit www.raisingchildren.net.au

Playgroups

Your child will learn more in the first 12 months than at any other time of their life by simply growing, developing and watching other people and the world around them.

Following the six week first-time parent group, parents and carers are encouraged to continue meeting and

join or form their own playgroup.

Playgroups are informal, low cost and run by the parents and carers. Playgroups offer babies and young children the opportunity to experience a variety of activities which help encourage exploration of their world, language and physical development and their social skills. Parents and carers get the chance to meet other people going through similar experiences and ease the isolation that can come with caring for young children. Joining a local playgroup allows families to become familiar with their local community, health and support services.

To find out more about playgroups in Glen Eira, contact Playgroup Victoria on 1800 171 882, email pgvic@playgroup.org.au or visit www.playgroup.org.au

Walking and playgrounds in Glen Eira

Did you know that Australian guidelines recommend that children aged:

- birth to one year should have some physical activity, such as floor play, each day;
- one to five years should be physically active for at least three hours each day, with activity spread across the day; and
- five to 18 years should do at least one hour of moderate to vigorous physical activity each day.

Getting your child moving is all about fun for the whole family. If you're all taking part in and enjoying physical activity, it's much more likely that it will stay part of the family routine.

There's no need to run a marathon. One of the easiest ways to incorporate physical activity into your child's routine is to take regular walks together. You can walk to school, childcare or kindergarten — look for parks along the way.

You can even start when your child is a baby. Young babies can go on outings in a sling, carrier or pram. As they become toddlers, encourage them to walk some of the way. Use your child's age to tailor the route and the length of time spent walking — allow around one kilometre per birthday eg. a three-year-old can walk up to three kilometres with rest breaks.

Walking every day has many benefits for children and parents, including:

- improved fitness;
- maintaining a healthy weight;
- the opportunity to learn and practice road rules and road safety;
- increased awareness of surroundings and involvement in the neighbourhood;
- improved observation skills — children who walk to school draw pictures of their journey, whereas children who are driven to school draw cars;
- the chance for children and parents to talk and spend time together; and

- social opportunities, such as meeting neighbours along the route and chatting with other parents at the school gate.

The City of Glen Eira has some great parks and there's bound to be one close to you. The parks have a variety of equipment for children of all ages and abilities, as well as picnic tables and plenty of open spaces to run and play. So pull on your walking shoes, grab a bike or scooter and head to your nearest park.

Just a few of the great parks around the municipality include:

- Allnut Park — Wheatley Road, Bentleigh;
- Caulfield Park — Park Crescent, Caulfield North;
- Harleston Park — Seymour and Allison Roads, Elsternwick;
- Joyce Park — Jasper Road, Ormond; and
- Packer Park — Leila Road, Carnegie.



One of the easiest ways to incorporate physical activity into your child's routine is to take regular walks together.

Photo: Sharon Walker.

Berry punnets, yoghurt containers and foil cake trays are all recyclable

You may not realise that from your kitchen, juice containers, margarine containers, aerosol cans and other containers can all be recycled rather than thrown away to landfill.

Glen Eira City Council is one of 30 councils participating in a Melbourne-wide campaign to improve recycling. The *Get it Right on Bin Night* campaign provides residents with practical information on how to increase the

amount of household waste recycled. By making a few simple changes around the home, you can help reduce waste to landfill.

Remember: place your empty recyclables loose in the recycling bin — do not place them in a plastic bag.

For further information, visit www.getitrightbinnight.vic.gov.au

Kitchen



- Boxes/cardboard (no waxed boxes like fruit boxes)
- Cereal boxes/egg cartons
- Deli/butchers paper
- Envelopes/greeting cards
- Juice cartons
- Magazines/paper bags
- Phone books/pizza boxes



- Berry punnets/biscuit trays
- Plastic cake trays
- Bottles — milk, cordial, fruit juice and soft drink
- Detergent bottles
- Ice cream containers
- Plastic trays to package fruit and vegetables
- Margarine containers
- Takeaway food containers
- Tupperware



- Aerosol cans
- Aluminium cans
- Aluminium baking trays
- Cooking oil tins (up to five litres)
- Foil (clean, rolled or scrunched)
- Food/pet food cans
- Formula tins



- Bottles and jars

Second Annual Communities Working Together Conference

Glen Eira City Council invites all not-for-profit community organisations to attend the *Communities Working Together Conference* at Glen Eira Town Hall on Wednesday 14 November.

This year's *Conference* will deliver valuable information to assist community organisations to write successful grant submissions, promote group activities through social media and learn about important new laws affecting not-for-profit organisations.

A range of speakers from leading community organisations and community development professionals will deliver presentations that provide valuable information to motivate and inspire.

The *Conference* will include a keynote speech by David Patmore from Vision Training International about harnessing the power of your local community. There will also be workshops and

presentations by the Department of Planning and Community Development, Our Community, SecondBite, Level Consulting Services and many others.

The *Communities Working Together Conference* is an opportunity for community organisations to build on their resilience and form connections with each other through catered networking sessions and break-out workshops.

This is an exciting opportunity for local community organisations. The first 50 organisations to register will receive a free copy of *Our Community's More than Money*. Places are limited, so book early to avoid disappointment. Bookings close Friday 2 November.

For bookings and further information, contact Council's Service Centre on 9524 3333 or visit www.gleneira.vic.gov.au

News in brief

Community workshops

Glen Eira City Council will host two community workshops during November. The workshops will be held at Glen Eira Town Hall in the Caulfield Cup Room from 7pm to 8.30pm. For further information and to RSVP, contact Council's Sustainability Support Officer Sally Stewart on 9524 3333 or email [sstewart@gleneira.vic.gov.au](mailto:ssstewart@gleneira.vic.gov.au)

Thursday 22 November

Keep your house cool this summer

- Staying cool without an air conditioner.
- Reduce cooling costs.
- Enjoy a cool, comfortable home naturally.
- Sleep comfortably even in upstairs bedrooms.
- Design a summer outdoor space that cools your home.

Thursday 29 November

Solar energy at home

There are many solar energy systems available and this workshop will explain the advantages and disadvantages of each and the associated costs.

Come along to the workshop to learn what to look for when buying a solar system for your home.

The workshop will cover incentives available for solar photovoltaic systems such as small-scale technology certificates and feed-in tariffs.

You will also learn what to consider before buying, including size of system, what to buy, warranties, installation and choosing a supplier.

Help police to reduce thefts from building sites

Following a recent increase in thefts from building sites across the City of Glen Eira, Victoria Police is calling on owner/builders and developers to be proactive and report any suspicious activity.

Glen Eira Crime Prevention Officer Senior Constable Peter Stefaniw said in recent months, a number of items have been stolen from building sites, including power tools, scaffolding, window frames, white goods and hot water systems.

"The activity that has occurred isn't just in those areas where full renovations are taking place, requiring the occupants to move out for a period of time," Senior Constable Stefaniw said.

"Everyday homes where small extensions are being completed have also been targeted.

"If anyone observes people loitering on-site outside of normal building hours, making repeat visits, removing property when there is no one else on-site or removing property in unusual circumstances, they should contact Triple Zero.

"Write down a description of the person and record their vehicle details and registration number.

"Please do not take any personal risk by confronting people acting

suspiciously — report this to the police immediately."

For further information, contact Glen Eira Crime Prevention Officer Senior Constable Peter Stefaniw on 9556 6313.

Tennis court available for public use

Residents are reminded that a tennis court is available to the general public (non-members) at Maccabi Tennis Club, 92 Bignell Road in Bentleigh East.

This is a condition of the club's planning permit with Glen Eira City Council.

The court is available seven days a week from 3pm to 8pm. It is also available on Wednesday and Friday mornings from 8am to midday.

For further information, contact 9579 4275.

Graffiti removal

Prompt removal of graffiti is often the best deterrent. Glen Eira City Council encourages residents and traders to remove graffiti from their properties promptly. To assist, Council provides Glen Eira residents and traders with personal graffiti removal kits available free of charge from Council's Service Centre.

Glen Eira City Council also continues to assist residents by removing graffiti from the title boundary of private property (both residential and commercial), which is visible from a public place. Requests are referred to a priority list for consideration.

Requests to remove graffiti from private property can be made through Council's Service Centre on 9524 3333.

Green waste service

Glen Eira City Council's fortnightly green waste service is available to all residents, whether you are an owner or a tenant, for a one-off fee of \$55.

Orders can be placed online at www.gleneira.vic.gov.au (search for green waste) or by contacting Council's Service Centre on 9524 3333.

Green waste collected in green waste bins is recycled into compost.

Green waste should not be put in your garbage bin because it will be sent to landfill where it decomposes and generates methane, a powerful greenhouse gas.

Home composting is also a great way to dispose of green waste and generate fertiliser for your garden.

Plastic bags are bad for your recycling bin

Plastic bags with recycling in them are removed from the recycling stream and thrown into the rubbish.

This is because the plastic bags interfere with the sorting machines and it is too dangerous and time consuming for the workers to open and sort the bags.

Plastic bags can be recycled by returning them to most supermarkets.

Make your recycling count. Place your recycling loose in your recycling bin.

Rat runs – is there a problem?

The City of Glen Eira has a grid road network that provides motorists with a direct way to access the main arterial roads. However at times, concerned residents contact Glen Eira City Council Transport Planning regarding motorists using the street they live in as a 'rat run'.

A 'rat run' describes a street that can be used to bypass areas, such as an intersection with traffic signals or a length of road with heavy congestion.

Roads are generally classified according to their function — arterial roads cater for relatively high-volume, long-distance travel and local roads predominately cater for access to residential properties. However, there is an element of through traffic for most local streets and likewise there is an

element of residential access on main arterial roads.

As we do not all live on arterial roads, it is often necessary to drive past residential properties in local streets towards the arterial road network to access work, school, shops or a friend's home. Does this make you a rat runner? No.

Traffic data collected in recent years suggests that the vast majority of residential streets do not experience excessive peak hour traffic volumes which is one indicator of rat running. Many motorists using residential streets simply live in the area and are trying to get to the arterial road network.

In instances where traffic volumes and speed are inappropriate for the function of the street, Council operates

a pointscore system whereby streets are prioritised for attention on the basis of objective criteria. This criteria includes daily traffic volumes, peak hour traffic volumes, vehicle speeds, reported crashes and land uses (activity

generators). The streets with the highest pointscore are then given the highest priority to be treated.

Next time you see an unfamiliar car in your street, they might just be one of your neighbours from the next street.



It is often necessary to drive past residential properties in local streets towards the arterial road network. Photo: GECC Transport Planning.

Managing food safety risks in Glen Eira

Under the provisions of the Victorian *Food Act 1984*, Glen Eira City Council has a number of legislative responsibilities, including the inspection of all food establishments at least once each year and assessing businesses operations against National Food Safety Standards. To ensure food safety risks are effectively managed, Council's environmental health officers undertook 876 food safety assessments between 1 July 2011 and 30 June 2012.

In response to recommendations by the Victorian Competition and Efficiency Commission, Council's Public Health Unit developed a new risk management approach to the way environmental health officers inspect food premises.

Council's Manager Public Health and Community Development Mark Saunders said Glen Eira is the first Victorian council to have taken this initiative.

"The new risk-based inspection system identifies uncontrolled food safety risks, ranks them and provides an overall risk rating for each food business," Mr Saunders said.

"This unique approach not only ensures business operators understand high-risk practices within their business, but also focusses Council resources towards those businesses where there is the greatest risk of food safety problems.

"Food proprietors have responded positively to the risk model, particularly as it provides them with better guidance about which processes are most important and prioritises any recommended actions."

Mr Saunders said the new system compliments Council's long established history of supporting the local food industry to prepare safe food.

"Council developed its *Five-Star Food Safety Program* in the mid-1990s and has been an integral part of how the Public Health Unit promotes and enforces food safety," Mr Saunders said.

"The *Program* has been commended by a range of food safety stakeholders and government bodies for providing both financial and promotional incentives for food businesses to maintain excellent food safety practices."



During the last financial year, Council's environmental health officers undertook 876 food safety assessments.

Photo: housemouse.

Australian Food Safety Week 2012

Cross-contamination is the theme for *Australian Food Safety Week 2012*.

To be held from 12 to 18 November, hand washing, cleaning of all items involved in food preparation and storage and separation of foods are just some of the issues that will be highlighted.

According to the Food Safety Information Council, cross-contamination occurs when bacteria and viruses are transferred from a contaminated surface to one which is not contaminated. The bacteria and viruses can come from people, work surfaces or equipment and other foods.

How are the bacteria transferred?

Hands are among the obvious culprits in transferring bacteria from raw to ready-to-eat food, but direct contact with raw foods, dirty chopping boards, knives and other cooking implements can also spread the contamination. Chopping boards, plates and knives that have been in contact with raw food need to be carefully washed with warm water and detergent, then rinsed and thoroughly dried before

being used for ready-to-eat foods. It may be easier to have two boards — one for raw food and one for ready-to-eat food. Plastic chopping boards are good as they can be washed at high temperatures in the dishwasher. Any board should be replaced when its surface becomes scratched because bacteria can hide in the scratches.

Incorrectly storing raw food in the fridge by allowing it to come into direct contact with ready-to-eat foods or allowing raw meat juices to drip onto cooked foods, fruit and other ready-to-eat foods can also cause cross-contamination.

How should raw and ready to eat food be stored?

Raw food, such as meat, poultry or fish, should be stored in a rigid container or at the bottom of the fridge to prevent it coming into contact with ready-to-eat foods or allowing meat juices to drip onto other food. Ready-to-eat foods should be stored covered in the fridge to further reduce the risks.

Source:
www.foodsafety.asn.au/factsheets



Storage of foods will be one of the issues highlighted during Australian Food Safety Week 2012. Photo: Les O'Rourke.

Taste 4 Health and Taste 4 Health Kids

Glen Eira City Council encourages all food businesses to respond to public demand for healthy, nutritious food by taking advantage of Council's *Taste 4 Health* and *Taste 4 Health Kids* nutrition programs.

Statistics show an alarming increase in the number of overweight children and adults in Australia. Now, more than ever, consumers are concerned about the nutritional value of what they eat. As a result, the food industry and many businesses are making changes to provide healthy food options.

Council's *Taste 4 Health* and *Taste 4 Health Kids* nutrition programs are award-winning public health initiatives that assist local businesses to improve the nutritional value of the food they serve.

The programs involve a nutrition assessment of the business menu based on criteria developed in partnership with Bentleigh-Bayside Community Health.

Council's Manager Public Health and Community Development Mark Saunders said the criteria is focused on reducing total and saturated fats, salt and refined sugar and increasing dietary fibre.

"Businesses that are successful in meeting the criteria receive a framed *Taste 4 Health* certificate, which is presented at Council's *Annual Food Business Awards* night," Mr Saunders said.

"The *Awards* assist the public in identifying local food businesses that provide healthy meal options."

The *Taste 4 Health* and *Taste 4 Health Kids* programs are available to restaurants, cafes, clubs, hotels and takeaway food outlets that achieve Council's five-star safe food rating.

For further information about getting involved in the programs, contact Council's Service Centre on 9524 3333.

Taste 4 Health and Taste 4 Health Kids tips

- Offer water or have it visible for customers to help themselves.
- Offer your customers low fat alternatives such as boiled or steamed rice, noodles and baked potatoes instead of fried rice, fried noodles and chips.
- Leave edible skins on fruits and vegetables during preparation of dishes.



The food industry and many businesses are making changes to provide healthy food options.

Photo: Bernie Bickerton.

Council immunisation sessions

Glen Eira City Council conducts 10 free community immunisation sessions at various venues throughout the municipality each month.

All vaccines recommended by the *National Immunisation Program*, as set by the National Health and Medical Research Council, are offered free of charge.

During the 2011–12 financial year, Council's immunisation service administered 9,427 vaccinations to infants and school children.

Immunisation protects children and adults from harmful infections.

It is important because:

- it is the safest and most effective way of protecting against disease; and
- if enough people in the community are immunised, the number of infectious diseases will be reduced and may be eliminated.

Under the *National Immunisation Program*, it is important for children to be vaccinated at birth, six weeks, four months, six months, 12 months, 18 months and four years.

There are four morning sessions, one afternoon session, four evening sessions and one Saturday morning session.

Council also conducts special monthly immunisations sessions for four-year-olds.

How does immunisation work?

All forms of immunisation work in the same way.

When someone is injected with, or swallows a vaccine, their body produces an immune response in the same way it would following exposure to a disease but without a person contracting the disease.

If the person comes into contact with that disease in the future, the body is able to make an immune response fast enough to prevent the person getting sick.

What to bring to an immunisation session

When attending, you must bring the following:

- infant health record book;
- a valid Medicare card, which includes your child's name; and
- any other immunisation records, including records from overseas.

Please note: Medicare eligibility is required to attend these sessions.

Council's 2012 immunisation schedule is available from Council's Service Centre and www.gleneira.vic.gov.au. All Council immunisation sessions and special four-year-old immunisation sessions are also advertised monthly in *Glen Eira News*.



Immunisation protects children and adults from harmful infections.

Photo: Frank Amato.

Free food handler learning program

Glen Eira City Council is encouraging volunteers, community groups and charitable organisations to complete a free online learning program to help improve their knowledge of safe food handling.

The program — *dofoodsafely* — is informative and fun and takes around an hour to complete.

There are six topics on food safety — food delivery, storage and display; cleaning and sanitising; food contamination; food handling; personal hygiene; and why food safety? — and a final quiz.

To be awarded a certificate, you must score 90 per cent or more on the quiz.

To access the program, visit <http://dofoodsafely.health.vic.gov.au>

Food safety tips

If you are thinking of holding a sausage sizzle or running a community group cake stall, the following tips from the Victorian Department of Health will assist you in handling food safely.

Sausage sizzles (sausages, onions, sauce and bread)

- Make sure all equipment and food preparation areas are clean.
- Keep hands clean — make sure there is somewhere to wash your hands or have suitable hand sanitisers available.
- Keep sausages in an insulated cooler and only remove them when you are ready to cook.

- Always cook sausages thoroughly using clean utensils.
- Never use the same plate or tongs for raw and cooked foods.
- Do not refreeze sausages that have been thawed and remember to throw out any leftovers at the end of the fundraiser.

Community group cake stalls (cakes without cream fillings)

Before the event:

- Make sure all volunteers know how to handle food safely.
- Ensure all cakes are packaged or placed in clean containers with close fitting lids.
- Label all cakes with a list of ingredients and keep a record of who made the cakes or where they were purchased.

At the event:

- Cover the cakes to protect them from insects and dust.
- Keep hands clean — make sure there is somewhere to wash your hands or have suitable hand sanitisers available.
- Only use clean tongs or other utensils to serve cakes.

For further information about food safety, visit www.health.vic.gov.au/foodsafety



The free online learning program will help people improve their knowledge of safe food handling. Photo: John Brown Photography Services.

Keeping the Glen Eira community safe and healthy

Glen Eira City Council Environmental Health Officer Trish Ficarra has a passion for keeping the Glen Eira community safe and healthy — and her track record speaks for itself.

Following the completion of a Bachelor of Public Health, majoring in Environmental Health and Health Promotion, Trish accepted a position in the Shire of Campaspe's Environmental Health Department.

Trish was at the Shire of Campaspe for five years before moving to Melbourne, where she has been working at Council for the past nine months.

Speaking with *Glen Eira News*, Trish said she inspects around 25 businesses each month in the Bentleigh/McKinnon area.

"My main role is to inspect and assess food businesses, but I also undertake public health and wellbeing inspections of hairdressers, beauty parlours and tattooists," Trish said.

"I also investigate any complaints relating to health, such as noise, and reports of infectious diseases outbreaks."

Trish said being out and about in the community was one of the most enjoyable aspects of her role.

"It is great to see so many businesses, in particular food businesses, taking pride in what they do and making sure they are operating in a clean and safe manner," Trish said.

"Some of the businesses I have inspected since I commenced working at Council have been immaculate."

Trish said the key to food safety is making sure the proprietors are educated.

"By educating face-to-face, this helps them to understand their role in food safety and how they can make a difference," Trish said.



Council's Environmental Health Officer Trish Ficarra. Photo: Frank Amato.

MEETINGS AND CLUBS

Arthritis Support Group meets on the first Tuesday of each month from 10am–12pm at Bentleigh-Bayside Community Health, Gardeners Road, Bentleigh East. Contact: 9598 3094.

Australian Plants Society South East Melbourne Region meets on the first Tuesday of each month from 8pm at Hughesdale Community Centre, corner Poath and Kangaroo Roads, Hughesdale. Guest speaker and light supper provided. Visitors and new members welcome. Contact: 9578 8434.

Bentleigh East Probus Club (combined) meets on the second Tuesday of each month from 9.30am–12pm at The Bentleigh Club, Yawla Street, Bentleigh. Contact: 9583 7783.

Bentleigh Ladies Probus Club meets on the first Thursday of each month from 10am at the Uniting Church, 497 Centre Road, Bentleigh. New members and visitors welcome. Contact: 9557 4067.

Bentleigh Men's Probus Club meets on the second Thursday of each month from 10.15am at Bentleigh RSL. New members and visitors welcome. Contact: 9579 5506.

Bentleigh Over 50s Club: new members wanted. Table tennis, cards, bingo, carpet bowls, billiards and snooker. Concerts, day trips and holidays. Contact: 9557 5739.

Carnegie Lions Club meets on the first and third Tuesday of each month from 6.30pm at Murrumbeena Park Bowling Club, Gerald Street, Murrumbeena. New members and visitors welcome. Contact: 0423 680 163.

Carnegie-Murrumbeena Elderly Citizens holds social afternoons, entertainers, card games and bingo at 7 Shepparson Avenue, Carnegie. New members welcome. Contact: 9568 2727.

Caulfield Combined Probus Club meets on the first Wednesday of each month from 10am at Gladys Machin Hall, 8–10 Cedar Street, Caulfield South. Contact: 9563 5105.

Caulfield Garden Club meets on the first Tuesday of each month from 8pm at St John's, 567 Glenhuntly Road, Elsternwick. Visitors welcome. Contact: 9532 7848.

Caulfield Over 50s Dance Group meets every Monday (except public holidays) from 12.30pm–3.30pm in Glen Eira Town Hall's Auditorium. Contact: 9822 2064.

Caulfield Park Petanque Club welcomes women and men aged nine to 90 of all fitness levels to learn to play French boules. Coaching and boules provided. Play social games on the first and third Saturday of each month. Contact: 0403 267 249.

Centre Bentleigh Garden Club meets on the first Tuesday of each month between February and November from 1.30pm at YWCA Hall, 178 East

Boundary Road, Bentleigh East. Contact: 9570 7045.

Friendly Tours Social Club has day tours to country areas on the first Sunday of each month. Contact: 9569 0134.

Glen Eira Artists Society offers weekly tutored and untutored life drawing sessions, portrait groups and monthly en plein air days in Caulfield Park. Contact: 0412 030 467.

Glen Eira Cheltenham Art Group conducts classes in watercolour, oils, pastels, acrylics, decorative art and drawing. Day and evening classes available. Contact Rose: 9563 7621.

Glen Eira City Choir is seeking new members (tenors needed especially). No audition necessary. Rehearsals: Monday nights from 7.45pm at Indonesian Uniting Church, 158 Balaclava Road, Caulfield North. Contact: 9578 1947.

Glen Eira Combined Probus Club meets on the fourth Friday of each month from 10am at The Bentleigh Club, Yawla Street, Bentleigh. Guest speakers, lunches and outings. New members welcome. Contact: 9583 4822.

Glen Eira Tennis Club Inc. offers over 50s doubles tennis at Princes Park, Beech Street, Caulfield South. Mens doubles and mixed doubles on Thursday mornings, 9am–1pm. Ladies doubles on Tuesday mornings, 9.30am–12pm. Free, no obligation trial. Contact: 9523 6966.

Ladies Probus Club of Ormond meets on the third Wednesday of each month from 10am at The Bentleigh Club, Yawla Street, Bentleigh. New members welcome. Contact: 9569 7576.

Life Activities Club Bentleigh Inc. offers social activities for seniors such as table tennis, card games, music and dine outs. Contact: 9557 2562.

McKinnon Needlepointers meet every second Thursday from 1pm at Godfrey Street Community House, 9 Godfrey Street, Bentleigh. Contact: 9578 1117.

Moorleigh Mens Probus Club meets on the fourth Wednesday of each month from 10am at Bentleigh East Sporting and Recreation Clubrooms, 62 Mackie Road, Bentleigh East. Contact: 9579 3352.

Murrumbeena Bowls Club has commenced its summer season and invites you to come and join in at 10 Blackwood Street, Carnegie. Contact: 9569 4969.

Oakdale Angling Club meets fortnightly on Wednesday nights from 8pm at Murrumbeena Park Hall. Contact: 0429 400 367.

Ormond Badminton Club welcomes experienced and novice badminton players every Wednesday from 8.15pm at Ormond Uniting Church Hall, North Road, Ormond. Contact: 9578 1947.

Ormond Senior Citizens Club meets at 2 Newham Grove, Ormond. Activities

include table tennis, billiards, bowls, cards, chess, dancing, yoga and zumba. New members welcome. Contact: 9557 1856.

Qigong and Tai Chi classes are held on Mondays (except 5 November) at 11am at Bentleigh Senior Citizens Club, Arthur Street, Bentleigh. A safe, gentle exercise that improves strength, breathing, balance, flexibility and relaxation. Includes Tai Chi for arthritis. Contact: 9584 2428.

Rotary Club of Bentleigh Moorabbin Central meets every Wednesday morning from 7am–8.30am at the Hemisphere Conference Centre, Holmesglen Moorabbin Campus, 488 South Road, Moorabbin. Contact: president@rotarybmc.org

Sandbelt Ladies Probus Club meets on the first Monday of each month from 10am at Bentleigh RSL, 538 Centre Road, Bentleigh. Visitors and new members welcome. Contact: 9578 1322.

The Handmade Show is held on the third Saturday of each month and the second Saturday in December from 10.30am–3.30pm at St Anthony's Parish Hall, corner Grange and Neerim Roads, Carnegie. Contact: 0415 501 312.

EVENTS

East Bentleigh Primary School operates a community market every Thursday at 3.30pm. Contact: 9570 3525.

An evening of piano music with Grigory Gruzman will be held on 4 November at 5pm at St Kilda Town Hall. Tickets: \$25/\$20. Bookings: www.trybooking.com/BWIM Contact: 9593 8137.

Bentleigh Organ Music Club presents its *16th Annual Cup Eve Concert* on 5 November at 8pm at Bentleigh East Sports and Recreation Club, 62 Mackie Road, Bentleigh East. Entertainment: Accordion Orchestra of Melbourne. Cost: \$10 (includes supper) Contact: 9528 2539.

Music Lovers' Society Concert will be held on 10 November at 8pm at Ewing Memorial Uniting Church, corner Coppin Street and Burke Road, Malvern East. Refreshments available. Admission: \$22, seniors \$18, pensioners \$13, students \$9, family \$50, members free. Tickets: www.trybooking.com/BZLL Contact: 0435 997 037.

Glen Eira Artists' Society's third annual *Paint in the Park Day* will be held on 11 November from 10am–4pm at Caulfield Park. Contact: http://www.gleneiraartistsociety.org

The Glen Eira Band will play at the Caulfield Park bandstand on 11 November from 2pm. This event coincides with the annual *Paint in the Park Day*. Expressions of interest are also being sought from other local community musical groups which would like to perform on the day. Contact: 0407 557 881.

Bentleigh Over 50s Travel Club: holiday to Port Stephens from 19–24

November. Stopover at Gundagai and Yass. Sightseeing and dolphin cruises. Phone: 9557 5739.

Stay in Touch presents *Introduction to Computers* for seniors and over 50s on 23 November from 9.30am–11.30am at Glen Eira Town Hall, corner Glen Eira and Hawthorn Roads, Caulfield. Cost: \$10. Bookings essential. Contact: 9596 4547.

Indie Market Place Handcraft Market will be held on 25 November from 10am–3pm at The Manningham, 1 Thompsons Road, Bulleen. Free entry. Contact: 0417 347 541.

Glen Eira Historical Society will host their next meeting and presentation on 28 November from 7.30pm in Glen Eira Town Hall's Theatrette. Guest speaker: Art Deco and Modernism Society President Robin Grow. Subject: newly constructed buildings and those updated in style. All welcome. Free admission. Contact: 9077 5395.

COMMUNITY

Bentleigh Calisthenics College, Uniting Church Hall, Centre Road, Bentleigh welcomes new students. Contact: 0400 648 822 or visit www.bentleighcalisthenics.com

Bridge for seniors: learn the fundamentals of bridge at the Glen Eira U3A. This 20 week course is for people over 55 and will run on Tuesday afternoons from 5 February 2013. Glen Eira U3A offers a wide variety of courses for a yearly membership fee of \$40. Contact: 9572 0571.

Carnegie Playgroup runs sessions on Mondays, Wednesdays, Thursdays and Fridays at 7 Shepparson Avenue, Carnegie. Contact: http://home.vicnet.net.au/~carnegieplaygroup

Carnegie Playgroup and three-year-old activity group has places available on Tuesdays during the 2013 school term at the Children's Multipurpose Centre (opposite Carnegie Library). Contact: http://www.wix.com/3yearoldactivitygroup

East Bentleigh Primary School offers lush playgrounds, personalised learning and a small village school environment. Families welcome to come and tour the school. Contact: 9570 3525.

Murrumbeena Playgroup, corner Poath and Dalny Roads, Murrumbeena is open Monday–Friday, February–December, including school holidays. Contact: 0432 271 204.

Victorian State Emergency Service (SES) Oakleigh Unit will visit Glen Eira households during November to provide information to residents about how to prepare for and what to do in case of a flood. Contact: 9684 6651.

Washington Drive Preschool, 3 Washington Drive, Oakleigh South offers an extended kinder program to children aged three to five on Mondays, Wednesdays and Fridays. Contact: 9570 6565.

RACV 公佈2012年極堵路段調查結果

在《RACV 2012年極堵路段調查》中，受夠了的道路使用者連續兩年認定 Murrumbeena Road 與 Neerim Road 的平交鐵道口是最令人沮喪的一段路。

在為期七周的調查中，道路使用者的近8,500件提名指出了61個市政區中逾2,600個地段為極堵路段。

Carnegie 區的 Koornang Road 與 Morton Avenue 鐵道平交路口被指為第四大極堵路段。

Glen Eira 市政府呼政府機構制定計劃，實施 Murrumbeena Road 與 Neerim Road 平交道口改建為立交道口的項目。

市政府首席執行官安德魯·牛頓說，市政府長期以來一直遊說各屆州政府進行調查和撥款，把丹迪農鐵道線沿線平交鐵道口改建為立交道口。

牛頓先生說道：“Glen Eira 居民和企業受夠了糟糕的交通狀況。在高峰時間，駕車者、騎車者和行人有時候要被鐵道口的欄桿攔住十五分鐘以上。”

“公路和鐵道部門正在研究改建立交道口的各種選項，市政府敦促他們敲定計劃，盡早建成。”

“如可不影響其他交通形式，今後增設火車班次也就更加容易了。”

“弗蘭克斯頓鐵道線沿線的平交道口也急需改建為立交道口，這些平交道口對當地的居民和企業造成影響，也非常危險。”

Δημοσιοποιήθηκαν τα αποτελέσματα της Έρευνας Redspot (Κόκκινο Σημείο) του RACV για το 2012

Για δεύτερη συνεχή έρευνα, αγανακτισμένοι χρήστες δρόμων ονόμασαν την πασίγνωστη επίπεδη διασταύρωση σιδηροδρόμου των Murrumbeena και Neerim Roads ως το πιο απογοητευτικό κομμάτι δρόμου στην Έρευνα Redspot του RACV για το 2012.

Σχεδόν 8,500 υποδείξεις, υποδεικνύοντας περισσότερα από 2,600 σημεία σε 61 δημαρχίες, ελήφθησαν κατά τη διάρκεια της έρευνας των επτά εβδομάδων όπως οι χρήστες δρόμων ονόμασαν κομμάτια κυκλοφοριακής συμφόρησης που τους έκαναν να «δουν κόκκινο».

Η επίπεδη διασταύρωση σιδηροδρόμου στο Koornang Road και Morton Avenue στο Carnegie ονομάστηκε ως το redspot νοούμερο τέσσερα.

Ο Δήμος του Glen Eira καλεί τους κυβερνητικούς φορείς να αποπερατώσουν τα σχέδια για την υλοποίηση του διαχωρισμού επιπέδου στη διασταύρωση σιδηροδρόμου των Murrumbeena και Neerim Roads.

Ο Γενικός Διευθυντής Andrew Newton είπε ότι ο Δήμος έχει μακρά ιστορία συνηγορίας σε σε πολλές Πολιτειακές Κυβερνήσεις να ερευνήσουν και να διαθέσουν χρηματοδότηση για διαχωρισμός επιπέδου της γραμμής του Dandenong.

«Οι δημότες και οι επιχειρήσεις του Glen Eira είναι αγανακτισμένοι με τις συνθήκες της κίνησης. Κατά τη διάρκεια της κυκλοφοριακής αιχμής, οι αυτοκινητιστές, οι ποδηλάτες και οι πεζοί μερικές φορές πρέπει να περιμένουν μέχρι και 15 λεπτά πριν σηκωθούν οι μπάρες,» είπε ο κ. Newton.

«Οι αρχές οδικής κίνησης και σιδηροδρόμων ερευνούν επιλογές για υλοποίηση του διαχωρισμού επιπέδου και ο Δήμος τις παροτρύνει να καταλήξουν σε σχέδιο για να το επιτύχουν το συντομότερο δυνατόν.»

«Προσθέτοντας περισσότερες υπηρεσίες στο μέλλον θα είναι πιο εύκολο αν δεν γίνουν εις βάρος άλλων τύπων συγκοινωνιών.»

«Ο διαχωρισμός επιπέδου είναι επίσης πολύ αναγκαίο στο επίπεδο διασταύρωσης του σιδηροδρόμου κατά μήκος της γραμμής του Frankston που είναι επίσης επικίνδυνες και ενοχλητικές για τους κατοίκους της περιοχής και τις επιχειρήσεις.»

Publicati i risultati del sondaggio RACV Redspot Survey 2012

In due sondaggi consecutivi gli automobilisti stufl hanno indicato il notorio passaggio a livello

tra le due arterie stradali Murrumbeena e Neerim Road come il tratto di strada più frustrante confermandolo anche nel recente sondaggio RACV Redspot Survey 2012.

Durante l'arco di sette settimane nelle quali si è condotto il sondaggio, sono pervenute circa 8.500 indicazioni, che menzionano più di 2.600 località in 61 municipalità, da parte di automobilisti che indicano i tratti stradali congestionati che fanno “vedere rosso”.

Il passaggio a livello tra le due arterie stradali Koornang Road e Morton Avenue a Carnegie è stato indicato come quarto punto caldo.

Il Consiglio comunale di Glen Eira ha messo in atto una richiesta ad agenzie governative allo scopo di finalizzare il progetto per l'implementazione dell'intersezione a livelli separati del passaggio a livello tra la Murrumbeena e la Neerim Road.

Andrew Newton, direttore generale presso gli uffici comunali, ha affermato che il Consiglio da lungo tempo fa pressante richiesta presso i susseguenti Governi Statali affinché investighino e stanino i fondi per effettuare l'intersezione a livelli separati della linea ferroviaria di Dandenong.

“I residenti e le piccole imprese di Glen Eira sono stufl delle condizioni del traffico. Durante le ore di punta gli automobilisti, i ciclisti e i pedoni si trovano spesso a dover attendere più di 15 minuti l'alzata delle sbarre del passaggio a livello” ha aggiunto Newton.

“Le autorità stradali e ferroviarie stanno prendendo in considerazione alternative per l'implementazione dei livelli separati ed il Comune sprona affinché si raggiunga ad una soluzione al più presto possibile.”

“Incrementare in futuro i servizi ferroviari sarà più facile se non lo si deve realizzare alle spese di altri mezzi di trasporto.”

“L'intersezione a livelli separati è assolutamente necessaria anche ai passaggi a livello lungo la linea ferroviaria Frankston che risultano essere pericolosi e causano fastidi ai residenti ed alle piccole imprese locali.”

Результаты опроса членов RACV по поводу заторов на дорогах в 2012г.

По результатам опроса, второй год подряд самым перегруженным участком дороги в штате Виктория был назван печально известный железнодорожный переезд на пересечении Murrumbeena Rd и Neerim Rd.

Опрос автомобилистов по поводу “вызывающих наибольшее раздражение” участков дорог проводился в течение 7 недель. Было получено 8500 откликов и названо 2600 различных мест в 61 муниципалитете штата.

Четвертое место занял железнодорожный переезд на пересечении Koornang Road и Morton Avenue, Carnegie.

Муниципалитет Glen Eira призывает соответствующие государственные органы определиться с планами по разделению уровней дорог на железнодорожном переезде Murrumbeena Rd и Neerim Rd.

Руководитель муниципалитета Andrew Newton отметил, что муниципалитет давно уже пытается добиться от правительства штата выработки планов и выделения средств на разделение уровней дорог на железнодорожной линии Dandenong.

“Заторы на дорогах стали серьезной проблемой для всех, кто живет и работает в муниципалитете Glen Eira. В часы пик, автомобилистам, велосипедистам и пешеходам приходится иногда ждать по 15 минут, пока откроется шлагбаум,” сказал г-н Newton.

“Соответствующие государственные органы рассматривают различные варианты разделения уровней дорог, и муниципалитет призывает их принять окончательное решение как можно быстрее.”

“Дальнейшее уплотнение графика движения поездов станет возможным, если оно не будет отрицательно влиять на другие виды транспорта.”

“Железнодорожные переезды на линии Frankston также создают неудобства и аварийные ситуации для местных жителей и коммерческих предприятий, и требуют какого-то решения по разделению уровней дорог.”

Immunisation sessions

Bentleigh-Bayside Community Health

Gardeners Road, Bentleigh East

Saturday 17 November and Saturday 15 December 9am–11am

Wednesday 14 November, Thursday 29 November, Wednesday 5 December and Thursday 20 December 5.30pm–7.30pm

Carnegie Library and Community Centre

7 Shepparson Avenue, Carnegie
Wednesday 21 November and

Wednesday 12 December
1.30pm–2.30pm and 5.30pm–7.30pm

DC Bricker — Princes Park

Beech Street, Caulfield South

Monday 26 November and Monday 17 December 9.30am–11am

Glen Eira Town Hall Auditorium (entry via Glen Eira Road)

Corner Glen Eira and Hawthorn Roads, Caulfield

Tuesday 13 November and Tuesday 4 December 6pm–7pm

Tuesday 20 November and Tuesday 11 December 9.30am–11am

Glen Huntly Maternal and Child Health Centre

Corner Royal and Rosedale Avenues, Glen Huntly

Wednesday 28 November and Wednesday 19 December 9.30am–11am

McKinnon Public Hall

118 McKinnon Road, McKinnon

Monday 12 November and Monday 3 December 9.30am–11am



Springtime Music 2012

Welcome spring with a series of free musical afternoons in some of Glen Eira's most beautiful parks.

Bring a blanket, a picnic, your family and friends for an afternoon of music and merriment.

All performances are acoustic.

For further information, contact Council's Service Centre on 9524 3333.

The Upbeats

Sunday 4 November
2.30pm–4.30pm
Joyce Park, McKinnon

The Upbeats is an exciting band of professional jazz musicians. Led by Peter Uppman, who plays all styles of jazz including traditional, dixie and contemporary. Their motto is 'Always versatile... Always entertaining'.



The Upbeats.

Oliver Clark

Sunday 11 November
2.30pm–4.30pm
Virginia Reserve, Bentleigh East

With his rich voice and smooth guitar style, Oliver is a seasoned performer. Influenced by artists such as Eric Clapton, Tony Joe White, Elvis, Tom Jones and Keb Mo, he is a performer that's truly entertaining and engaging — and will never fail to get people smiling.



Oliver Clark.

Philippe

Sunday 18 November
2.30pm–4.30pm
Wattle Grove Reserve, Ormond

Philippe the accordion player is one of the best roving musical entertainers in Australia. His repertoire is extensive and he is well-known for not only taking any requests, but also singing in 15 languages. Philippe is an accomplished accordionist who plays in many prominent Australian bands and has a great ability to make people laugh, dance, singalong and create a sense of merriment.



Philippe.

Shenanigans

Sunday 25 November
2.30pm–4.30pm
Carnegie Library Forecourt
Koornang Road, Carnegie

Shenanigans are always fun and love to interact with the audience. They specialise in music for children and perform at many schools around Victoria. Their performances include audience participation where they involve people in fun and fancy bush dances. *Shenanigans* have appeared on *Australia's Got Talent*, *It Takes Two*, *Star Struck* and *The X Factor*.



Shenanigans.

Exhibitions

Photographic Imaging College Graduate Exhibition

Thursday 1 November until Sunday 11 November

This dynamic exhibition will showcase innovative work by photography students covering diverse themes, including portraiture, landscape and nature, still life, architecture, fashion, the urban environment and performance. This exhibition will feature a broad range of photographic mediums, from traditional black and white silver gelatin processes and type C colour prints to digitally generated prints.



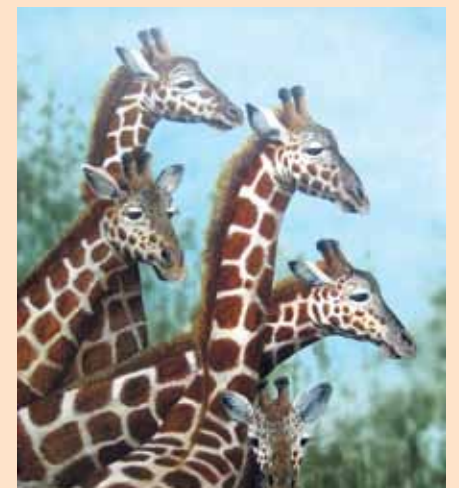
Xavier Sproule-Carroll Penney — London Calling 2012. Lambda print, 48 x 32 cm.

Paul Margocsy and Peter Smales
Two Artists ... One Space
Presented by Jenny Pihan
Fine Art



Peter Smales — Girl in a Mirror 2011. Oil on canvas, 40 x 30cm.

Opens Wednesday 14 November and continues until 5pm Sunday 25 November



Paul Margocsy — Neck & Neck 2011. Watercolour and gouache, 80 x 40cm.

Carols in the Park

Family and friends are invited to celebrate the festive season at Glen Eira City Council's *Carols in the Park* on Sunday 9 December.

To be held at Bentleigh Hodgson Reserve, Higgins Road, Bentleigh, the festivities will commence at 2pm

with a market, which will include:

- children's activities;
- cooking demonstrations;
- craft workshops;
- gifts; and
- wrapping and cards.

Food will be available and there will also be roving entertainment

From 5pm to 7.30pm, come and enjoy an evening of musical entertainment. Hosted by Luke Gallagher, the evening will feature performances *The Idea of North*, *Lucy Gale*, *Peter Combe* and *the Newspaper Mama Band*, Rob Severini and

Tubby the Robot.

For further information, contact Council's Service Centre on 9524 3333 or visit www.gleneira.vic.gov.au

Follow Glen Eira Arts and Culture on facebook — www.facebook.com/gleneiraarts



Cleaning out? Book a free hard rubbish collection

- Get rid of old or unwanted items at a time that's convenient for you.
- Every household is entitled to three free, on-demand hard rubbish and bundled branches collections each financial year.
- Council will collect up to four cubic metres of rubbish in each collection.

Guidelines apply. To book, contact Glen Eira City Council's Service Centre on 9524 3333, Monday–Friday, 8am–5.30pm and Tuesdays, 8am–7.15pm or visit



GLEN EIRA CITY COUNCIL

www.gleneira.vic.gov.au

Bentleigh • Bentleigh East • Carnegie
Caulfield • Elsternwick • Gardenvale
Glen Huntly • McKinnon • Murrumbeena
Ormond • St Kilda East

Australia Day Breakfast

Glen Eira City Council's *Australia Day Breakfast* will acknowledge outstanding citizens and community groups that have significantly contributed to the Glen Eira community.

To be held at Glen Eira Town Hall on Friday 25 January from 7.30am to 9am, Council will honour and award the *Citizen of the Year*, *Young Citizen of the Year* and *Community Group of the Year*.

Cost is \$30 per head and bookings must be made by Friday 18 January.

To make a booking or obtain further details about Council's *Australia Day Breakfast*, contact Council's Service Centre on 9524 3333.



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Caring for the Glen Eira community

Glen Eira City Council's in home support workers undertake a range of caring roles in the community, providing services for clients of all ages.

Services include personal care (showering and dressing), home care (cleaning and household duties) and respite (time out for carers).

These services help the City's older and disabled residents remain independent in their own homes for longer.

If you want to work flexible hours and seek a feel good job that offers opportunities for professional development, then why not consider working for Council's Community Care Unit as a support worker.

You will be able to use your communication skills, empathy and initiative in assisting frail older people and people with disabilities to live independently at home.

A range of positions are currently available.

All prospective support workers must have a desire to work with older people and people with disabilities, good physical fitness, an ability to carry out the required duties, a car for work purposes and a current Victorian driver's licence.

All applicants will also be required to undergo a police check and a work-based medical check.

For further information, contact Council's Service Centre on 9524 3333.



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Glen Eira Women's Business Network 2012 Grand Finale: Value your merit?

The Glen Eira Women's Business Network 2012 Grand Finale will take a subversive, thought-provoking look at the principle of merit.

Author, novelist, advertising creative, social commentator and regular contributor on *The Gruen Transfer* and *Q & A*, Jane Caro, is a social provocateur and is unafraid of exploring the basis of our values. She believes women undervalue their merit and this needs to change by simply redefining our merit.

As part of her presentation, Jane will ask:

- If we currently live in a meritocracy, how come merit seems to be misappropriated? Is it really based on biases including gender, colour, anglo saxon, etc?
- If we really promoted people on merit, how would we define it?
- What would such a world look like?
- Why is affirmative action, like management and board quotas for women, seen as such a bad thing when we have only recently emerged from an era of 100 per cent quotas, when most positions of power and influence were barred to women?
- If we don't have some kind of affirmative action for women, how can we change things so that more people really do get promoted on merit?

Attendees will not only walk away from this presentation with a deeper understanding of the value of their own merit, but they will be questioning the world of biases, including their own.

About the speaker

Jane is a funny, warm and engaging speaker. She is a familiar face on television, an award-winning advertising writer, author and political, social and media commentator — and also a proud mum. Jane has been a copywriter in the advertising business for 30 years, working for such agencies as Forbes Macfie Hansen, The Campaign Palace, JWT and Saatchi & Saatchi.

She has won a number of awards for her creative work at shows around the world.

She is on the Boards of The Public Education Foundation and Bell Shakespeare, is the author of two nonfiction books and has just released her first novel *Just a Girl*.

Date: Thursday 15 November

Time: 6pm arrival for 6.30pm start

Where: Glen Eira Town Hall, corner Glen Eira and Hawthorn Roads, Caulfield

Cost: \$40 (includes dinner)

RSVP: bookings essential by Thursday 8 November to Council's Service Centre on 9524 3333

Dress code: must wear colour (it can be an accessory)



Jane Caro.

Special four-year-old immunisation sessions 2012–13

Glen Eira City Council's Immunisation Service is offering immunisation sessions for four-year-old children in 2012–13. These immunisations are recommended to be given just prior to a child's fourth birthday.

All four-year-old children receiving their immunisation will receive a free show bag. Face painting, balloons and magic tricks will keep the kids entertained.



Wednesday 7 November
4pm–6pm

Carnegie Library and
Community Centre
7 Shepperson Avenue
Carnegie

Saturday 1 December
9.30am–11.30am

Bentleigh-Bayside
Community Health
Gardeners Road
Bentleigh East

Saturday 12 January
9.30am–11.30am

Bentleigh-Bayside
Community Health
Gardeners Road
Bentleigh East



Glen Eira City Council

Bentleigh Bentleigh East Carnegie Caulfield Elsternwick Gardenvale Glen Huntly McKinnon Murrumbeena Ormond St Kilda East

Carnegie Caulfield Cycling Club — pedalling success

Representatives from Carnegie Caulfield Cycling Club recently represented Australia at the 2012 London Olympics and Paralympics.

Carol Cooke won a gold medal in the eight kilometre T1/T2 Individual Time Trial around Brands Hatch raceway, beating hometown rider David Stone by 21 seconds.

Carol said prior to London, she had done a lot of work back in Victoria.

“We had the course — we videotaped it in June and we put the gradient too it so I'd ridden it on a stationary bike — chasing my butt around the course and never catching it, but it's just been so invaluable.”

Michael Gallagher had a big program with events on the track and road. On the track, he successfully defended his 4000 metre individual pursuit title and in the process smashed the world record by five seconds in qualifying, recording a time of 4:30.012. In the final, he had a comfortable win against British rider Jon-Allan Butterworth. Backing up on the road, he claimed bronze in the 24 kilometre Time Trial.

Shane Perkins claimed a bronze medal in the men's sprint event and narrowly missed the podium in his other two races. He rode in the team sprint, which just missed out in the bronze ride off against Germany, and came away with fifth place in the Kierin.

Some of the Club's junior stars also tasted success at a major international competition. Jack Cummings, Evan Hull and Jacob Schmid were selected in the Australian team that competed at the Junior World Championships in Invercargill, New Zealand in August. Jack, the captain of the Australian team, and Evan, won gold medals as part of the Team's Pursuit quartet, while Jacob dominated the sprint events, winning both the Sprint and Kierin races, and collecting a silver medal in the Team Sprint event.

Outdoor pool opening

Carnegie Swim Centre will be open for the summer swim season from Thursday 1 November until Sunday 31 March.

In addition to being a great place to cool off on a hot day, the Centre has a number of exciting activities planned for the whole family. The popular *Family Fun Days* will keep everyone in the family happy with a jumping castle, live music, free sausage sizzle and other activities.

For the sporting types, the annual *Aquathon* series is back again this summer. *Aquathons* involve a combination of running and swimming and there are a range of categories to suit children, adults and even families.

If you like to relax, Carnegie Swim Centre is hosting live music sessions every Sunday during January.

Swimming lessons cater for all ages and abilities — from little ones looking to explore through water-based games and activities, to adults wanting to learn for the first time or work on stroke development.

As always, there are a range of multi-visits and full-season passes for regular swimmers available from the Centre reception.

Opening hours

- Monday–Friday: 6am–7pm;
- Saturday: 7am–6pm; and
- Sunday and public holidays: 8am–6pm.

On days forecast 30 degrees or above, opening hours will be extended to 8pm.

For further information on these and other events, contact Carnegie Swim Centre on 9571 8143 or visit www.carnegie.ymca.org.au



Carnegie Swim Centre will be open for the summer swim season from Thursday 1 November.

Photo: Bernie Bickerton.

Glen Eira bicycle spending

Glen Eira City Council is investing more than one million dollars in bicycle related infrastructure this financial year.

Projects include spending \$350,000 on implementing actions from the *Glen Eira Bicycle Strategy*, off-road path improvements, increasing bicycle parking, sustainable transport projects and traffic management measures to improve road user safety.

This investment is in addition to Council's annual road and footpath program, which gives consideration to the needs of cyclists and incorporates bicycle-friendly design wherever possible.

Residents have expressed a strong desire for an improved range of transport options, including safer cycling routes. Be it increasing traffic congestion, long travel times, high petrol prices, pollution or reduced parking availability, there is a groundswell of people in the community wanting to live their lives in a more sustainable way.

A comparison of *Census* data between 2001 and 2006 shows that bicycle commuting increased by 48 per cent in Melbourne. With the significant improvements made to the bicycle network in both Glen Eira and surrounding municipalities, cycling is an ideal choice for commuters, particularly workers who work in Melbourne's CBD.

Through this investment, Council is making cycling an attractive and realistic alternative to car use.

Bag it and bin it

Glen Eira is abundant with off-leash reserves for dog walkers, but this privilege is often abused by a small number of dog owners who fail to clean up after their dogs.

Not only is dog mess unpleasant, it is a human health hazard. Dog waste contaminates the ground and becomes a means of passing intestinal parasites and infections to dogs and people. Your own dog can be repeatedly reinfested by parasites in this way.

Toxocarasis is an infection caused by worms commonly found in dogs' intestines. This can cause serious illness and even blindness. Children are at higher risk of contracting toxocarasis as they are more likely to come into contact with soil or sand that contains faeces. Cases of toxocarasis have

also been found in sportspeople where dog faeces have been left on recreational play areas and sports pitches.

Picking up the faeces prevents a great deal of this contamination. Of course the dogs can't clean up after themselves, so this is a people problem rather than a dog problem. Picking up is just part of having a dog — and being a responsible pet owner.

Glen Eira City Council has tried to make it as easy as possible for local pet owners to clean up after their pets.

Plastic bag dispensers are available in many of Council's parks and reserves. Next time you meet a civic compliance officer in the park, you can ask for a free carry bag, however it's no defence to allow your animal faeces to remain just because you forgot.

By picking up after your dog, not only are you setting

a great example for others, but you are helping to create a brighter future for other dogs and the Glen Eira community.



Owners are legally required to collect and dispose of their dog's droppings when out in public.

Photo: John Krutop.

Battle of the Bands 2012

By Lucy: Youth Leadership Team member

The fifth annual *Battle of the Bands* competition was held on Friday 14 September.

Hosted by Glen Eira City Council Youth Services and the Youth Leadership Team (YLT), more than 200 people attended the event and showed their support for the six local bands taking the stage.

All of the bands looked and sounded incredible doing what they do best — performing. The new bands didn't show any nerves at all — and neither did any of the *Battle of the Bands* veterans.

For the second year in a row, the *People's Choice Award* (a \$200 music gift voucher) went to *Midriff Explosion*.

After Dark were runners up, also receiving a \$200 music gift voucher. They were also chosen to support

Tim Freeman at Council's *Party in the Park* in February.

Claiming first place and the *Battle of the Bands 2012* title was alternate rock band *The Legend of Barcelos*. The five-piece band wowed the crowd and judges with their original tunes. They have won two full days recording at Glen Eira's *Plugged In* music studio.

Those who attended said:

"The night was really awesome, with lots of great bands" (Caitlin, 13).

"These competitions are vital to new bands as it's hard for them to get up on stage and have a go" (Fred, 18).

Glen Eira Mayor Cr Jamie Hyams congratulated the winning bands and thanked the YLT for all their hard work and organising another fantastic event for their peers.

Youth Services and the YLT would like to thank everyone that came along and made the night memorable and well done to all the bands that competed.



YLT 2012: Aimee, Jenny, Shruti, Bekki, Amy, Lucy and Billie. Photo: Madi Saylor.



Midriff Explosion. Photo: Madi Saylor.



After Dark. Photo: Madi Saylor.



The Legend of Barcelos. Photo: Madi Saylor.



- Community participation
- Building leadership skills
- Planning and facilitating youth events
- Representing Glen Eira's youth

Glen Eira City Council's Youth Leadership Team is a program for enthusiastic young people aged 15–25. Participants are encouraged to build and enhance their relationship potential through the development and facilitation of events.

Members of the Youth Leadership Team serve a one year term and receive training in leadership skill development, event management and occupational health and safety for events.

The team then plans and facilitates youth events in Glen Eira such as *Battle of the Bands* and the *Youth Art Expo*.

To register your interest for the team, visit www.gleneira.vic.gov.au/youth or contact Youth Services on 9524 3676.



Introducing Jenny: Youth Leadership Team member

What is the Youth Leadership Team (YLT) and why did you want to be a part of it?

The YLT is a strong team of young people who are passionate members of the local community. I wanted to be part of the YLT because I felt that it would be a positive experience to enhance my life outside of school by giving me an opportunity to develop friendships with a group of like-minded individuals, while allowing me to learn from them and better myself.

How did you find out about the YLT and become a member?

I found out about the YLT while I was at the local library.

What skills do you hope to get out of the program?

I hope to develop stronger leadership and public speaking skills and improve my organisational and teamwork skills.

What are you most looking forward to doing as a part of the 2012 YLT?

I look forward to working with a team of wonderful, like-minded people and to make a contribution to the local community.

Where do you see yourself in 10 years' time?

Hopefully in a job I love doing, which will help make a difference to the

community. In my spare time, I hope to be surrounded by my friends and family.

What is your favourite meal?

My favourite meal is dessert — I am a huge fan of sweet things.

If you could have any job what would it be? Why?

I'd like to work for a not-for-profit organisation so I constantly get to do the things I love, which includes travelling and helping those who are less fortunate.



YLT member Jenny. Photo: Madi Saylor.

Depression and anxiety in teens

Supporting the mental health of young people was the focus of Glen Eira City Council Youth Services parent information night.

Held on Tuesday 9 October, the evening was held as part of *Mental Health Week*, which aims to activate, educate and engage Australians about mental health.

According to Youthbeyondblue, depression is one of the most common mental health challenges faced by young people. Around one in five young people experience depression by the time they reach adulthood. If not treated, depression can lead to underachieving at study or work, losing contact with friends and family, substance misuse and an increased risk of suicide.

Guest speaker Dr Sally Anne McCormack shared information, ideas and advice on how to best support the positive mental health development of young people.

Dealing with feelings of depression and anxiety can be daunting and

confronting. Often, young people feel at a loss as to how to cope or lack support to know where to go to get help when they are not feeling ok.

When feeling this way, a young person often needs the support of those around them to seek professional help, from seeking medical advice or referral from their General Practitioner to contacting a mental health service directly.

If you or someone you know is in need of assistance, contact Youth Services on 9524 3676 or email youthservices@gleneira.vic.gov.au

The following services can also be of assistance:

www.headspace.org.au

www.kidshelpline.com.au or
1800 551 800

www.youthbeyondblue.com

To stay up-to-date with Youth Services programs, events and parent information evenings, contact Youth Services to join the mailing list.

More StoryTime and BabyTime sessions

StoryTime and BabyTime sessions are very popular with Glen Eira families. To meet the growing demand, additional session times are now available.

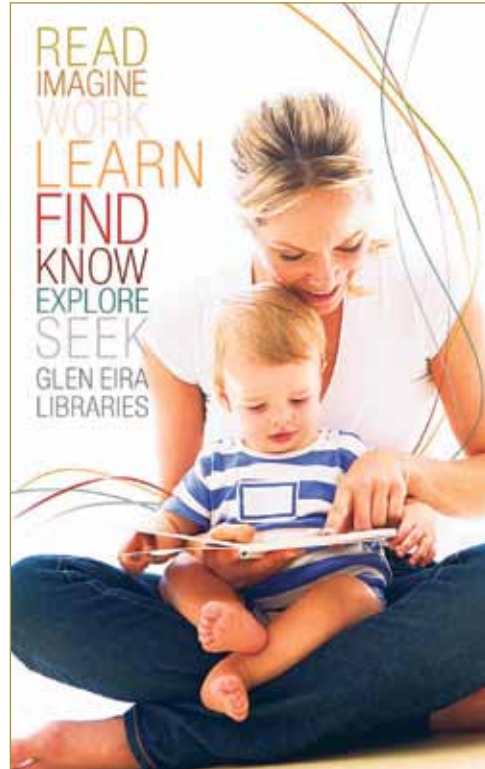
StoryTime — for preschool children aged three to five years

- Bentleigh Library: Tuesdays at 2pm; and
- Carnegie Library: Thursdays at 2pm.

BabyTime — for babies and toddlers under three years

- Bentleigh Library: Wednesdays at 2pm;
- Carnegie Library: Tuesdays at 2pm; and
- Caulfield Library: Mondays at 11am.

For a full list of session times, visit library.gleneira.vic.gov.au



NEST Family Wellness Clinic is a new medical practice that provides a wide range of medical and support services under the one roof.

The experienced team of GPs at NEST include Doctors: Louise Johns, Rebecca Jung, Dimity Williams, Katie Cunneen and Angela Catanzariti.

Other NEST services include: Psychiatry, Psychology, Childhood Immunisation, Obstetrics, Paediatrics, Physiotherapy and Group programs. NEST also provides outreach services in the home: a sleep and settling support service, feeding (including lactation) consultations and early parenting support.

NEST is located at 289 Kooyong Road, Elsternwick and is open Monday to Friday.

Telephone NEST on **03 9528 5882** and speak to our friendly reception staff to arrange an appointment.



NEST GPs will take Saturday appointments as of 2013. Our NEST website can be viewed at: www.nestclinic.com.au

Partners & Crime

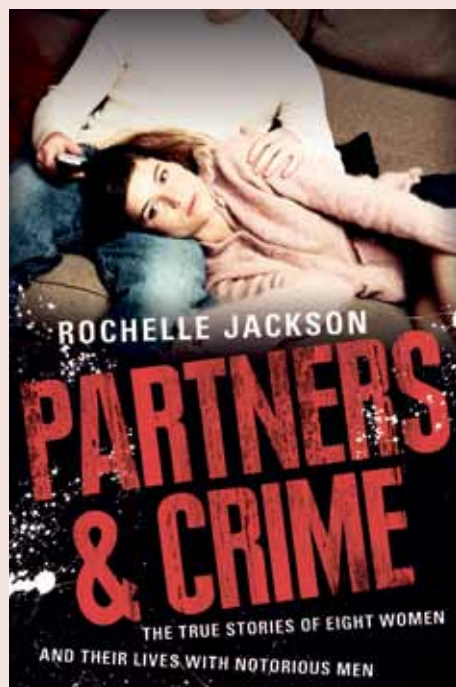
**Wednesday 14 November
7pm-8pm**

**Glen Eira Town Hall —
Theatrette, corner Glen Eira
and Hawthorn Roads, Caulfield**

Come along and join author and journalist Rochelle Jackson, a specialist in true crime and the author of *Inside Their Minds: Australian criminals*. Rochelle will discuss her recently released book *Partners & Crime*, where the women drawn into the world of crime by the men they love, tell their own stories for the first time. Surprising, intimate and at times confronting, *Partners & Crime* will take us behind the headlines and media hype to reveal what it is really like to live with men who live outside the law. This will be a fascinating exploration of the women who love the baddest of the bad boys. For some, it was true love. For others, it was the excitement, wealth and glamour.

This is a free event, but bookings are essential. Book online at library.gleneira.vic.gov.au, at any Glen Eira library or contact 9524 3623. Rochelle will have copies of her book

for sale on the night at the discount price of \$30. You can read both of Rochelle's books as e-books. To download a copy, visit library.gleneira.vic.gov.au and go to e-books and e-audio and then refer to the EBL e-books link. Here you can create a borrower account. It is quick and easy and once established, you can select from an expanding range of free titles.



Blu-ray now on offer at Glen Eira libraries

New to the collection at Glen Eira libraries are blu-ray DVDs. You will find new releases, documentaries, classic movies and popular children's films on offer.

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