



GLEN EIRA CITY COUNCIL

MAY 2014

VOLUME 193

gleneiranews

Council welcomes removal of level crossings

All political parties are now committed to the removal of level crossings at Koornang Road, Carnegie and Murrumbeena Road, Murrumbeena.

Glen Eira City Council has strongly advocated for these improvements for many years and is delighted that these projects have been recognised at state level.

In the last six months, both the Government and the Opposition have committed to these two grade separations. Grade separation involves separating the road and the rail line by putting one under or over the other.

The Victorian Greens also agree removing a selection of level crossings will ease traffic congestion.

Glen Eira Mayor Cr Neil Pilling said grade separation is a matter that community members have consistently raised with Council over a long period of time.

“The removal of two of Victoria’s busiest and congested level crossings will not only improve the flow of trains, cars, buses, cyclists and pedestrians, but will improve safety for all train and road users,” Cr Pilling said.

“At the moment during peak times, motorists, cyclists and pedestrians can be waiting for more than 15 minutes at a time before the boom gates go up.

“Grade separation will also make it easier

to run more trains more often.”

The Government and Opposition have also announced commitments relating to Grange, Carnegie and Poath Roads, Murrumbeena. The Government has committed to planning and preconstruction funding for these two crossings. The Opposition has said it will remove the crossings within eight years.

On the Frankston Line, detailed planning and preconstruction work is underway to remove the level crossing at North Road, Ormond. VicRoads has been investigating two design options — rail under road and road under rail. A business case has been provided to the Government, which will consider both options. Factors such as safety, amenity and the environment will be taken into consideration to determine the preferred solution.

Council hopes that the construction work will be carried out in the next two years.

Grade separations are very expensive and Council appreciates the investments in our local community.

The projects will cause some inconvenience for a short time and Council asks those affected for their patience and co-operation in order to

achieve the substantial improvements over the long-term.

As the design of the projects becomes clearer, Council will be looking for any opportunities to increase public open space around these key activity centres.

Cr Pilling said once these projects have been completed, Glen Eira will enjoy much better access across all our railway lines.

“It should help to ease congestion and provide improved opportunities for cycling and walking — it will be a win-win for all concerned,” Cr Pilling said.

Cover image: Glen Eira Mayor Cr Neil Pilling with Chair of the Carnegie Traders Association Graeme Callen at the Koornang Road, Carnegie level crossing.
Photo: Rob Churchus.

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Mayor's column

I recently had the pleasure in attending a milestone event for Shirley Seaboyer, who celebrated her 100th birthday — congratulations and best wishes.

Speaking of celebrations, Glen Eira Sports and Aquatic Centre (GESAC) is turning two on Wednesday 7 May. Since opening in 2012, more than two million people have visited the state-of-the-art facility. GESAC provides something for everyone in the community, so come along and see for yourself what this popular leisure facility has to offer.

From little things, big things grow is the theme for Glen Eira City Council's *May Small Business Month*.

The speakers and topics for the 2014 event have been chosen to generate ideas, provide inspiration, tips, tools, motivation and a renewed passion for small business.

Further information about *May Small Business Month* can be found in the special four page lift-out in this edition of *Glen Eira News*.

Council's annual *Food Business Awards* will be held on Monday 5 May. I have the pleasure in announcing the *Shop of the Year*, which is awarded to the food business which has delivered the highest standard of food safety in the City. Best of luck to all nominees.

Finally, the results of VicHealth's *Walk to School* competition have been announced. St Mary's Primary School in St Kilda East came second in the Southern Metropolitan Region. Congratulations to the 240 students who took part in the competition. Overall, more than 30,000 students from more than 300 primary schools across the state took part in *Walk to School*, walking a total of 411,100 kilometres.

**Cr Neil Pilling
Mayor**



Delivered Meals Service

Where can you receive a healthy and nourishing meal, accompanied by 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 and two desserts. Soup and fruit juice are also included and the menu is updated twice a year to reflect seasonal changes.

The menu options comprise an appetising mix of old favourites such as roast lamb; salmon patties; steak and mushroom casserole; and meatloaf, as well as many modern choices such as sweet potato and sage risotto; lamb Rogan Josh; baked fish in tarragon sauce; gnocchi in mushroom sauce; and red Thai chicken curry.

Meals are delivered in biodegradable containers, which have a clear film lid so the meal can be seen. Meals can be heated in these containers or put on a plate and heated.

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 warm the meal up 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. As 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. This is particularly important for residents who live on their own.

If there are 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

To access this service, contact the Delivered Meals Service. Staff will ask a few questions to determine your eligibility for the service and any dietary or delivery requirements. The service can commence within one to two working days.

For further information about the service, contact the Delivered Meals Service on 9576 9748.

COUNCILLOR CONTACTS



TUCKER WARD

Cr Jamie Hyams
Ph/Fax: 9578 8314
Mobile: 0427 319 018
jhyams@gleneira.vic.gov.au



Cr Oscar C Lobo JP

Ph/Fax: 9557 0108
Mobile: 0417 837 418
olobo@gleneira.vic.gov.au



Cr Jim Magee

Ph/Fax: 9563 8360
Mobile: 0427 338 327
jmagee@gleneira.vic.gov.au

CAMDEN WARD



Cr Michael Lipshutz

Deputy Mayor
Ph/Fax: 9530 0438
Mobile: 0400 832 270
mlipshutz@gleneira.vic.gov.au



Cr Mary Delahunty

Mobile: 0427 970 879
mdelahunty@gleneira.vic.gov.au



Cr Thomas Sounness

Mobile: 0428 596 951
tsounness@gleneira.vic.gov.au



ROSSTOWN WARD

Cr Margaret Esakoff

Ph/Fax: 9578 2877
Mobile: 0407 831 893
mesakoff@gleneira.vic.gov.au



Cr Karina Okotel

Mobile: 0424 479 454
kokotel@gleneira.vic.gov.au



Cr Neil Pilling

Mayor
Phone: 9524 3225
Fax: 9524 3358
Mobile: 0428 310 919
npilling@gleneira.vic.gov.au

COUNCILLOR CONTACTS

Glen Eira Town Hall

Corner Glen Eira and Hawthorn Roads Caulfield
PO Box 42, Caulfield South VIC 3162

Telephone: 03 9524 3333

National Relay Service: A phone solution for people who are deaf or have a hearing or speech-impairment, TTY dial 13 36 77 or Speak and Listen 1300 555 727 or www.iprelay.com.au then enter 03 9524 3333

Facsimile: 03 9523 0339

Email: mail@gleneira.vic.gov.au

www.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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DEADLINES

The deadline for the next edition (June) of *Glen Eira News* is Wednesday 30 April for delivery 26 to 30 May (weather permitting).

Coming deadlines

The deadline for the July 2014 edition of *Glen Eira News* is Wednesday 28 May for delivery 23 to 27 June (weather permitting).

For advertising and *Community Diary* enquiries, contact 9524 3333 or email editor@gleneira.vic.gov.au

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

Glen Eira honours the Anzac tradition

More than 200 people honoured the traditions of service and sacrifice at Glen Eira City Council's annual Anzac Day Service on Sunday 13 April.

The ANZAC Address was delivered by New Zealand Sub-branch RSL President Danny Allen.

Glen Eira Mayor Cr Neil Pilling led the commemoration, which included:

- Glen Eira Councillors, including Cr Margaret Esakoff, Cr Michael Lipshutz and Cr Oscar Lobo;
- local Parliamentarians, including Michael Danby MHR, Clare O'Neil MP, David Southwick MP, Elizabeth Miller MP, Ann Barker MP and Georgie Crozier MP;
- The 1/3 Force Support Company;
- 417 Squadron Australian Air Force cadets;
- local RSL Clubs, including Caulfield RSL Sub-branch, Bentleigh RSL Sub-branch, Oakleigh Carnegie RSL Sub-branch, New Zealand RSL Sub-branch and the Victorian Association of Jewish Ex and Servicemen and Women;
- Caulfield St Kilda Legacy Widows Club and the Bentleigh War Widows and Widowed Mothers Association;

- local schools, including Kilvington Grammar School, Shelford Girls' Grammar School, McKinnon Secondary College, Bentleigh Secondary College, Leibler Yavneh College, Caulfield Primary School, and Ripponlea Primary School;
- Glen Eira Stonnington District Scouts; and
- Glen Eira District Girl Guides.

Council's commemoration quoted General Sir John Monash:

"From the far off days of 1914, when the call first came, until the last shot was fired, every day was filled with loathing, horror and distress. I deplored all the time the loss of precious life and waste of human effort. The thought uppermost in my mind was that Australia might forever be spared such a horror on her own soil."

It also quoted Mustafa Kemal who had commanded the Turkish defence of Gallipoli and who later became President of Turkey:

"Your sons are now lying in our bosom and are at peace. Having given their lives on our land, they have become our sons as well."



Community column

Speaking up for our City

Minister for Local Government visits Bentleigh Library

Glen Eira City Council received positive feedback from the then Minister for Local Government the Hon. Jeanette Powell MP whilst on a visit to Bentleigh Library on Thursday 6 March.

I have visited many libraries during my time as Minister and as a former councillor.

I have to say that the library is one of the most innovative that I have had the pleasure of seeing.

I was especially impressed with the bedtime StoryTime for young children — what a great way to foster an early love of reading.

Engaging our community

Glen Eira Sports and Aquatic Centre wins lifeguard challenge

For the second year in a row, Glen Eira Sports and Aquatic Centre (GESAC) has won the Lifesaving Victoria Professional Pool Lifeguard Challenge.

Held in late March at Oakleigh Recreation Centre, 60 lifeguards from 15 aquatic centres participated in the annual event.

Teams were put to the test responding to a variety of simulated scenarios, ranging from chemical spill victims and drug affected patrons, to shallow water spinal injury and equipment falls.

The scenarios were designed to not only test the technical skills of the individual team members, but also their overall teamwork, communications and incident response capabilities.

Preventing dog attacks

Dog attacks are a terrifying and unpleasant experiences that can easily be prevented if the right measures are taken.

By law, dogs must be securely confined to their owner's property and owners should provide safe visitor access to the front door. When dogs are away from their owner's property they must always be kept on a lead, except in designated off-leash areas, where they must be kept under effective voice control.

It is recommended that dog owners enrol their dog/s in obedience training at a young age, to teach them how to behave around humans and other dogs.

If a dog threatens or attacks someone who is either outside the owner's

property or trying to access the front door, the owner may be held legally and financially responsible for all damages resulting from the attack. If faced with an aggressive dog, the following suggestions may help to reduce the severity of the attack.

Stand still and remain calm. Do not look at the dog's eyes. Running away, yelling or displaying aggressive behaviour will, in most cases, further aggravate the animal or invite it to chase. If the person being attacked is on the ground, their best defence is to cover their neck, head and face with their arms and curl their knees up to their chest.

Continue to remain still until the dog loses

interest or is called away. Then, when it is safe to move away from the dog, do so slowly and carefully keeping the dog in view at all times.

It's unwise to approach any dog tied up or tethered and unattended. Always seek permission from the owner prior to patting a dog. Remember, even dogs that may appear quite friendly, should be approached with caution.

If residents or their pets are bitten, attacked, rushed at or chased by a dog, or they witness an attack, they should report the matter to Glen Eira City Council's Service Centre on 9524 3333.



CEO's column

Glen Eira City Council adopted the *Open Space Strategy* last month and has immediately moved into implementation.

This month, Council will be consulting on the designs for Glen Huntly Reservoir park and the Elsternwick Plaza upgrade in order to get both projects under construction.

The proposed budget for 2014–15 will also provide for several other projects to provide more and better open space.

Council has initiated the process to amend the *Planning Scheme* to levy multi-unit developers higher open space contributions. If the Amendment goes through the necessary stage and is approved by the State Government, it is expected that the income from the levy will more than double.

Andrew Newton
Chief Executive Officer



Healthy eating seminars

Glen Eira City Council will host two healthy eating seminars in May. Bookings are essential and can be made online at www.gleneira.vic.gov.au or by contacting Council's Service Centre on 9524 3333.

Healthy eating on a budget **Tuesday 27 May** **7pm–9pm** **Caulfield Park Pavilion, Balaclava Road, Caulfield**

Healthy eating doesn't have to cost more. This session will help you make choices that are not only healthy, but also economical. It will explore nutrition labels and nutrition claims and help you navigate the abundance of food and nutrition information available.

Eating well, ageing well **Wednesday 28 May** **2pm–4pm** **Caulfield Park Pavilion, Balaclava Road, Caulfield**

As we get older, our body changes. This session will explore how nutrition requirements change as you age and how to overcome the barriers to achieving a healthy diet.

We can all improve our health

With almost half the population in Glen Eira considered overweight or obese, now is the time to take charge of your health and wellbeing.

Here are some tips for achieving a balanced diet:

- When shopping, make a list and stick to it.
- Spend most of your money on the five

food groups.

- Listen to your body — stop when, or even before, you feel full.
- Plan healthy, quick and easy meals for busy days.
- Choose water instead of juice or sweetened drinks — it's free and has no kilojoules.
- When hungry, fill up with fruit and vegetables.
- Freeze leftovers for other meals or use for lunches.
- Find a friend or family member to help support you to eat healthily and be active.

For further hints and tips, visit www.eatforhealth.gov.au

Healthy eating in community settings

Primary schools, early childhood education and care services and workplaces across the City of Glen Eira are invited to register for the *Victorian Prevention and Health Promotion Achievement Program*.

The *Program* supports the development of healthy environments for learning, working and living.

In Glen Eira, two primary schools, one workplace and 21 early childhood venues, including Glen Eira City Council's three children's centres at Carnegie, Caulfield

and Murrumbeena and Glen Eira Family Day Care, have registered for the *Program*.

Members of the *Program* receive guidelines, resources and support to help meet statewide benchmarks for health promotion.

Some ways of meeting benchmarks for healthy eating and oral health include:

- implementing a whole school or service healthy eating policy;
- providing students with opportunities to engage in regular food-related activities, such as planning and shopping for meals, growing, cooking and eating healthy food;
- providing opportunities for staff to develop nutrition knowledge and skills; and
- providing space for meal breaks and having facilities available for the preparation and storage of food.

Registrations will be open to secondary schools at a later date. For further information or to register, visit www.achievementprogram.healthtogether.vic.gov.au

Value the local experience



A Glen Eira City Council initiative
www.gleneira.vic.gov.au/Connect/Business/Think_Local_First_initiative

Maternal and Child Health Service



Glen Eira City Council's Maternal and Child Health (MCH) Service has launched a Facebook page to provide busy families with quick upcoming event reminders and helpful hints for parents with young children.

During 2014, Council's MCH Service will provide many opportunities to support families including one-on-one appointments at any of Council's seven MCH centres, a Breastfeeding Support Service, new parents' groups and

information sessions on food in the first 12 months and settling into parenthood. 'LIKE' us on Facebook and you will receive regular news and updates on what is coming up plus other helpful advice and tips from Council's MCH Service.





Clearing the way for walking

During community consultation for Glen Eira City Council's *Walking Strategy*, various concerns were raised regarding obstructions for walking. These obstructions range from overhanging branches from private properties, illegally parked vehicles and construction sites.

Council's Civic Compliance Department inspects approximately 2,000 properties each year to address overhanging branches. Trees must be trimmed to a height of at least three metres above the ground and vertically in line with the property boundary. Shrubs must not protrude beyond the fence line or encroach on the footpath.

A key role of Council's Parking and Prosecutions Department is to have a presence at schools within Glen Eira to ensure safety of children. This includes ensuring vehicles do not park over school crossings or footpaths.

Complaints regarding construction sites are also investigated to ensure that safe and convenient access is provided for pedestrians.

If you experience overhanging branches, illegally parked vehicles, difficulty in walking past a construction site or even if rubbish bins are left out for days on end on footpaths, contact Council's Service Centre on 9524 3333 so that these concerns can be investigated.

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.

Four-year-old kindergarten 2016 enrolment reminder

Glen Eira City Council operates a central enrolment system for 13 community based kindergartens within the municipality.

Parents wanting their child to attend four-year-old kindergarten in 2016 are reminded that enrolments open on 1 May 2014.

Children whose birth dates fall between 1 May 2011 and 30 April 2012 are eligible to attend kindergarten in 2016.

Applications are taken in the date order of enrolment receipt from 1 May 2014. Applications will not be accepted prior to 1 May 2014.

Enrolment forms are available from your local kindergarten, online at www.gleneira.vic.gov.au or by contacting Council's Service Centre on 9524 3333. An application fee of \$18 applies.

Three-year-old kindergarten enrolments are taken directly by the kindergartens and do not influence when enrolling for four-year-old kindergarten.

Please note: kindergarten programs are also offered in community and privately owned long day care centres, early learning centres and kindergarten centres. Families interested in securing places in those services should contact them directly.

Pedestrians and private driveways

Under the Victorian road rules, a driver exiting a private driveway must give way to pedestrians and all other traffic — even if such traffic is hidden by high front fences, hedges or buildings.

Glen Eira City Council Manager Transport Planning Terry Alexandrou said that blowing the horn before exiting the driveway is not giving way.

"This is not appropriate as not only do young children not understand the significance of a car horn, but if a pedestrian happens to have a hearing impairment or is wearing a headset, they may not hear the horn," Mr Alexandrou said.

The correct way to exit a private driveway is:

1. drive slowly to the exit and stop with the nose or tail of the car just short of the footpath; and
2. at less than walking speed, inch out slowly across the footpath.

Each year, a significant number of pedestrians including the elderly and children, are run down and seriously injured by vehicles exiting private driveways.

By following these two steps, you will ensure that pedestrians and cyclists under the age of 12 — who are legally entitled to ride on the footpath — can see there is a vehicle exiting, and in the unfortunate event of a collision, it will be of a minor nature.

"Ideally, fences and vegetation should be less than 600 millimetres in height so that motorists and pedestrians can see each other. This principle is encouraged for many new developments that are constructed in the municipality," Mr Alexandrou said.

Residents that wish to make alterations to their fences or vegetation to improve visibility of pedestrians can contact Council's Transport Planning Department for advice on 9524 3333.





The sleeping baby and toddler

Wednesday 14 May

7.30pm–9.30pm

Carnegie Library and Community Centre — Boyd Room

Cost: \$7 per person

(bookings online at www.gleneira.vic.gov.au)

Associate Professor Harriet Hiscock from The Royal Children's Hospital Melbourne will present an interactive session for parents that will inform and encourage healthy practises and strategies for baby and sleep.

Nothing confronts a parent more than trying to settle a child to sleep.

A positive bedtime routine smooths the way for good sleeping habits. Without a good routine, it can be hard for a baby to settle to sleep.

A positive routine involves your child going through a few pleasurable activities in the crucial 20 minute period before bedtime. It helps soothe and calm your child to get ready for sleep.

A routine can have any number of activities. Most routines involve a mix of pre-bed tasks (bath, brushing teeth) and quiet, enjoyable activities (reading a story). The aim is to stay calm, using positive attention and praise. The key is that activities are done in a similar way each night, keeping it predictable for the child.

Glen Eira City Council's Maternal and Child Health Co-ordinator Helen Cunningham said it's amazing just how different babies are.

"Some babies will sleep for hours while others will have short naps. There is no such thing as normal when it comes to sleeping babies," Ms Cunningham said.

Council's Maternal and Child Health nurses are able to support families with sleep strategies.

For further information and support, visit the Raising Children Network www.raisingchildren.net.au or SIDS and Kids www.sidsandkids.org



Help keep Glen Eira's streets clean

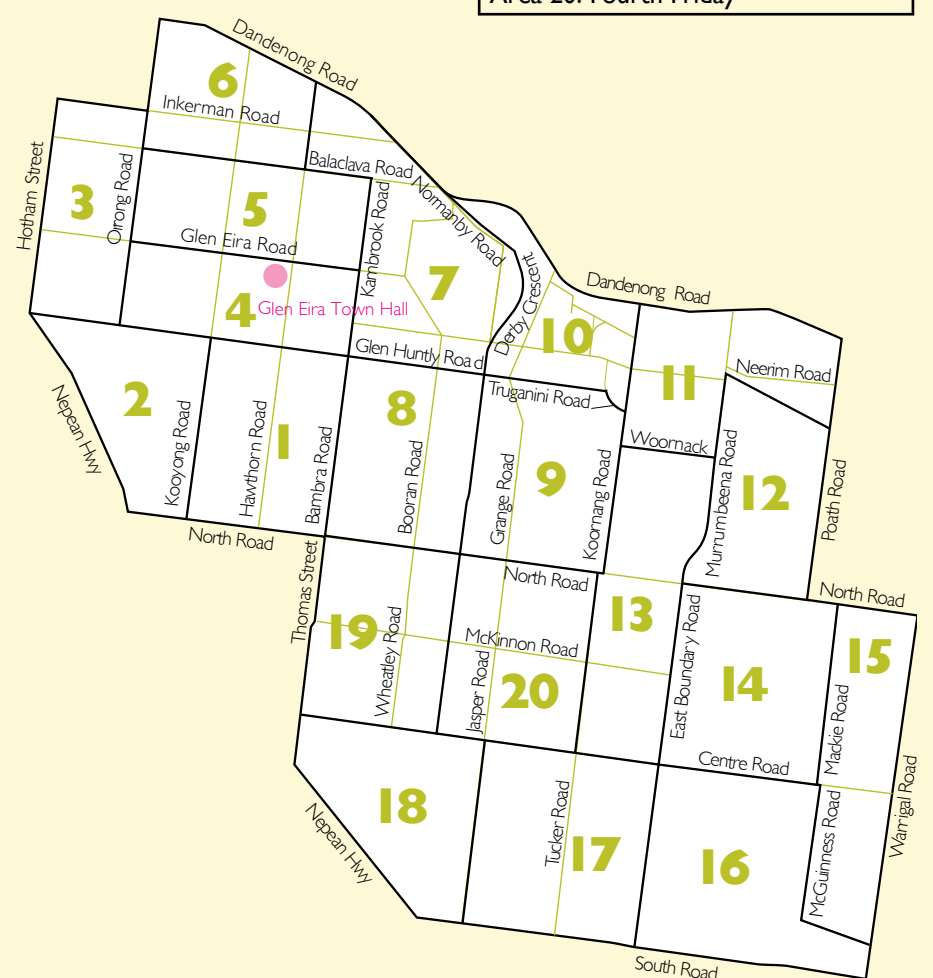
Glen Eira City Council sweeps residential streets every month to help keep them looking tidy and prevent debris from entering stormwater drains.

Residents can assist by:

- keeping vehicles off the street on street sweeping days (see map);
- informing others when street sweeping day is;
- ensuring (where possible) that sticks, branches and rocks are not mixed in with leaves, as they will damage the street sweeping machinery;
- not sweeping grass clippings into gutters as they wash into the drainage system; and
- disposing of leaves from your front yard in a green waste bin, compost or as mulch. They are not for collection by street sweepers.

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

Area street sweeping days
Area 1: First Monday
Area 2: First Tuesday
Area 3: First Wednesday
Area 4: First Thursday
Area 5: First Friday
Area 6: Second Monday
Area 7: Second Tuesday
Area 8: Second Wednesday
Area 9: Second Thursday
Area 10: Second Friday
Area 11: Third Monday
Area 12: Third Tuesday
Area 13: Third Wednesday
Area 14: Third Thursday
Area 15: Third Friday
Area 16: Fourth Monday
Area 17: Fourth Tuesday
Area 18: Fourth Wednesday
Area 19: Fourth Thursday
Area 20: Fourth Friday



Glen Eira Senior Citizens' Register

The *Glen Eira Senior Citizens' Register* continues to promote safe and confident living for senior residents in Glen Eira.

Leading Senior Constable Gary Oram said the *Register*, which is overseen by Victoria Police, is an important community safety initiative.

"The *Register* gives vulnerable and aged residents peace of mind. It's a great way for our more vulnerable residents to stay in touch," Mr Oram said.

Accredited volunteers contact residents on the *Register* on a monthly basis to check on their welfare and security and to assist them with any concerns they may have.

Moorabbin Proactive Policing Unit also offers an optional home safety audit to those on the *Register* to ensure the resident's home has:

- a clearly-displayed house number;
- fitted smoke alarms;

- security doors;
- sensor lights; and
- deadlocks.

Moorabbin Police and Glen Eira City Council are encouraging residents who are not registered to sign up and take advantage of this successful initiative.

To register your details, contact Leading Senior Constable Gary Oram during business hours (8am to 4pm) on 9556 6547 or 0414 181 313.



News in brief

Hear the sounds you love

Concerned about your hearing? Australian Hearing is offering free hearing checks for Glen Eira residents on Friday 9 May from 8.30am to 1pm.

To be held in the Boyd Room at Carnegie Library, the 15 minute hearing checks will be conducted by Australian Hearing experts. Staff will also be on hand to guide you through what next steps you may have to take in regards to your hearing. As well as having a hearing check, visitors to the library can find information on a range of common hearing issues and view a display of easy-to-use hearing devices for around the home. This includes headsets for watching television and alert systems for doorbells.

No appointments are required.

For further information, contact 13 17 97 or visit www.hearing.com.au

Responsible Gambling Awareness Week 2014

Responsible Gambling Awareness Week 2014 will be held from 26 May to 1 June.

The Week aims to encourage people who gamble in one way or another to do so responsibly and to not let gambling control their lives.

The City of Glen Eira is home to more than 750 electronic gaming machines operating in 11 venues.

Tips for staying in control include:

- knowledge: be informed so responsible decisions about gambling can be made;
- balance: decisions about gambling

should be made in the broader sense of lifestyle and entertainment choices to maintain a balance; and

- control: when gambling, set appropriate time and financial limits.

If you need help with a gambling addiction or are worried about a friend or relative, contact Gamblers Help on 1800 858 858 or visit www.gamblinghelponline.org.au

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.

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

Walk Safely to School Day

Glen Eira City Council encourages parents and carers to walk their children to school on *Walk Safely to School Day* on Friday 23 May.

Walk Safely to School Day is an annual, national community event that encourages primary school children to walk and commute safely to school.

The event:

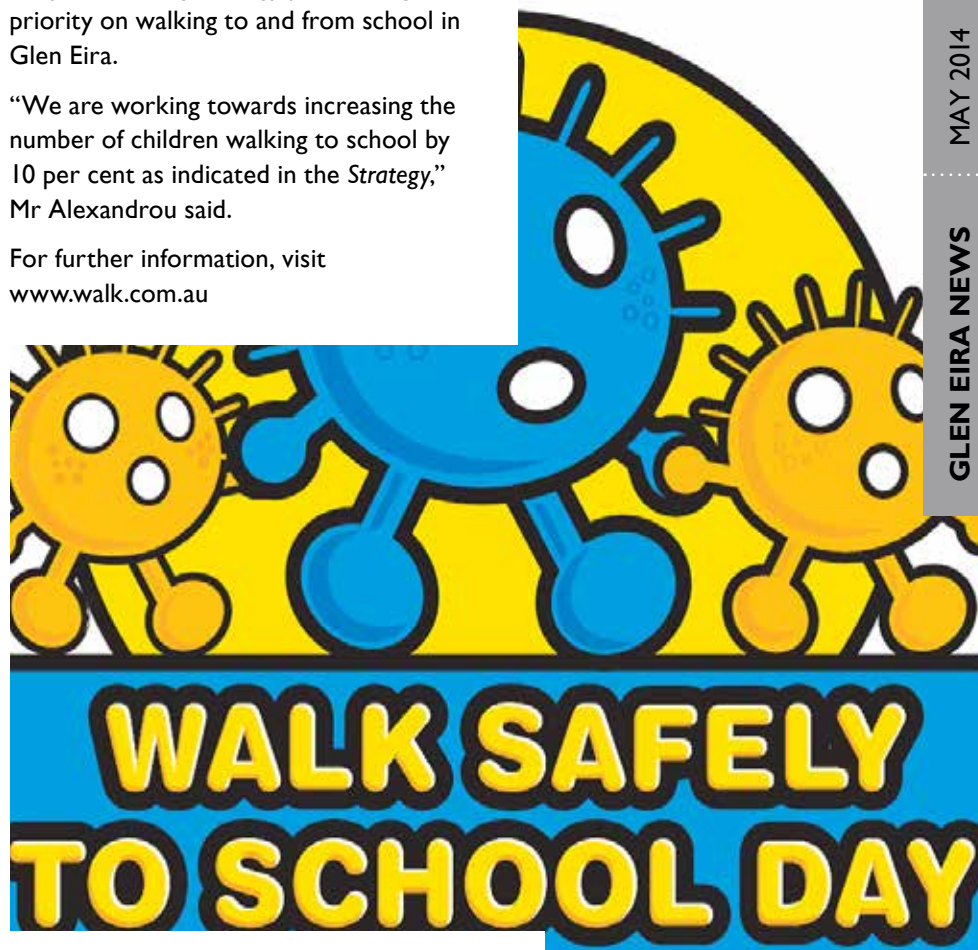
- promotes the health benefits of walking and helps to create regular walking habits at an early age;
- helps children develop vital road-crossing skills; and

- promotes walking as a sustainable method of transport to and from school.

Council's Manager Transport Planning Terry Alexandrou said Council's recently adopted *Walking Strategy* places a high priority on walking to and from school in Glen Eira.

"We are working towards increasing the number of children walking to school by 10 per cent as indicated in the *Strategy*," Mr Alexandrou said.

For further information, visit www.walk.com.au



out and about



ANZAC Day Service — Cr Oscar Lobo (middle) and Glen Eira Mayor Cr Neil Pilling with service attendees.

Photo: Rob Churchus.



ANZAC Day Service — McKinnon Secondary College representatives, Cr Michael Lipshutz and representatives from Bentleigh Secondary College.

Photo: Rob Churchus.



Improving the sustainability of your home



If you want to improve the sustainability of your home you might like to consider:

Solar panels

Solar panels harness sunlight to generate electricity. The price of buying solar has dropped significantly in the last five years.

The benefits of solar panels include:

- they generate electricity for your home;
- there are no emissions; and
- the panels last for 20 to 30 years.

Glen Eira City Council has recently installed solar panels on six of its community buildings and the number of residents who have installed solar panels, has doubled in the last two years.



Energy efficient hot water

You can replace your hot water system with instantaneous gas hot water systems, heat pumps or solar hot water systems and benefit from better technology.

Modern solar hot water systems have a back-up water heater (that runs on gas or electricity) to ensure that you never run out of hot water.

The benefits of efficient hot water systems include:

- a reduction in electricity or gas bills; and
- a reduction in greenhouse gas emissions.

Glen Eira City Council has resources for residents wishing to integrate sustainable design into their homes. Visit www.gleneira.vic.gov.au

Renovating?

If you are renovating, you should consider the location and size of windows and level of insulation. Getting this right can make a significant difference to how comfortable your house is and how much you pay on bills. Renovating is one of the best times to improve you house. Have you considered:

- orienting your house to catch the winter sun?;
- insulation?;
- shading the house from summer heat?; and
- green rooves and walls?

Glen Eira City Council has set up a page of resources for those building or renovating their homes. Visit www.gleneira.vic.gov.au

Energy efficient lights and power controllers

Changing your lights is one of the easiest and quickest ways to reduce energy use for many Glen Eira households.

Glen Eira residents can have lights and other small energy saving products installed free of charge. For further information, visit www.energymakeovers.com.au



Sustainable gardening

Growing a vegie patch and/or fruit trees, keeping chooks, planting local native (indigenous) plants or a having compost bin or worm farm can all help reduce your impact on the environment.

For inspiration, tips and updates on local activities, join Glen Eira City Council's *Neighbourhood Sustainable Gardening Program* by visiting www.gleneira.vic.gov.au/sustainable_garden

The benefits of a sustainable garden include:

- more butterflies and birds;

- fresh food from your garden; and
- less garbage sent to landfill.

Benefits of composting

While using compost bays or heaps is a great way to compost large amounts of green waste, it is often more practical to use a worm farm or compost bins.

Using compost:

- provides nutrients;
- allows fertilisers to be available to plants, especially in clay soils;
- reduces leaching of nutrients especially in sandy soils;

- improves water holding capacity;
- improves soil structure; and
- increases biological activity.

You can purchase a compost bin for \$50 or a worm farm for \$90 (without the worms) from Glen Eira City Council. For further information, contact Council's Service Centre on 9524 3333.



Business Network

Keeping Glen Eira businesses connected



EVENTS. SEMINARS. WORKSHOPS. NETWORKING.

2014

May
Small Business
Month Edition



from little things, BIG things grow

The 2014 calendar of business events has a focus on providing key messages for small business. The speakers and topics have been chosen to generate ideas, provide inspiration, tips, tools, motivation and a renewed passion for small business.

The month will be kick-started with the inspiring journey of a young woman who has built a fledgling business into a multinational operation.

Founder and Manager of muesli brand Carman's Fine Foods Carolyn Creswell is a grassroots entrepreneur will set the stage for the flow-on educational events throughout May.

The continued pressure on local business from the new global economy places a continuum of challenges on small business. During 2013, the Australian Bureau of Statistics released its first ever estimate valuing the retail loss \$6.23 billion to the Australian economy and states in 2011 to 2012. For this period, Australians spent about \$4.55 billion on domestic online shopping.

During May we will be driving the *Think local first* message. This initiative is aimed at increasing the awareness of what is available locally and encouraging residents and business alike just to give a thought to local first before making purchasing decisions or accessing service providers either offshore or in larger homogenised centres.

It has never been so important for business to have a laser focus, seek opportunities within their existing structure, look outwardly, adapt and develop new ways, and own their future.

During May take advantage of the practical wisdom, and amplified business lessons from a cross section of business industry experts including: marketing; innovation; business planning; merchandising; and digital entrepreneurship.

All sessions throughout May are priced to provide accessibility to all businesses. To maximise the learning opportunities, you are encouraged to include your staff.

To register for *May Small Business Month* events or for further information, contact Council's Service Centre on **9524 3333**.

Thursday 1 May (pm) Workshop — Small business solutions Q and A forum

A one-stop business information session for your business ...

This is an opportunity to ask questions, gather information and find out about programs, grants, resources, people and organisations that can help you and your business grow and prosper.

Also hear from a local business about its journey from idea to operational.

Presented by: panel of government industry agencies

The panel includes AusIndustry; Australian Competition and Consumer Commission (ACCC); Australian Securities and Investments Commission (ASIC); Business Enterprise Centres Victoria (BECN); Consumer Affairs Victoria (CAV); INNOVIC; IP Australia; Office of the Small Business Commissioner; Small Business Victoria; Industry Capabilities Network; and Worksafe Victoria.

Keep informed of the resources available to help you be successful.



Date: Thursday 1 May

Time: 6pm for a 6.30pm start until approximately 8pm

Cost: Free – includes networking, refreshments and door prize

Bookings essential

Tuesday 6 May (pm) Dinner seminar – Big things from little ideas

Little ideas, passion, drive and determination all add to the ingredients of a well-travelled path.



Hear how Founder and Manager of muesli brand Carman's Fine Foods Carolyn Creswell's little ideas provided winning strategies to grow her business into what it is today – a multinational company with products now in 32 countries around the world.

This is a seminar for any local business from any industry which wants to gain insight into why some succeed in a crowded market where others struggle.

Carolyn is an inspirational leader whose success proves you can run a multinational business and still have a genuine work-life balance.

Date: Tuesday 6 May

Time: 6pm for a 6.30pm start

Cost: \$35 – includes dinner

Bookings essential

Thursday 8 May (pm) Seminar

Brain power



Unlock commitment, passion and drive to deliver high yielding results for you and your team. Discover how your and your colleagues' different thinking preferences are the key.

This highly interactive, entertaining and thought provoking workshop provides an insight into Whole Brain Thinking (HBDI – Hermann Brain Dominance Instrument) and how by gaining an understanding of our different thinking styles, you can:

- use your human capital effectively;
- work more productively with diverse thinkers;
- view problems, ideas and processes in new ways;
- come up with groundbreaking products and solutions faster and more efficiently; and
- drive your strategic business plan more effectively.



Presented by Scarlett Strategic Solutions – Janey Francis

Date: Thursday 8 May

Time: 6pm for a 6.30pm start

Where: Yarra Yarra Golf Club

Cost: \$20 – includes light supper

Bookings essential

Tuesday 13 May (pm) Dinner seminar – Think opportunity

There is nothing you use or do today that will be the same in five years – so why wait?



This is a stimulating interactive session that will have you thinking on your feet.

It will take you on a journey that demonstrates just how easy it is to find those hidden and golden business opportunities.

You will be shown how to see opportunities materialise before your eyes where others see only problems.

Attendees will leave with a completely new way to think about building their business or indeed creating one!

Not to be missed – be prepared to be inspired like never before.



Presented by La Salle Matrix Thinking – Roger La Salle

Roger is a former Chair of Innovation at the prestigious Queen's University, a former panellist on the ABC's *New Inventors*, author and an international speaker on business, innovation and opportunity. His material is now licensed and used in more than 26 countries worldwide.

Date: Tuesday 13 May

Time: 6pm for a 6.30pm start

Where: Yarra Yarra Golf Club

Cost: \$35 – includes dinner

RSVP: Tuesday 6 May

Thursday 15 May Workshop – Razor tips for tender writing

Grow your business by sharpening your skills in tender writing. It is a simple cost effective way to grow your business. If only you knew how!

This workshop will give you invaluable knowledge to guide you through the process of finding and submitting tenders and more importantly – helping you win them.

Presented by The Aspin Group – Margaret Aspin



Date: Thursday 15 May

Time: 9.30am for a 9.45am start to 5pm

Cost: \$60 – includes lunch

RSVP: Thursday 8 May

Friday 16 May (am) Workshop – How to: maximise Facebook for your business

With the overwhelming growing trend in social media, it's often difficult to keep up with the changes, what's new and what's right for your business.

If you have decided Facebook is a marketing tool for your business and actively use it, you may be looking for extra tips in how to maximise its potential. This interactive, practical information session will show you how.

Presented by Motivating Mum – Alli Price

Entrepreneurial Founder of Motivating Mum Alli Price built her business through the internet and social media platforms. She hosts workshops on all social media platforms, and shares her knowledge of what works, what doesn't and how to get the most out of using Facebook as a marketing tool.



Date: Friday 16 May

Time: 9.30am for a 9.45am start to 12.30pm

Cost: \$20 – includes morning tea

RSVP: Tuesday 13 May

Tuesday 20 May (pm) Dinner seminar – Butcher, baker, candlestick maker – local are the new heroes

Learn how business is leading the social change back to localised consumerism in 2014.



Global brand expert and consumer behaviour commentator Simon Hammond says consumerism is going local in 2014, with a return to community concepts and values and a surge in small, community based heroic brands.

See how localisation is resurging. This high impact audiovisual presentation will take us on a tour of the world's best brands, both big and small, demonstrating that businesses with belief systems are the ones which create localised tribes of loyal customers and enjoy the most profit.

A not to be missed presentation that will change the way you think about running your business and your life.

Date: Tuesday 20 May

Time: 6pm for a 6.30pm start

Cost: \$35 – includes dinner

RSVP: Tuesday 13 May

Presented by Hammond Thinking – Simon Hammond

Simon is a business and brand strategist, author, innovator, sought-after social commentator, and motivational speaker.

He has founded four of the country's most talked about creative agencies and created BE branding – the new benchmark in brand philosophy. Simon has also strategically positioned and advised many of the nation's most loved brands.

From his early career as an investigative journalist to today – as a successful corporate early career as director and author – Hammond has pushed the boundaries of traditional thinking and consistently defined the real drivers of social change and consumer behaviour.

Simon Hammond reshapes organisations and engages them to rethink their strategic approach. His goal remains to re-engage and re-link organisations to their customers through emotional drivers.

Thursday 22 May (pm) Seminar – The why and how of Pinterest



Presented by The Woo – Bambi Gordon

Increase your brand engagement – learn how business is effectively using Pinterest and how to get started.

Date: Thursday 22 May

Time: 6pm for a 6.30pm start

Cost: \$20 – includes light supper

RSVP: Monday 19 May

Friday 23 and Monday 26 May (am) Two part workshop – Planning to conquer – strategic planning workshop



Two part workshop presented by Scarlett Strategic Solutions – Janey Francis

If you are under pressure to improve your results, move faster and get more done, then this event is for you.

Join Janey's interactive and activity based workshop to start stimulating new thinking around the key elements of your business and create a strategic mindset and steer your business into the future.

Date: Friday 23 May
Monday 26 May

Time: 9.30am for a 9.45am start until 1pm

Cost: \$60 – includes light lunch

RSVP: Tuesday 20 May

Tuesday 27 May (pm) Workshop – How to: LinkedIn for your business

LinkedIn is not just for job hunters, it is an invaluable resource for all professionals and business owners.

Be a part of this practical workshop designed to help you use the key features on LinkedIn. Learn how to create a more active headline and summary and better understand the role of connections, groups, recommendations and endorsements.



**Presented by Think Bespoke –
Karen Hollenbach**

Date: Tuesday 27 May

Time: 6pm for a 6.30pm start

Cost: \$20 – includes light supper

RSVP: Wednesday 21 May

Monday 2 June (am) Workshop – To the heart of marketing – strategic marketing planning workshop



Marketing is the beating heart of your business. To effectively engage the attention of customers that leads them to take action, you need a strategy.

In this dynamic workshop, you will learn how to create your own exciting and affordable marketing strategy, and use it to guide your marketing activity and efficiencies well into the future.

Presented by The Woo – Bambi Gordon

Date: Monday 2 June

Time: 9.30am for a 9.45am start to 12.30pm

Cost: \$30 – includes light lunch

RSVP: Wednesday 28 May

Back by popular demand!

Thursday 29 May (pm) Seminar – Secrets of Aussie online entrepreneurs



**Presented by the Australian School of
Copywriting – Bernadette Schwerdt**

If you have a great idea for an online business but no idea how to get started ... or already have an online business but want to maximise its potential, you must attend this exceptional event.

Join our host Bernadette Schwerdt as she interviews some of Australia's top online entrepreneurs and discovers the secrets behind their success.

You'll learn how to:

- automate an online business that lets you work anywhere, anytime;
- create and manage multiple online businesses using outsourced suppliers;
- build a massive database of qualified leads effortlessly and at minimal cost;
- take a hobby business and turn it into a million-dollar internet sensation;
- test a new online venture and get it off the ground before investing big bucks;
- use social media cost effectively to generate new customers and drive customers to your website;
- use LinkedIn effectively to find venture capital and business partners; and
- use e-books as 'calling cards' to establish credibility, building a following and generate leads; and much more.

Date: Thursday 29 May

Time: 6pm for a 6.30pm start

Cost: \$50 – includes light supper

RSVP: Monday 26 May



MC and Founder of Australian School of Copywriting – Bernadette Schwerdt

The host of the Fairfax online television series *Secrets of Aussie online entrepreneurs*, author of the best-selling manual, *Copywriting For Profit*, and the former marketing reporter on Channel 9's *Small Business Show*.



Future trends in video, digital radio and mobile

Pandora (internet radio) Australia and New Zealand Managing Director – Jane Huxley

Jane was the CEO and Publisher at Fairfax Digital, held senior positions at Microsoft, Vodafone and is on the board of The Vine and *Earth Hour*.



Rise of e-books – tips and hints

Senior Commissioning Editor, Wiley and Sons – Kristen Hammond – one of the world's leading business publishers. For 'would-be' authors and professionals seeking to self-publish.



How to turn your hobby into a business

Author of 5 Minute Business and Founder of Social Empire – Mark Middo Hear 'hacker' tips on how to set up a WordPress site, build a product funnel to convert traffic into customers, generate traffic for your site, and why content really matters.



How to build an online business

Founder and Editor-in-Chief of Anthill Online – James Tuckerman In 2003 at age 26, James launched *Anthill* magazine. Within six months of creating *anthillonline.com* it was listed by Nielsen online ratings among the top 50 business and finance websites in Australia. In 2004 and 2005, he was named *Best Small Publisher* in Australia.



How to patent ideas, create joint ventures and find investors

Co-Founder iSignthis.com – Todd Richards As the CFO behind some of Australia's most successful digital ventures (Destra, Real Time Media, Jumbuck), Todd will reveal the story behind *iSignthis.com* – the world's first and only software service that enables merchant businesses to authenticate online transactions.

Thursday 12 June (pm) Workshop – The power of choice

If you change nothing, nothing will change

Businesses have a choice – either change with the times or get left behind! Unfortunately, a lot are getting left behind – we will explore how you can take charge.

This workshop will give you a step-by-step action plan on what can be done and how it can be done. With lots of case studies, tips and shortcuts that don't cost a lot of time and money.

To ensure you have all the pillars of success in place for 2014, you should not miss this event.

**Presented by The Templar Group –
Deborah Templar**



Date: Thursday 12 June

Time: 6pm for a 6.30pm start to 8.30pm

Cost: \$20 – includes light supper

RSVP: Friday 6 June



May Small Business Month
Register now!

Contact 9524 3333
www.gleneira.vic.gov.au

Healthy eating starts with a healthy garden



Carly and Luke contacted *Glen Eira News* to share their gardening experience, after they registered in Council's *Neighbourhood Sustainable Gardening Program*.

Caulfield South residents Carly (pictured above) and Luke enjoy healthy eating by harvesting their own organic home grown vegetables. Both residents are nutritionists and run their own business from home.

Carly said growing your own food means you know exactly what has gone into the food and where it comes from.

"Nothing beats the taste of home-grown fruit and vegetables," Carly said.

Their old brick barbecue has been converted into a raised vegie garden bed to grow broccoli, spring onions and chillies and their orange tree, passionfruit vine and capsicums are thriving thanks to homemade compost.

Their future plans are to continue expanding their fruit and vegetable garden and to take more cuttings from their rosemary and passionfruit vine.

Are you interested in joining the Sustainable Gardening Program?

Glen Eira City Council launched its *Neighbourhood Sustainable Gardening Program* for residents, schools, organisations and businesses in Glen

Eira, to encourage everyone to make their garden more sustainable.

Anyone who has (or is planning to have) a vegetable patch, fruit trees, compost system, local indigenous plants, water-wise features or chickens can join the *Program*.

Registered gardeners will receive a welcome pack, which includes a sign that can be attached to their fence. They will be sent regular updates on local events (run by Council and community groups) and specific local gardening information.

The *Neighbourhood Sustainable Gardening Program* is designed to tap into and build on the passion, knowledge and skills of residents as gardeners and managers of open spaces.

Register online at www.gleneira.vic.gov.au/sustainable_garden

For further information, contact Council's sustainability education officer on 9524 3333 or email mail@gleneira.vic.gov.au

Glen Eira Residents saving money by swapping to compact fluorescent lights for free

The *Glen Eira Energy Saving Program* continues to benefit the Glen Eira Community. In February, the *Program* swapped an average of 11 light globes per household, suggesting there is still many old inefficient lights still in use in our homes.

Replacing just one 75 Watt incandescent globe with one 15 Watt compact fluorescent light (CFL) globe can save \$23 on your annual electricity bill (assuming it's used four hours a day). In addition, CFLs last up to 10 times longer than incandescent or halogen globes.

Glen Eira City Council has partnered with energy efficiency specialists Energy Makeovers to provide the *Glen Eira Energy Saving Program*. Most Glen Eira households can have lights and other energy saving products installed at no charge including chimney and door draught seals, stand-by power controllers and water and energy saving showerheads.

Please note: most, but not all households, are eligible. Eligibility will be assessed when an installation is booked.

To save money on your electricity bill, check the lights in your pantry, hallway, laundry, storage rooms, bathrooms, bedrooms, living areas and garage and contact Energy Makeovers to make the swap.

Waiting for your incandescent globes to burn out will simply result in you paying more for your lighting, as these globes convert most of the

energy to heat and not light, and contribute to high greenhouse gas emissions.

For further information and to book an installation, contact Energy Makeovers on 1300 788 776 or visit www.energymakeovers.com.au/energy-savers-glen-eira/ to register your interest.

Council has contracted with Energy Makeovers to provide the services. All dealings with Energy Makeovers will be confidential and Energy Makeovers will abide by the same privacy obligations that Council has in relation to the information provided to them by residents who use the service.



Speed date a sustainable expert

Sunday 25 May
2pm-4pm
Carnegie Library
First floor — Boyd Room
7 Shepperson Avenue, Carnegie

Get free advice and tips from leading green architects and experts on energy efficient products, solar, green gardens and more.

For further information and to RSVP, contact Council's sustainability education officer on 9524 3333 or visit www.trybooking.com/EJHC



Community Diary

Please note: due to high volume of submissions we receive, entries must be submitted monthly. Only submissions received each month will be published. For a list of deadlines, email: sbrown@gleneira.vic.gov.au

MEETINGS AND CLUBS

Australian Plants Society South East Melbourne Region meets on the first Tuesday of every month from 8pm at Hughesdale Community Centre, corner Poath and Kangaroo Roads, Hughesdale. Contact: 9578 3171.

Bentleigh Bayside Parkinson's Support Group meets on the fourth Monday of every month from 1.30pm–3.30pm at Bentleigh-Bayside Community Health, Gardeners Road, Bentleigh East. Contact: 9581 8700.

Bentleigh Garden Club meets on the last Tuesday of every month from 7.45pm at St John's Anglican Church Hall, corner Tucker and Centre Roads, Bentleigh. Contact: 9570 1488.

Bentleigh Ladies Probus Club meets on the first Thursday of every month from 10am at the Uniting Church, 497 Centre Road, Bentleigh. Contact: 9557 4067.

Bentleigh Probus Club (Combined) meets on the second Thursday of every month from 10.30am at the Bentleigh RSL, 438 Centre Road, Bentleigh. Contact: 9579 5506.

Glen Eira Artists' Society offers weekly sessions in studio art and monthly sessions in portraiture and en plein air. Contact: 9568 7190.

Glen Eira Brass Band rehearses every Wednesday from 7.30pm at the back of the bowls club at Caulfield Park. If you can play a brass instrument or would like to learn, then come along. The band performs throughout the year. People of all ages welcome. Contact: 0408 354 398.

Glen Eira Cheltenham Art Group in Bentleigh East offers art classes for adults and children. Adult classes are held during the day and in the evening and children's classes on Saturday mornings. Adult classes include drawing, tonal oils, watercolours, mixed-media, acrylics, oils, pastels and life drawing. Contact: 9563 7621.

Glen Eira Combined Probus Club meets on the fourth Friday of every month

from 10am to 12pm at the Bentleigh Club, Yawla Street, Bentleigh. Contact: 9583 4822.

Glen Huntly Tennis Club offers social tennis on Tuesdays from 7.30pm and Sundays from 1pm at Glen Huntly Park, corner Booran and Neerim Roads, Caulfield East. Non-members: \$8. Contact: 0415 535 838 for Tuesdays and 0400 598 705 for Sundays.

Jewish Bereaved Parents Support Group is for parents in the Jewish community who have suffered the death of a child. Regular monthly peer support meetings, activities and social nights. Free lending library. Contact: 0403 867 494.

Port Philip Life Activities Club offer a range of activities, including badminton, bridge, bushwalks, local walks, book clubs, cinema, theatre and dine-outs for over 50s. Contact: 9645 4061.

Sandbelt Ladies Probus Club meets on the first Monday of every month from 10am at Bentleigh RSL, 538 Centre Road, Bentleigh. Contact: 9557 6778.

Square dancing is held on Tuesdays at 7.30pm and Thursdays at 9.30am. No experience necessary. New dancers welcome. Contact: 9553 4603.

Waverley Communicators meets on the second and fourth Tuesday of each month from 7.45pm at Bendigo Bank Meeting Hub, 436 Neerim Road, Murrumbeena. Learn to speak confidently. Contact 9576 8790 or 9578 1947

EVENTS

String orchestra workshops will be held for 10 weeks on Sundays from 13 April from 2pm to 4pm at St. Johns Church, 567 Glenhuntly Road, Elsternwick. Harps, guitars and flutes welcome. Late expressions of interest are still welcome. Minimal costs. Contact: 0497 850 462.

GriefLine Community & Family Services Inc. will run its *Wellness Back to Work Program* during May. This new program is designed for women who have

been unemployed for some time. Cost is \$10. Contact: 9935 7444.

Caulfield Garden Club's plant sale will be held on Saturday 3 May from 10am to 2pm at St. John's Uniting Church, 567 Glenhuntly Road, Elsternwick. Contact: 9532 7848.

Advance care planning information session will be held on Wednesday 14 May from 10.30am to 12pm at Ashley Ricketson Centre, Caulfield Hospital, gate 2, 260 Kooyong Road, Caulfield. RSVP essential. Contact: 9076 6642.

The Handmade Show will be held on Saturday 17 May from 10.30am to 3.30pm at St. Anthony's Parish Hall, corner Grange and Neerim Roads, Glen Huntly. Free entry. Contact: 0423 727 607 (between 6.30pm to 8.30pm weeknights).

Team of Pianists presents *Solo stars of clarinet and piano* on Sunday 18 May from 6.30pm at Rippon Lea, 192 Hotham Street, Elsternwick. Cost: \$40 for single ticket, \$35 for National Trust members, \$30 for pensioners and \$20 for full-time students under 25 and children. Contact: 9527 2851.

Mystery Melodies will be held on the third Monday of every month from 19 May from 1.30pm at Bentleigh Senior Citizens Centre, 2 Arthur Street, Bentleigh. Contact: 9557 5739.

Glen Eira Adult Learning Centre and Ormond Uniting Church will host a free morning tea on Thursday 22 May from 10.30am to 11.30am at Ormond Uniting Church Hall, corner North and Booran Roads, Ormond. Contact: 9578 8996.

Music Lovers' Society Concert will be held on Saturday 24 May from 8pm at Ewing Memorial Uniting Church, corner Coppin Street and Burke Road, Malvern East. Members free, \$50 for families, \$25 for single ticket, \$20 for seniors, \$15 for pensioners and \$10 for students. Contact: 0435 997 037.

Honey Festival seeks stallholders with craft, art or consumer products relating

to honey or bees. The *Festival* will be held on Saturday 5 July in Murrumbeena. Primary schools welcome to enter the honey-based baked goods competition. Photographic competition now open. Contact: 9568 7190.

COMMUNITY

Caulfield Primary School, 724 Glenhuntly Road, Caulfield South has its hall available for hire after school and on weekends. Contact: 9523 7932.

Glen Eira Adult Learning Centre offers iPad and computer classes (beginners to advanced), MYOB, as well as free business administration, career choices and writing programs (conditions apply). Contact: 9578 8996.

Godfrey Street Community House offers classes for adults, including sewing, writing and computer classes. Music and after school drawing classes for children seven to 12 years are available, as well as three-year-old kindergarten and child care. Contact: 9557 9037.

Marriott Support Services is seeking volunteers. Contact: 9578 7557.

Murrumbeena Playgroup, corner Poath and Dalny Roads, Murrumbeena has sessions Tuesday to Friday, February to December, including school holidays. Contact: 0432 271 204.

Sino-Australia Business and Culture Promotion Association Inc and Language Champs are seeking host families to accommodate Chinese students for one and a half months. The students are aged 12 to 18 years and will participate in a study tour program in local schools in McKinnon. Contact: 9555 5355.

Table tennis: two new table tennis groups are starting on Mondays in Bentleigh from 3pm to 6pm and 7pm to 10pm for people approaching or in retirement. All levels welcome. Cost: \$15. Contact: 0427 275 959.

送飯上門服務

送飯上門服務員工面帶微笑，給您送上健康和富有營養的飯菜，還與您友好地閒聊幾句。你可從甚麼地方得到這項服務？

Glen Eira 市政府送飯上門服務提供選擇多樣的飯菜，可滿足各種飲食需求。

顧客每天可得到一頓飯菜，有六種主菜和兩種甜點供選擇。湯和水果也包括在內，菜單每年更換兩次，以反映季節的變化。

菜單包括令人胃口大增的熱門菜品，比如烤羊肉、三文魚餅、燉牛肉蘑菇、烘肉卷，還有許多現代新菜，比如紅薯香蔥意式米飯、印度香料羊肉咖喱、龍蒿汁烤魚、意式蘑菇汁土豆面疙瘩、以及泰式咖喱雞塊。

飯菜裝在可降解的盒子中，盒蓋透明嚴實，裡面的飯菜一目了然。飯菜可在盒中加熱，也可放在盤子上加熱。

專職員工和義工

市政府有一隊專職員工和義工負責送飯上門，他們每天向需要幫助才能在家獨立生活的老年人和殘障人士送去 300 多份飯菜。

飯菜在每天上午 9.00 - 下午 1.00 送去，飯菜可以是冷的，這樣可隨吃隨加熱；也可以是熱的，顧客拿到即可吃。

這項服務的一個重要方面是監督和查看。服務的一項要求是居民需在家接收飯菜，這樣送飯上門的員工就可查看居民的健康和快樂。這對獨自居住的居民特別重要。

如果送飯上門人員對居民的健康和快樂感到擔心，他們就會上報辦公室加以調查。

送飯上門的許多顧客在跌倒或患病後得到了急需的幫助。

怎樣獲得服務？

如想獲得這項服務，只需打電話到送飯上門服務處。員工會問一些問題，以確認您獲得這項服務的資格和任何飲食或遞送要求。服務可於一、兩個工作日內開始。

如需服務詳情，請直接聯繫送飯上門服務處，電話 9576 9748。

Υπηρεσία Διανομής Γευμάτων

Πού μπορείτε να πάρετε ένα υγιεινό και θρεπτικό γεύμα, συνοδευόμενο με φιλικό χαμόγελο και κουβεντούλα από το άτομο που κάνει τη διανομή του γεύματος;

Η Υπηρεσία Διανομής Γευμάτων του Δήμου Glen Eira προσφέρει μια μεγάλη ποικιλία επιλογών γευμάτων που καλύπτουν όλες τις διατροφικές απαιτήσεις.

Οι πελάτες μπορούν να επιλέξουν ένα καθημερινό γεύμα από μια επιλογή έξι κύριων πιάτων και δύο επιδόρπια. Περιλαμβάνεται επίσης σούπα και χυμός φρούτων και το μενού αλλάζει δύο φορές το χρόνο για να αντικατοπτρίζει τις εποχιακές αλλαγές.

Οι επιλογές του μενού περιλαμβάνουν μια ορεκτική ποικιλία από κλασικά φαγητά όπως ψητό αρνί, μπριζέκια σολομού, μπριζόλα και μανιτάρια στην κατσαρόλα και ρολό, με πολλές νέες και πιο σύγχρονες επιλογές όπως ριζότο με γλυκοπατάτα και φασκόμηλο, αρνί Rogan Josh, ψητό ψάρι σε σάλτσα εστραγκόν, νιόκι

με σάλτσα μανιταριών και тайландέζικο κοτόπουλο με κόκκινο κάρυ.

Τα γεύματα διανέμονται σε βιοδιασπώμενα δοχεία τα οποία έχουν διαυγή κάλυμμα μεμβράνης, έτσι ώστε να μπορείτε να βλέπετε το γεύμα. Τα γεύματα μπορούν να ζεσταθούν σε αυτά τα δοχεία ή να τα βάλετε στο πιάτο και να τα ζεστάνετε.

Αφροισιμένο προσωπικό και εθελοντές

Ο Δήμος έχει μια αφροισιμένη ομάδα υπαλλήλων και εθελοντών που διανέμουν πάνω από 300 γεύματα κάθε μέρα για ηλικιωμένους κατοίκους και κατοίκους με αναπηρία που χρειάζονται υποστήριξη για να ζουν ανεξάρτητα στο σπίτι τους.

Τα γεύματα διανέμονται κάθε μέρα μεταξύ 9πμ και 1μ και διατίθενται κρύα για αυτούς που θέλουν να ζεστάνουν το γεύμα αργότερα την ίδια μέρα ή ζεστά για τους πελάτες που θέλουν να φάνε το γεύμα αμέσως.

Μια σημαντική πτυχή της υπηρεσίας είναι ο ρόλος της παρακολούθησης. Η απαίτηση ότι το άτομο πρέπει να βρίσκεται σπίτι για να παραλάβει το γεύμα, σημαίνει ότι το προσωπικό που διανέμει τα γεύματα μπορεί να ελέγχει την υγεία και την πρόνοια του ατόμου. Αυτό είναι ιδιαίτερα σημαντικό για άτομα που ζουν μόνα τους.

Εάν υπάρχουν οποιεσδήποτε ανησυχίες για την υγεία ή την πρόνοια ενός ατόμου, δίνεται αναφορά πίσω στο γραφείο για επακόλουθες ενέργειες.

Πολλοί πελάτες της Υπηρεσίας Διανομής Γευμάτων έχουν επωφεληθεί από αυτή την τόσο αναγκαία βοήθεια που παρέχεται μετά από ένα πέσιμο ή ασθένεια.

Πώς να έχετε πρόσβαση στην υπηρεσία

Για να έχετε πρόσβαση σ' αυτή την υπηρεσία, απλά τηλεφωνήστε στην Υπηρεσία Διανομής Γευμάτων. Το προσωπικό θα σας κάνει μερικές ερωτήσεις για να καθορίσει αν δικαιούστε την υπηρεσία και για τις οποιεσδήποτε διατροφικές ανάγκες σας ή ώρες διανομής των γευμάτων. Η υπηρεσία μπορεί να αρχίσει σε μία έως δύο εργάσιμες ημέρες.

Για περισσότερες πληροφορίες σχετικά με την υπηρεσία, επικοινωνήστε απευθείας με την Υπηρεσία Διανομής Γευμάτων στο 9576 9748.

Servizio Pasti a Domicilio

Chi può offrirvi un salutare pasto nutriente accompagnato da un amichevole sorriso e quattro chiacchiere scambiate con il fattorino?

Il Servizio pasti a domicilio (Delivered Meals Service) del Comune di Glen Eira offre una vasta scelta di pasti adatti a tutte le necessità dietetiche.

I clienti possono scegliere il pasto giornaliero da un elenco di sei primi piatti e due dessert. Sono inclusi anche minestre e succhi di frutta e il menu viene aggiornato due volte l'anno seguendo il cambio stagionale.

Il menu comprende un'appetitosa varietà di piatti tradizionali quali arrosto di agnello, polpette di salmone, spezzatino di manzo e funghi e polpettone di carne, assieme a molte scelte più nuove e aggiornate quali risotto di patate dolci e salvia, agnello Rogan Josh, pesce al forno in salsa di dragoncello, gnocchi ai funghi e pollo al curry rosso thailandese.

I pasti vengono consegnati a domicilio in contenitori biodegradabili con copertura trasparente che permette di vederne il contenuto e si possono riscaldare direttamente nei contenitori oppure nel piatto.

Personale e volontari preposti

Il Comune ha preposto un gruppo di impiegati e volontari che consegnano più di 300 pasti al giorno a residenti anziani e residenti disabili che necessitano di sostegno per continuare a risiedere autonomamente nelle proprie abitazioni.

I pasti vengono consegnati giornalmente tra le 9:00 e le 13:00 e sono disponibili refrigerati per coloro che preferiscono riscaldarli e consumarli più tardi durante la giornata oppure caldi per chi desidera consumarli subito.

Un importante aspetto del servizio è costituito dal ruolo di motoraggio. Il requisito previsto dal servizio per cui il residente deve trovarsi a casa alla consegna del pasto implica che il personale incaricato della consegna ha la possibilità di verificare lo stato di salute e benessere del residente. Ciò riveste una particolare importanza per quei residenti che vivono da soli.

Un qualsiasi sospetto sullo stato di salute o benessere del residente viene riferito all'ufficio per approfondimenti.

Molti clienti che utilizzano il servizio Delivered Meals Service hanno tratto beneficio dalla indispensabile assistenza fornita loro a seguito di una caduta o di un periodo di malattia.

Come accedere al servizio

Per accedere al servizio basta telefonare al Delivered Meals Service. Il personale farà un certo numero di domande al richiedente allo scopo di determinarne l'idoneità e la presenza di necessità dietetiche o di consegna. Il servizio verrà messo in funzione entro uno o due giorni.

Per ulteriori informazioni sul servizio, si prega di rivolgersi direttamente al Delivered Meals Service al numero telefonico 9576 9748.

Служба доставки еды на дом

Где можно получить здоровую и сытную еду в сопровождении доброжелательной улыбки и дружеской беседы с человеком, доставляющим эту еду?

Служба доставки еды на дом муниципалитета Glen Eira предлагает большой выбор блюд, удовлетворяющих любым диетическим требованиям.

Клиентам предоставляется ежедневный выбор из шести вторых блюд и двух десертов. Суп и фруктовый сок также включены, а меню обновляется два раза в год, чтобы отразить сезонные изменения.

Меню состоит из аппетитного сочетания старых излюбленных блюд, таких как жареный барашек, котлеты из лосося, стейк, грибная запеканка, мясной рулет, а также множества новых и более современных блюд, таких как ризотто со сладким картофелем и шалфеем, баранина по-индийски роган-джош, запеченная рыба в эстрагоновом соусе, ньокки в грибном соусе и красный тайский куриный карри.

Блюда доставляются в биоразлагаемых контейнерах с прозрачной крышкой, так что еду хорошо видно. Блюда можно разогреть прямо в этих контейнерах или выложить на тарелку и разогреть.

Специально выделенный персонал и волонтеры

В муниципалитете работает специальная группа сотрудников и волонтеров, ежедневно доставляющих более 300 блюд для пожилых жителей и жителей с ограниченными возможностями, которые нуждаются в поддержке, чтобы жить дома самостоятельно.

Блюда доставляются каждый день с девяти утра до часа дня и поставляются охлажденными для людей, которые собираются разогреть еду позже, или горячими для клиентов, которые хотят съесть еду сразу.

Важным аспектом данной услуги является регулярное наблюдение. Требование данной услуги, заключающееся в том, чтобы жилец был дома во время получения еды, означает, что доставляющие еду сотрудники могут проконтролировать состояние здоровья и благополучие жильца. Это особенно важно для людей, которые живут одни.

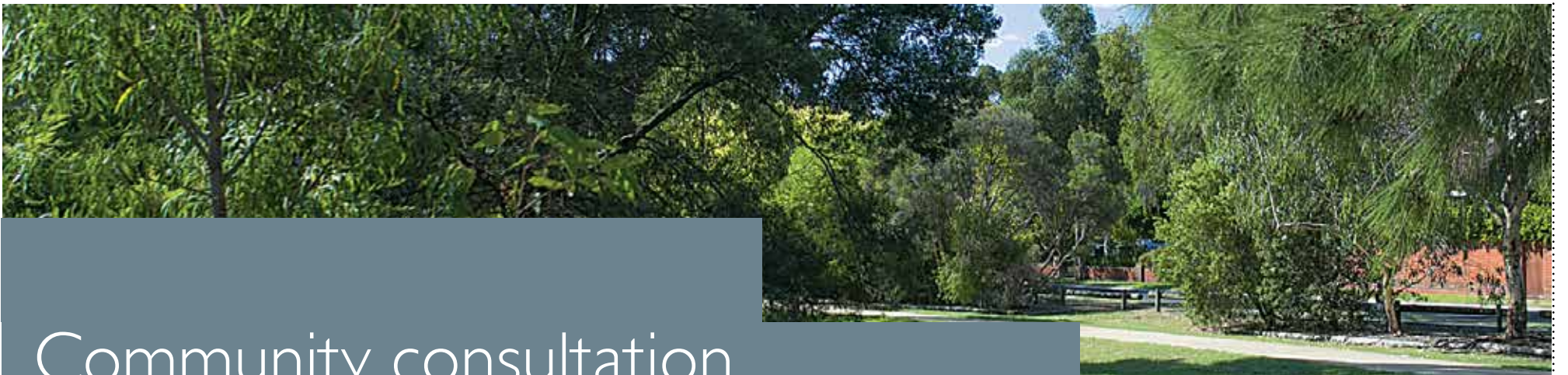
Если возникнут какие-либо опасения по поводу здоровья или благополучия жильца, сотрудники сообщат о них в офис, чтобы затем были приняты необходимые меры.

Многим клиентам службы доставки еды на дом данная предоставляемая и столь необходимая помощь очень пригодилась после падения или приступа болезни.

Как воспользоваться данными услугами

Чтобы начать пользоваться этими услугами, просто позвоните в службу доставки еды на дом. Сотрудники службы зададут вам несколько вопросов, чтобы определить, имеете ли вы право на использование данных услуг, а также чтобы выяснить какие-либо имеющиеся диетические требования и условия доставки. Вы можете начать пользоваться этими услугами через один или два рабочих дня.

Чтобы получить дополнительную информацию об этих услугах, позвоните прямо в службу доставки еды на дом по телефону 9576 9748.



Community consultation

Consultation involves the community in Glen Eira City Council's planning and activities and helps Council to understand the community's priorities and issues. For further information, contact Council's Service Centre on 9524 3333 or visit www.gleneira.vic.gov.au

Future consultaion

Please check Council's website www.gleneira.vic.gov.au and local newspapers for details on upcoming consultations.

The consultations below will take place soon.

- *Elsternwick Plaza Redevelopment*
- *Booran Road Reservoir concept plan*

Exhibitions

Glen Eira City Council Art Gallery, Glen Eira Town Hall, corner Glen Eira and Hawthorn Roads, Caulfield. Phone: 9524 3333. Opening times: Monday–Friday, 10am–5pm, Saturday and Sunday, 1pm–5pm. Free admission.

Entry Exit Points Until 11 May

Entry Exit Points includes work by present and past candidates from the *Higher Degree Research Program* at Monash Art Design and Architecture.

This exhibition explores the various 'points' in the narrative arc of the creative process by exhibiting artworks at the different stages in their development — from the sketch, to the propositional experiment to the resolved work. Through documentation, process-driven inquiries and finished artworks, *Entry Exit Points* aims to expose the various stages of inquiry in the creative process, highlighting speculation and reflection as important components of artistic methodology.



ACAB Collective
New Pyramids 2013 (detail)
Multimedia installation
Dimensions variable

Perceptions of Space: Justin Collection 16 May–15 June

Blurring the notion of private and public, this exhibition will showcase major art works from the *Justin Collection* by Australian and international artists. The *Justin Collection* was developed with the vision of Melbourne architect Charles Justin who with his wife Leah, share a desire to make their art collection accessible to the wider community.

Curated by Diane Soumilas, this exhibition will provide a fascinating insight into the *Justin Collection*, which has been developed around a theme that broadly addresses concerns with perceptions of space in contemporary practice, geometric abstraction, minimalism, architectural and fractal patterning, urban spaces and the virtual.

This exhibition will feature contemporary video, digital prints, paintings, sculptures and drawings by leading and emerging Australian and international artists including Stephen Bram, Daniel Crooks, Peter Daverington, Stephen Haley,

Lara Merrett, Penelope Davis, Daniel Von Sturmer, Jiang Pengyi and Chun Kaifeng.

Public programs

A floor talk by exhibition curator Diane Soumilas and collector Charles Justin will be held on Sunday 1 June at 2.30pm at Glen Eira City Council's Gallery. Entry is free.



Stephen Bram
Untitled (Two Point Perspective) 2006
Acrylic on canvas
210 x 278 cm
Courtesy of the artist and Anna Schwarz Gallery.

Join us to celebrate

NATIONAL RECONCILIATION WEEK

at Mallanbool Reserve

Corner Leila and Murrumbeena Roads | Murrumbeena (Melway 68 K8)

Saturday 31 May, 2pm

A guided tour of natural flora and fauna with cultural and historical insights including a Welcome to Country, traditional dance, food and more.



GLEN EIRA
CITY COUNCIL

www.gleneira.vic.gov.au
www.reconciliation.org.au/mrw

Reconciliation: Let's Walk the Talk

BENTLEIGH BENTLEIGH EAST BRIGHTON EAST CARNEGIE CAULFIELD ELSTERNWICK
GARDENVALE GLEN HUNTLY MCKINNON MURRUMBEENA ORMOND ST KILDA EAST



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Carers Fitness Program

Glen Eira City Council in partnership with Caulfield Recreation Centre, is running a free *Carers Fitness Program* for carers of people with a disability who live in Glen Eira.

Connect with other carers and put aside some regular time out for yourself and enjoy a range of activities.

For further information, contact Caulfield YMCA on 9519 7500.



Inspire and design with Bronnie Masefau

Wednesday 7 May
2pm-3.30pm
Carnegie Library
7 Shepparson Avenue, Carnegie

Bronnie Masefau is an international interior designer who loves to inspire others to 'put the heart back into home'.

She is the author of a number of best-selling books — her latest release

being *Inspiring Through Creative Design*. Bronnie will show you how to arrive at your very own personal style and will give you design tips to enhance your home.

Bronnie will have her books for sale after the talk.

Bookings can be made online at library.gleneira.vic.gov.au or at any Glen Eira library or by contacting 9563 0971.

Getting started with iPads

Thursday 29 May
10.15am-12.30pm
Carnegie Library — Training Room
7 Shepparson Avenue, Carnegie

These workshops are designed for seniors to show the basics on how to use your iPad. The two hour sessions are hands-on practical workshops.

Fifteen minutes is allowed at the start of the session to assist with setting up individual devices.

Bookings are essential and limited numbers apply. Bookings can be made online at library.gleneira.vic.gov.au, at any Glen Eira library or by contacting 9563 0971.

Special May StoryTimes

Garden Party StoryTime
Sunday 11 May, 2pm
Bentleigh Library
Caulfield Library

Celebrate Mother's Day at our garden party with stories, songs and cupcakes. Make a special gift for mum to say thank you.



National Simultaneous Storytime

Wednesday 21 May, 11am
Carnegie Library

Join the whole of Australia as children read and share together *Too Many Elephants in this House* written by Ursula Dubosarsky. In Eric's house there were too many elephants — in the living room, in the kitchen, in the bathroom, even in his bedroom! The elephants take up a lot of space, but Eric loves every one of them. So when his mum says they have to go, Eric comes up with a clever solution. Come along and find out how Eric resolves his very big problem.



Dreamtime StoryTime
Wednesday 28 May, 11am
Carnegie Library

Join Eva Jo Edwards for a collection of indigenous stories, songs and dance at this special *StoryTime* to mark *National Reconciliation Week*.



Join the dots

To celebrate *Library Week* from 19 to 25 May, borrow three items anytime during May and go into the draw to win a \$50 book voucher.

Digital photos from camera to computer

Thursday 15 May
10.30am-12.30pm
Glen Eira Town Hall — Theatrette
Corner Glen Eira and Hawthorn Roads, Caulfield

Developed for seniors, this seminar will demonstrate how to import photos from a digital camera to a computer, how to email photos and how to edit, tag and store photos using Windows Live Photo Gallery.

Bookings are essential and limited numbers apply. Bookings can be made online at library.gleneira.vic.gov.au or at any Glen Eira library or by contacting 9524 3623.



Libraries for all

Glen Eira libraries are now geared up to give all residents access to a great range of collections and services.

To improve accessibility for people with low vision, the ClearView electronic desk magnifier is available at Carnegie Library. Place a newspaper or magazine on the reading table and the built-in camera creates a large print version on the computer monitor.

You can use it to look at photos, write or sign documents or even do a crossword. No computer skills are required.

Glen Eira libraries have a great selection of large print and audio books for all reading interests. E-books are available 24 hours a day, seven days a week from the convenience of your home computer, e-reader, iPad or other smart device. If you don't have an e-reader, you can borrow a Kobo e-reader from the library. Library staff are available to show you how to find and download an e-book from the collection.

Glen Eira City Council's home library service is available to frail, older adults and people with a disability. Books, audio books, magazines, DVDs and CDs are selected to meet your tastes and delivered to your door each month.

This service is open to eligible Glen Eira residents.

To register or find out more, contact the home library service co-ordinator at Bentleigh Library on 9557 8278.

If standing or moving around the libraries is difficult, library staff will happily locate items for you to borrow while you wait.

You can also call ahead and have a selection of books ready to collect when you visit or you can pick up a book bag pre-filled with books in your favourite fiction genre.

All libraries have wheelchair or scooter recharge stations to make your journey to the library and home easier.



YOUTH NEWS

Free music recording program for teens

Glen Eira City Council Youth Services *Plugged In* music program, has offered young budding musicians and sound engineers the chance to learn the basics in recording, mixing and mastering for the past four years.

The popular *Program* runs during each school term (approximately eight to nine weeks) on a Thursday afternoon from 4pm to 5.30pm at the Youth Information Centre's recording studio.

Past participants have gone on to take part in the advanced holiday workshops offered during school holidays, which further build on the basic skills they have learnt in the *Plugged In* program.

Plugged In is a free program. If you would like to register your interest, contact Youth Services on 9524 3676 or email youthservices@gleneira.vic.gov.au



Parent information night

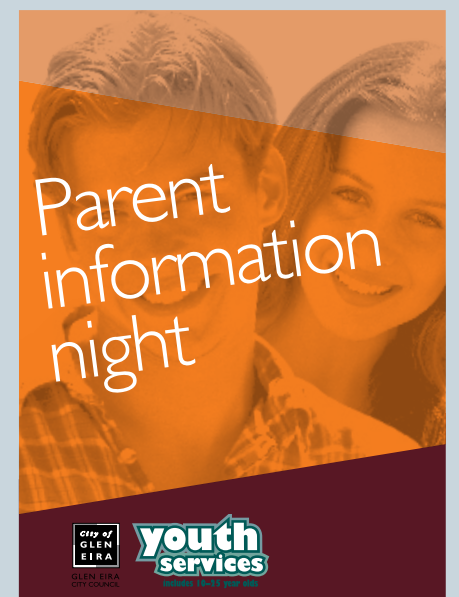
Glen Eira City Council Youth Services hosted a parent information night in March on the topic of *Raising Boys*. Guest speaker Andrew Fuller provided parents with knowledge, information and tips on how to better understand the world of boys. With his trademark wit and humour, Andrew engaged parents, assisting them in understanding how boys communicate; how they respond to people; and how brain functions influence behaviour.

A renowned clinical psychologist, family therapist and author of numerous bestsellers — *Tricky Kids*; *Life: A Guide* and *Tricky People* — Andrew drew from his extensive experience as a fellow of the Department of Learning and Educational Development at the University of Melbourne to provide parents with strategies that can be easily applicable to their boys.

Parents gained insight into the world of boys, learning skills in how to identify triggers that may lead to

violent behaviours, how to teach boys to recognise facial cues and the importance of appropriately responding to the needs of boys by using space and time.

Youth Services would like to thank all who attended and look forward to hosting similar information nights for parents in the future.



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PM sessions 3 - 5pm

Where: Caulfield - VIC 3162

Contact: 0400 429 627

Email: FCLkidsworkshop@gmail.com
Website: frenchcraftandlearning.com.au

Immunisation sessions

Bentleigh-Bayside Community Health
Gardeners Road, Bentleigh East
Saturday 17 May and Saturday 21 June
9am-11am Wednesday 14 May and
Wednesday 11 June 5.30pm-7.30pm
Thursday 29 May and Thursday 26 June
5.30pm-7.30pm

Carnegie Library and Community Centre
7 Shepparson Avenue, Carnegie
Wednesday 21 May and Wednesday
18 June 1pm-2.30pm and 5.30pm-7.30pm

DC Bricker — Princes Park
Beech Street, Caulfield South
Monday 26 May and Monday 23 June
9.30am-11.30am

Glen Eira Town Hall Auditorium
(entry via Glen Eira Road)
Corner Glen Eira and Hawthorn
Roads, Caulfield
Tuesday 13 May and Tuesday 10 June
9.30am-11.30am Tuesday 13 May and
Tuesday 3 June 6pm-7pm

Glen Huntly Maternal and Child Health Centre
Corner Royal and Rosedale
Avenues,
Glen Huntly
Wednesday 28 May and Wednesday
25 June 9.30am-11.30am

McKinnon Public Hall
118 McKinnon Road, McKinnon
Monday 5 May and Monday 2 June
9.30am-11.30am



Outdoor training — stay fit this winter

With the cooler weather now upon us, it's sometimes tempting to stay indoors.

However, Glen Eira City Council encourages residents to stay active this winter by using the fitness equipment located in various Glen Eira parks.

The fitness equipment is available at any time and guidelines on how to use the equipment are located on nearby signs.

These self-guided signs are well illustrated and carefully worded to make the experience of using this equipment a breeze.

The equipment is conveniently located close to the walking tracks and provides users with the opportunity to undertake various exercises while walking or running around the park.

Please note: if you haven't been a regular exerciser or are unsure how to approach a training program, consult your doctor or a fitness trainer to assess

your level of fitness and have them design a program that is suitable for you.

Fitness equipment is available at the following parks:

- Bailey Reserve, Bentleigh East (Melway 68 K12);
- Caulfield Park, Caulfield North (Melway 59 C12);
- Centenary Park, Bentleigh East (Melway 78 A3);
- Duncan Mackinnon Reserve, Murrumbeena (Melway 69 A9);
- EE Gunn Reserve, Ormond (Melway 68 E7);
- Halley Park, Bentleigh (Melway 77 E3);
- Hodgson Reserve, Bentleigh (Melway 77 F1); and
- Koornang Park, Carnegie (Melway 68 H6).

Adults swim a new record

Adult swimming lessons are booming at Glen Eira Sports and Aquatic Centre (GESAC), with mainly parents of children enrolled in the *Learn-to-Swim* program eager to learn.

GESAC currently has more than 120 adults participating in swimming classes, which exceeds industry averages for adult swimming lessons.

As well as learning to swim, GESAC's adult swim classes teach participants how to be confident in and around water, putting them in a better position to assess water-related danger when they swim outside of a facility.

Participant Jonathan has been learning to swim at GESAC for three months and said he has always been petrified of water.

"At first I could not even put my face in the water or float, but now I am able to swim freestyle up to 50 metres," Jonathan said.

"For anyone who is scared of the water, I say go for it! You will really enjoy the satisfaction of overcoming the fear of water and it feels great afterwards."

For further information on adult swimming lessons or to sign up, contact GESAC on 9570 9200.



Get into Bocce

The next time you're visiting one of Glen Eira's many parks, why not play a game of Bocce?

The game of Bocce originated in Italy and is fast becoming a popular recreational pursuit for people of all ages. All you need is a set of balls and a place to play.

The City of Glen Eira has Bocce courts at Harleston Park, Elsternwick; Moorleigh Community Village, Bentleigh East; and

Packer Park, Carnegie. All courts are free to the public and no bookings are required.

Bocce is played between two players or teams of up to four players. It's similar to bowls in that the player aims to place their bowl as close as possible to the jack, which may displace the opposition's bowl. The bowl can be bowled along the ground or thrown through the air.

Special four-year-old immunisation sessions 2014

Glen Eira City Council's Immunisation Service is offering immunisation sessions for four-year-old children in 2014. 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.

Parents please note: the Australian Childhood Immunisation Register recommends that all childhood vaccinations are completed by four years. If your child is not vaccinated by four years and one month they will be considered overdue and you will receive reminder letters from Council.



Wednesday 7 May
4pm-6pm

Carnegie Library and
Community Centre
7 Shepparson Avenue,
Carnegie

Saturday 14 June
9.30am-11.30am

Bentleigh-Bayside Community
Health Centre
Gardeners Road,
Bentleigh East

Wednesday 2 July
4pm-6pm

Carnegie Library and
Community Centre
7 Shepparson Avenue,
Carnegie



Glen Eira City Council

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

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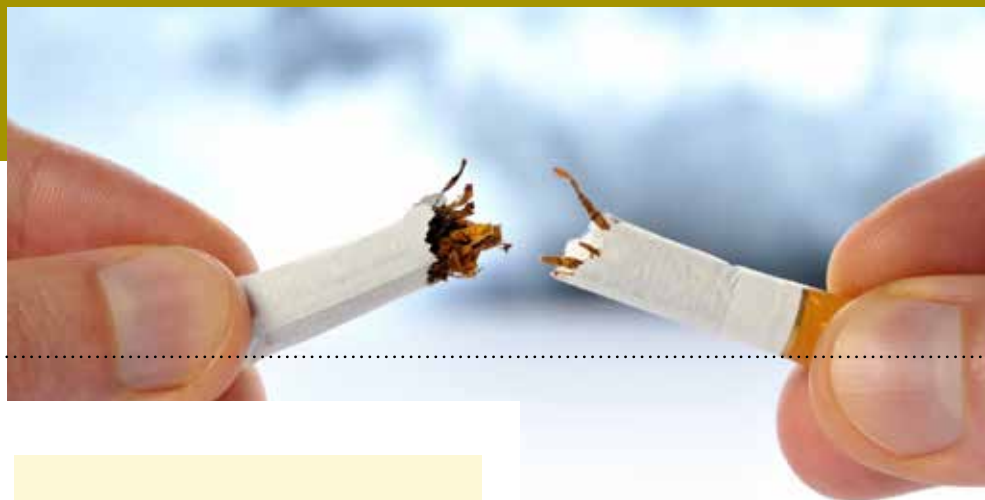
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It's never too late to quit



Smoking continues to pose a serious health risk to the community. In the City of Glen Eira, 14.9 per cent of the population smoke — the Victorian average is 19.1 per cent.

A study conducted by Quit Victoria and Cancer Council Victoria found that the number of annual deaths caused by smoking in the City of Glen Eira was 114. *The Big Kill* study reported this cause of death was considerably higher than other avoidable causes of death in the municipality, including alcohol (19), road deaths (six) and other drugs (three).

Attitudes are changing

According to the Victorian Population Health Survey, 72.9 per cent of residents in the City of Glen Eira support smoking bans in outside seating areas. This data suggests that the impact of smoking is set to lessen and that new smoking bans, which came into force on 1 April, will be widely accepted.

The benefits of quitting

- If you are thinking about quitting, it's never too late. You will feel the benefits straight away as your body begins to repairs itself.
- After 12 hours almost all of the nicotine is out of your system.
- Within days your sense of taste and smell improves.
- Within a month your blood pressure returns to its normal level and your immune system begins to show signs of recovery.
- After 12 months your increased risk of dying from heart disease is half that of a continuing smoker.

For help and advice on quitting, contact Quitline on 13 78 48.

Scoop your dog's poop

Owning a pet comes with multiple responsibilities that everyone should be aware of before taking their pet out into the community. In particular, if you are a dog owner, you are responsible for cleaning up after your dog at all times.

You can do this by using a plastic bag or pooper scooper to pick up after your dog and then dispose of this in one of Glen City Council's many garbage bins located throughout the municipality.

To assist dog owners, Council has installed plastic bag dispensers in many parks. However, it is recommended that you always take a bag with you whenever you exercise your dog, in case there is no dispenser handy.

Council also provides pet owners with a free Glen Eira POOch pouch to store plastic bags in, which can then be clipped onto the dog's lead.

For further information on how to obtain a Glen Eira POOch pouch or for a list of parks that have plastic bag dispensers installed, Contact Council's Service Centre on 9524 3333.



Think local first

Think local first is an inspiring and transformational initiative aimed to excite the exploration, discovery and value of what is available right here in our own backyard.

The *Think local first* program simply suggests that we think first before making purchasing decisions and sourcing services, and imagine the collective power of our decision making.

There is a lot to value and love about shopping locally such as convenience, variety, the individual and unique experience small business can offer, and the rich connection we can build with our community.

With a sense of pride, discover your community, have fun, celebrate your individuality, make sustainable and practical choices, ask a local expert and show your kids their future.

Love where you live — *Think local first*.

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.

Positions are four or five days per week.

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.



**DID YOU KNOW
YOU CAN
RECYCLE ALL
AEROSOL CANS?**



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

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