



GLEN EIRA CITY COUNCIL

FEBRUARY 2016

VOLUME 212

glen eira news

Support Glen Eira traders — think local first

The State Government’s planned works to remove level crossings at Centre Road, Bentleigh, McKinnon and Ormond shopping centres are now underway.

During this time, Glen Eira City Council encourages community members to continue to think local first before they shop and support the traders during the removal works.

“Take a look in your own backyard, visit your local shopping strip and explore the rich tapestry of offerings and experience,” Glen Eira Mayor Cr Neil Pilling said.

“There is a lot to value and love about shopping locally. Local businesses, shops and services provide a hub of activity, variety and experience for the Glen Eira community.

“The ongoing vibrance of these shopping strips relies heavily on local support.”

Once the construction phase commences, there will be a rare opportunity for families, children and residents to see site activity of this magnitude.

The Level Crossing Removal Authority (LXRA) is overseeing the removal project and has advised that whilst there will be some road closures and disruption, these will be centred around the rail corridor.

The shopping centres are still accessible, parking is available and it is business as usual.

Future improvements

Grade separation is a matter that community members have consistently raised with Council over a long period of time.

“The removal of these 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.

“Once these projects have been completed, Glen Eira will enjoy much better access across all our railway lines and around our municipality.”

Upcoming road works

At the time of going to print, LXRA advised road closures were scheduled for:

- Centre Road in the vicinity of the rail corridor from the evening of Thursday 11 February to the morning of Tuesday 16 February.
- Centre Road in the vicinity of the rail corridor from the evening of Friday 4 March to the morning of Monday 7 March.
- Centre Road and McKinnon Road in the vicinity of the rail corridor from the evening of Thursday 24 March to the morning of Friday 1 April.

During this time, the level crossing removal project team advised it will

ensure adequate signage and traffic management for vehicles and pedestrians to ensure people can still access shopping strips in Bentleigh, McKinnon and Ormond.

There will also be out of hours ground reinforcement works on the east side of the track between Centre Road and Brewer Road from Monday 18 January to Monday 7 March; and between McKinnon Road and Centre Road from Tuesday 19 January to Monday 29 February. Residents can expect to hear medium-level noise from these works.

Site information is managed by LXRA and can change at short notice. All dates are subject to confirmation. For further information, visit levelcrossings.vic.gov.au

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Mayor's column

Welcome to the first edition of *Glen Eira News* for 2016. I hope everybody had a safe and happy holiday.

To celebrate our national day, Council held its annual *Australia Day Breakfast* on Friday 22 January. I had the pleasure of presenting the *Citizen of the Year*, *Young Citizen of the Year* and *Community Group of the Year* awards. Congratulations to all the winners and runners-up and to all those who were nominated.

Council's first *Citizenship Ceremony* for the year was held on Australia Day. I had the privilege of presenting certificates to some of Glen Eira's newest residents. It is a big decision to become a citizen of another country. When you take on Australian Citizenship, it shows your commitment and loyalty to this country and a desire to share a common future. I wish you all the very best for the future as you join the great Australian family.

Council's *Party in the Park* series continues this month. Come and enjoy a day of free entertainment on Sunday 21 February from 10am to 4pm at Princes Park in Caulfield South. There will be live shows; art and craft activities; free rides; and much more.

Finally, with a month of summer still left, I would like to take this opportunity to remind residents to keep cool and hydrated. Check on your family, friends and neighbours, and also make sure your four-legged friends are looked after too. Remember to wear lightweight clothing, don't exercise in the heat of the day and under no circumstances leave anyone in a parked car — it is not safe.

**Cr Neil Pilling
Mayor**



A career as a respite carer

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Glen Eira City Council's Respite Service supports parents or carers of people with a disability by providing them with a break. Respite carers are part of Council's disability support team, and they assist individuals with a disability in their home or in the community.

The service is flexible for families and responsive to individual client needs. Support workers are provided with a person-centred care plan for each client, which outlines their goals, abilities, interests and what assistance is required. This could include, personal care and community based activities.

A Council respite carer recently told *Glen Eira News* that they thoroughly enjoy their role as a respite support worker in Council's Disability Support team.

"I am able to provide support to people within the community to help achieve their goals and undertake activities they enjoy. Every person has a care plan that is individually tailored, which helps me to assist them.

"Activities with clients include going to local parks and libraries; visiting Glen Eira Sports and Aquatic Centre; going into the city; seeing movies; 10 pin bowling; and going to concerts and discos. When at the

person's home, activities include, cooking; homework; arts and crafts; board games; and playing outside. I love the variation and no two days are ever the same.

"I am required to use the knowledge and skills from my training and at times, I need to think on my feet, but it doesn't feel like a job. Seeing people build their independence, knowledge and skills is very rewarding and I like knowing that I have been a part of a holistic approach to support them in achieving that."

As a respite carer, you can contribute to promoting quality of life for people with a disability and their families.

If you would like to use your skills, knowledge and training to support people with a disability, contact Council's Disability Support Team Leader on 9524 3333.

Please note: the respite carer quoted in the article wished to remain anonymous.

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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

DEADLINES

The deadline for the April edition of *Glen Eira News* is Wednesday 24 February for delivery 28 March to 1 April (weather permitting).

For *Community Diary* enquiries, contact 9524 3333 or email gleneiranews@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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Australia Day Breakfast Awards

Glen Eira City Council presented its annual *Citizen of the Year*, *Young Citizen of the Year* and *Community Group of the Year* Awards during an Australia Day Breakfast at Town Hall on Friday 22 January.

Guest speaker at the breakfast was Red Cross Victoria Executive Director Penny Harrison.

The Awards, which were presented by Glen Eira Mayor Cr Neil Pilling, recognise residents and community groups in the City of Glen Eira who have significantly contributed to the local community.

Twenty one individuals and community groups were nominated for the Awards.

Citizen of the Year

Citizen of the Year winner Nancy Duckmanton was recognised for her dedicated voluntary service of more than 40 years to a range of community organisations, groups and charities in Glen Eira, including the Moorabbin Hospital Ladies Auxiliary; Warrawee Nursing Home; Moorabbin Benevolent Society; Delivered Meals; and the Moorabbin Blind Auxiliary.

Nancy was a member of the Warrawee nursing home committee which raised money to enable the opening of the nursing home. She continued to volunteer at Warrawee for a further 20 years.

Nancy has recently received her 40 years badge of service to the Moorabbin

Hospital Ladies Auxiliary. The Auxiliary has raised more than one million dollars which has been used by the hospital to buy much needed equipment for patients.

Nancy has been a tireless volunteer who has assisted in raising much needed funds for a variety of Glen Eira community services. Her generosity, positive attitude and influence in the Glen Eira community is highly commendable and much appreciated.

Finalist in this category was James Sinclair.

Young Citizen of the Year

Eleven-year-old Aiden King is a student at the King David School in Armadale.

Aiden is the founder of Fortunate Footy Cards, a footy card collection charity, which aims to collect, sort and redistribute spare footy cards to disadvantaged children. In 2015, more than 20,000 cards were collected across 14 schools, many of which were in Glen Eira.

Aiden has also achieved his Grey Wolf badge in Cub Scouts — the pinnacle award for Cubs — achieved by less than five per cent of Cub Scouts.

For the past two years, Aiden has participated in the *Around the Bay — bike ride for a child in need*. In 2014, he raised the most money out of any child participating in the ride.

Currently, Aiden is writing an anti-bullying book about how to be

resilient at school when you are different from other children. Aiden has faced several challenges at school, including hearing loss, and is trying to draw on his experiences to help other children find their way.

Sarah Radlow was the finalist in this category.

Community Group of the Year

Since 2008, *Community Group of The Year* winner Carnegie Church of Christ has been providing weekly meals and food parcels through its *Open Hands* project. Each year the work of the Carnegie Church of Christ *Open Hands* project makes a real difference to the lives of many Glen Eira residents who are struggling.

To date, more than 13,000 people have come through its door and more than 10,300 meals have been served.

People who have used the program report that they most value the sense of community and belonging that *Open Hands* provides. The program is inclusive of all and offers a non-judgmental environment where participants feel that they are part of a 'friendly family'.

Finalist in this category was Jewish Taskforce Against Family Violence Inc.

Photo: Aiden King, Deputy Mayor Cr Karina Okotel; Community Group of The Year recipient Peter Los; Glen Eira Mayor Cr Neil Pilling; Penny Harrison; and Nancy Duckmanton.

Community column

Speaking up for our City

Funding to improve local kindergartens

Glen Eira City Council will receive \$225,000 in State Government funding for the upgrade of Bentleigh West and Brady Road kindergartens.

The playground at Bentleigh West Kindergarten will be upgraded and will include the installation of a new pergola and a dry river bed.

Refurbishment works at Brady Road Kindergarten will include a new entry ramp, a new foyer and expansion of the playroom to increase the capacity of the centre.

Over the last 12 months, Council officers have advocated the State Government for additional funding to improve local kindergartens, and have undertaken extensive consultation with the two local kindergartens to facilitate the projects.

Victorian Heritage Register

Glen Eira City Council has been advised that two sites within the municipality have been nominated for inclusion on the *Victoria Heritage Register* — a list of places that are historically significant to the State of Victoria.

The first nomination is for two murals created by Sir William Dargie in 1939. They are located at Caulfield Junior College.

The second site is Montgomery House, which is located within the grounds of Caulfield Hospital. Constructed in 1916, it was used as a Red Cross Rest Home during WWI.

Engaging our community

Draft Sustainable Transport Strategy Action Plan

Residents are reminded they have until Friday 26 February to provide feedback on Glen Eira City Council's draft *Sustainable Transport Strategy Action Plan*.

The draft *Action Plan* has a set of new actions to be completed over the next two years as a continuation of Council's 2011–14 *Sustainable Transport Strategy*.

Free pertussis vaccine for pregnant women

Glen Eira City Council is taking a positive step forward in the prevention of pertussis (whooping cough) in pregnant women.

Council's Immunisation Service is administering the whooping cough vaccine, Boostrix® to pregnant women from 28 weeks gestation. This provides two-for-one protection with the mother passing antibodies to the baby in utero.

The vaccine has been provided to Council free of charge by the State Government. In 2014–15, it cost Council \$19.33 to administer each vaccination.

Partners of women who are at least 28 weeks pregnant (if the partner has not received a pertussis booster in the last 10 years); and parents/guardians of babies born on or after 1 June 2015 (if their baby is under six months of age and they have not received a pertussis booster in the last 10 years) are also eligible for the free vaccine.

Council's Immunisation Nurse Kathie Craig attended a forum regarding the advantages of the Boostrix® vaccine during the third trimester of pregnancy and how best to inform expectant parents of this important program.

"According to a panel of experts, the effectiveness of the vaccine has proven it's providing infants with approximately 92 per cent protection against whooping cough in the first six weeks of life," Ms Craig said.

"This is a significant advantage for infants as they cannot receive their first dose of whooping cough vaccine until six weeks of age."

The optimal time for vaccination is early in the third trimester (between 28 and 32 weeks). However, the vaccine can be given at any time during the third trimester up to delivery.

Department of Health and Human

Services statistics indicate that in 2015, there were 4,689 notified cases of whooping cough in Victoria — 160 of these cases were in the City of Glen Eira.

Council conducts 10 community immunisation sessions every month at various locations across the municipality.

To receive the free Boostrix® vaccine at a Council session, adults must ordinarily reside in Victoria, hold a Medicare card, or be a permanent resident or have applied for permanent residency.

All other people who meet the recommended guidelines for pertussis vaccination can purchase the vaccine with a private prescription.

To find your local session, visit www.gleneira.vic.gov.au or contact Council's Service Centre on 9524 333.



Glen Eira City Council appoints new Chief Executive Officer

Glen Eira City Council has appointed a new Chief Executive Officer.

Former Mitchell Shire Council CEO Rebecca McKenzie will commence her four year term on Monday 8 February.

Ms McKenzie has extensive experience in Local Government both in Victoria and the UK, and has also worked in the university sector in Ireland and with the Queensland State Government. She holds Masters level qualifications, and is a graduate of the Australian Institute of Company Directors and Vice President of LGPro, the professional association for Local Government in Victoria.

Ms McKenzie said she is very much looking forward to her new role.

“I am delighted to be joining the Glen Eira City Council as its new CEO,” Ms McKenzie said.

“Andrew Newton’s shoes will be big ones to fill, but I intend to build on the strong performance that has been his legacy, while working closely with Council and community to respond to the significant change in the Local Government sector, not the least rate capping.”

Glen Eira Mayor Cr Neil Pilling said Council is very fortunate to have secured the services of Ms McKenzie.

“Throughout the rigorous recruitment process, Ms McKenzie was a standout candidate with her experience, knowledge, ability and vision,” Cr Pilling said.

“Council and the community can look forward with a sense of assurance and confidence to 2016 and the years ahead.”



Swimming pool safety: don't let your guard down this summer

Glen Eira City Council reminds residents not to let their guard down when it comes to swimming pool safety.

Whether it is in the heat of summer or the cooler temperatures of winter, pools and spas can pose a great danger to children.

Council’s Manager Civic Compliance John Bordignon said residents need to understand the potential risks around pools and spas at all times of the year.

“Residents also need to ensure that appropriate safety barriers, which comply with Australian Standards, are in place to prevent drowning or near drowning incidents,” Mr Bordignon said.

“Maintenance of the pool or spa safety barriers is important and should not be overlooked.”

Statistical evidence shows that the most

common cause of death for children less than five years of age is drowning.

Now is the time to make sure your swimming pool and surrounding areas are compliant and safe.

You must ensure:

- Correct safety measures, which comply with Australian Standards, are fitted to pool fences, gates, doors and windows such as self-closers, latches, fly screens, catches and bolts. These should be maintained regularly.
- Tree branches, pot plants or other items that could be used to climb safety barriers to gain access to the pool/spa area are removed. Chairs, boxes, pool pumps, dog kennels, children’s play equipment or other items should also be removed.
- Fences (especially timber paling

fences) are in good repair.

- All safety barriers, such as gates and doors, are not left or propped open.
- An adult is supervising children at all times. If the supervising adult leaves the pool/spa area, all children should leave with the adult.

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

Free sustainability community presentations

Glen Eira City Council will host the following free community presentations:

Capture stormwater and help improve the health of our bay

Tuesday 16 February, 7pm–9pm
Caulfield Glasshouse, Caulfield Racecourse, 1 Station Street, Caulfield

Presented by Edible Eden Design’s Karen Sutherland

Raingardens resemble regular garden beds, except they are designed to capture and filter stormwater runoff from impervious surfaces such as roads, driveways, roofs and footpaths before it flows into stormwater drains.

This presentation will cover:

- Why use a raingarden.
- How to capture the water that flows off your roof.
- How to easily create a water-efficient garden and improve the health of our stormwater drains.
- How to construct an above ground raingarden.
- Plants suited to raingardens.

Autumn vegetable gardening

Friday 11 March, 10am–12pm
Caulfield Park Pavilion — Balaclava Road, Caulfield

Presented by My Green Garden’s Maria Ciavarella

Numerous vegetables can be grown over the cooler months. Come and find out what vegetables grow well and how to grow them.

Bookings are essential. For further information and to RSVP, contact Council’s sustainability education officer on 9524 3333; email sustainability@gleneira.vic.gov.au; or visit www.gleneira.vic.gov.au/community/environment





Save money on power bills by installing a FREE water efficient showerhead.

To see if you are eligible to receive this free Council service, contact Energy Makeovers on 1300 788 776 or visit www.energymakeovers.com.au/energy-savers-glen-eira/

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.



GLEN EIRA CITY COUNCIL



Heatwave safety

Rising temperatures and more common extreme weather circumstances mean that heatwaves have become a part of life in Australia.

People more at risk from heat-related illness include:

- People aged over 65, particularly those living alone without air conditioning.
- Women who are pregnant, breastfeeding mothers and infants.
- People with pre-existing health conditions.
- People with limited or poor mobility.
- People taking medications that may interfere with the body's ability to regulate temperature.

Preparing for a heatwave

- Visit your doctor and make sure any pre-existing medical conditions are

being managed well.

- Stock up on food, water and medicines so you don't have to go out in the heat.
- Check your fan or air conditioner works well and have them serviced if required.
- Look at the things you can do to make your home cooler, such as keeping blinds and curtains drawn.
- Consider installing shade cloth or external blinds on the sun facing sides of the house.

Look out for others

- Take care of yourself and look out for family, friends and neighbours who may need support coping in the heat. Help them to prepare their house for the hottest part of summer.
- Have a list of family and close friends'

telephone numbers by your phone in case of an emergency.

If you become unwell

- Stop any activity and sit quietly in a cool place.
- Drink cold water to cool your body down.
- Wet the skin with cool water or with wet cloths.
- Seek medical advice, contact your Local GP or Nurse on Call on 1300 606 024.
- Phone an ambulance if you continue to feel unwell.

For further information, contact Glen Eira City Council's Community Development Department on 9524 3333 or visit www.health.vic.gov.au

Preventing dog attacks — safety around dogs

A dog attack is a terrifying and unpleasant experience that can easily be prevented if the right measures are taken.

Dog owners — how to prevent dog attacks in the community

- The *Domestic Animals Act* requires the confining of dogs to the property to prevent wandering at large. This ensures the safety of your dog and the public.
- Your yard must have a closed gate, escape-proof fencing and visitors must have safe access to the front door.
- All dogs can be territorial. Most dog attacks in public occur on the footpath or road in front of the dog's property.
- You can be fined if your dog isn't securely confined or if it rushes at or attacks a person or animal.

Know what to do if approached by an aggressive dog

While it is the responsibility of dog owners to ensure their dogs are safe and able to be managed off-leash, community members, especially parents with young children, also need to be responsible when utilising parks and facilities.

If you are approached by an aggressive dog:

- Stand still — don't run.
- Keep your hands by your side.
- Stay quiet — try not to make any noise.
- Avoid eye contact with the dog — look at the ground.
- Once the dog has lost interest, slowly back away.

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.

Connecting Generations: exploring the community

Glen Eira City Council's Family Day Care Service and Leila Road Adult Day Centre have joined together to enhance the connection between young children and older adults.

The *Connecting Generations* program was established four years ago to promote social connections with children and older people. This liaison is mutually beneficial, encouraging the young and elderly alike to interact and take an interest in one another, giving the children a better insight into their elders, while at the same time perhaps also filling a void for the elderly. During this time, a variety of social events suitable for the varied age groups have been held, including dancing, musicians, playgroups, storytelling and singing.

Late last year, the two services visited the Stephanie Alexander Kitchen Garden at East Bentleigh Primary School (pictured below). The three generations spent the morning exploring and sampling food that was grown on the school site and cared for by the school children.

With a greater emphasis on sustainability and knowing where our food comes from, the garden showcases a variety of vegetables. Children are supported and encouraged to plant and care for the vegetables from the garden patch to the plate, making the program a fully hands-on learning experience.

Council's Family Day Care Co-ordinator Kathryn Bergroth said it's the simple things in life that have provided the greatest satisfaction and joy for all age groups involved in the program, such as watching children play, holding a baby, playing with play dough, walking through a vegetable patch and watching chickens dig for worms.

"The program proves age is no barrier to learning and being curious about the world around us," Ms Bergroth said.





How to support local native birds

In urban areas like the City of Glen Eira, gardens and parks collectively provide one of the largest areas of vegetation to support local native birds, such as the Superb Fairy-wrens, Brown Thornbills and Grey Fantails.

Glen Eira residents tend to attract introduced birds, such as Feral Pigeons, Indian Mynas and Common Starlings rather than local native birds, because they are better suited to urban environments.

If you would like to support and attract local native birds to your garden, things you can do include:

- Creating a diverse landscape with a range of heights and varieties using local plant species, for example, layer native grasses, low shrubs and large trees.
- Reducing your lawn area — some introduced species prefer a simplistic garden structure, which is open and devoid of dense shrubbery.
- Introducing water into your garden, for example a bird bath, to

encourage birds to feel safe using the water. You can create a sense of security by providing protective shrubs and undergrowth nearby. Prickly plants such Sweet Bursaria (*Bursaria spinosa*) can help provide safety and shelter from predators.

Tip: introduced birds are good at scavenging, so keep your bin closed and keep pet food inside or covered up.



Scoop up after your dog

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

Dog owners can do this by using a plastic bag or pooper scooper to pick up after their dog and then dispose of this in one of Glen Eira 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 close by.



Are you interested in gardening and the environment?

Are you interested in gardening? Do you care about your impact on the environment?

If you answered yes, Glen Eira City Council invites you to join its *Neighbourhood Sustainable Gardening Program*. The Program will help you tap into and build on the passion, knowledge and skills of other sustainable gardeners in Glen Eira, including schools and businesses.

To help you on your journey, registered gardeners will be sent a welcome pack, which includes a sign that can be attached to your fence and information on related sustainable gardening.

To join the Program, visit www.gleneira.vic.gov.au/sustainable_garden



Glen Eira City Council
Berleigh | Berleigh East | Brighton East | Carnegie | Caulfield | Elsternwick
Gardenvale | Glen Huntly | McKinnon | Murrumbeena | Ormond | St Kilda East

Detox your Home at Cheltenham's free household chemical collection

Do you need to dispose of unwanted household chemicals? You can reduce the risk of poisoning and environmental pollution, as well as improve recycling rates, by dropping off unwanted chemicals at Cheltenham's *Detox your Home* mobile collection.

Detox your Home is a safe, free and easy-to-use service to dispose of common household chemicals without harming your health or the environment.

For a full list of accepted items, visit www.sustainability.vic.gov.au/detoxyourhome

Please note: the list of accepted items has recently changed. The collected items are recycled for recovery and diverted from landfill.

When: Sunday 6 March
Time: 8am to 4pm
Where: Cheltenham — site address provided upon registration

Registration essential
Register online at www.sustainability.vic.gov.au/detoxmobile

or contact 1300 363 744 and then turn up on the day with your unwanted items.

Registration is required to manage traffic flow and avoid queues on the day, allowing you to get in and out quickly.

Paint and other common products

Paint, household batteries, fluorescent tubes and compact fluorescent lamps will not be collected. These items can be disposed of throughout the year at a permanent Victorian drop-off site. The collected items are recycled for recovery and diverted from landfill.

For a full list of permanent Victorian drop-off sites or to find out more about *Detox your Home*, visit www.sustainability.vic.gov.au/detoxyourhome or contact Glen Eira City Council on 9524 3333.

Detox your Home is a free service for all Victorian householders. It is administered by Sustainability Victoria in partnership with local councils and funded by the Victorian landfill levy.

Gardenvale Park — now complete

Glen Eira City Council has extended Gardenvale Park to include new pathways, garden beds, plantings, seating and tree plantings. This has provided the community with an extra 500 square metres of open space.

Before



After



News in brief

Recognise your volunteers

Nominations for the 2016 Glen Eira City Council *Volunteer Recognition Program* will open on Monday 1 February and close Friday 11 March.

Not-for-profit community based organisations are invited to nominate volunteers in one of the seven categories; 500, 1,000 or 2,000 hours of service or for one of the special awards which recognise either 10, 20, 30 or 40 years of continuous voluntary service.

Award recipients will be announced during *National Volunteers Week* (9 to 15 May) at an awards ceremony.

You can register online at www.gleneira.vic.gov.au or pick up a nomination form from Council's Service Centre. For further information, contact 9524 3333.

New health program for women over 50

Sexual Health and all that Jazz is a new program designed for women over 50.

Facilitated by Women's Health in the South East (WHISE), the program will provide a positive environment for women to learn about a broad range of topics affecting their health.

WHISE was one of the 126 not-for-profit community groups and organisations that received funding through Glen Eira City Council's *2015-16 Services Community Grants Program*.

Commencing on Monday 15 February, the free five week program will run on Mondays from 1pm to 2.30pm at Bentleigh-Bayside Community Health, 2A Gardeners Road, Bentleigh East.

For further information or to register,

contact WHISE on 9794 8677 or email khill@whise.org.au

Paediatric first aid and resuscitation

Wednesday 17 February, 7.30pm
Caulfield Cup Room — Glen Eira Town Hall, corner Glen Eira and Hawthorn Roads, Caulfield

Cost: \$45

RSVP: essential as places are limited. Visit www.gleneira.vic.gov.au or contact Council's Service Centre on 9524 3333

Emergcare will present this session for parents and guardians of young children.

Developed in association with The Royal Children's Hospital Child Safety Centre and taught by ambulance paramedics, this two hour course covers:

- care of the unconscious child;
- febrile convulsions;
- child and infant resuscitation;
- calling an ambulance; and
- management of a choking child.

Community Grants Program

Applications for Glen Eira City Council's *2016-2017 Community Grants Program* open on Tuesday 1 March.

More than \$350,000 will be awarded to local community groups. Grants are available to support projects and services that address local issues, align with Council's priorities, and meet with funding guidelines and conditions.

Further information will be included in the March *Glen Eira News*.

Understanding children's behaviour: survival tips for parents

Thursday 3 March, 7.30pm
Caulfield Cup Room — Glen Eira Town Hall, corner Glen Eira and Hawthorn Roads, Caulfield

Cost: \$9

RSVP: essential as places are limited. Visit www.gleneira.vic.gov.au or contact Council's Service Centre on 9524 3333

Kathy Walker OAM will provide an overview of some of the reasons why children behave the way they do, and will provide some practical strategies for parents to support their children and guide their behaviours in appropriate ways.



Family Day Care

Glen Eira City Council Family Day Care (FDC) currently has child care vacancies that may suit your needs. Parents who live, work or study in Glen Eira are able to access FDC. For further information, contact Council's Service Centre on 9524 3333.

out and about



Carols in the Park — Cr Oscar Lobo JP; Cr Margaret Esakoff; Cr Mary Delahunty; Cr Jamie Hyams; and Glen Eira Mayor Cr Neil Pilling.

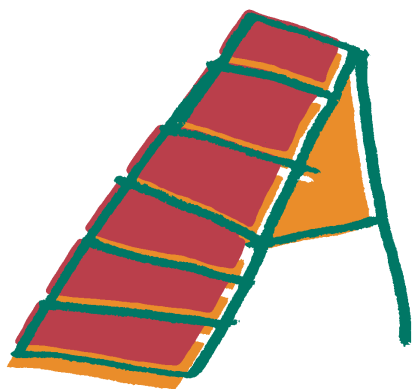
Photo: Robert Churchus Photography.



Australia Day Breakfast — Cr Oscar Lobo JP; Cr Jim Magee; Cr Thomas Sounness; Penny Harrison; Glen Eira Mayor Cr Neil Pilling; Deputy Mayor Cr Karina Okotel; Cr Margaret Esakoff; and Cr Jamie Hyams.

Photo: Robert Churchus Photography.

A-Z of Family and



- **Accessible** family services for families who have children with disabilities.



- An average of 1,800 **babies** are born each year in Glen Eira.
- **Breastfeeding** support services for mothers. Support is available through telephone consultation, home visits and a weekly drop-in session.



- **Council's Children's Centres** at Carnegie, Caulfield and Murrumbeena provide long day care and kindergarten programs in small, community focused settings for children aged six months to six years.



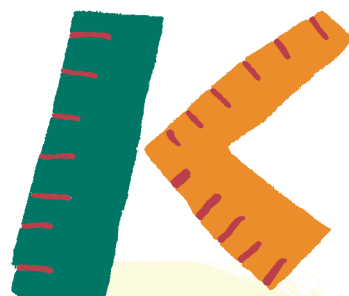
- **Dance, music, stories** — a parent information session run by Council that acknowledges the importance of play in early childhood. Through music, stories and dance, children develop literacy and language skills, social skills and interpersonal skills.



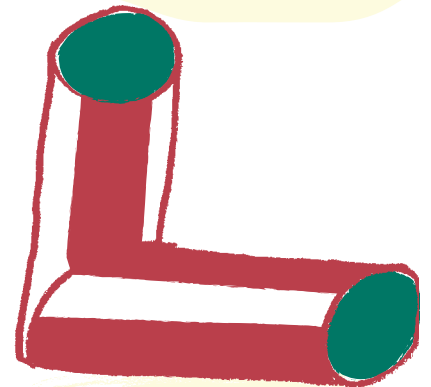
- **Immunisation** — Council runs immunisation sessions at six locations every month and offers special four-year-old immunisation sessions each month.



- **Join** StoryTime and BabyTime sessions at Council's four library branches.



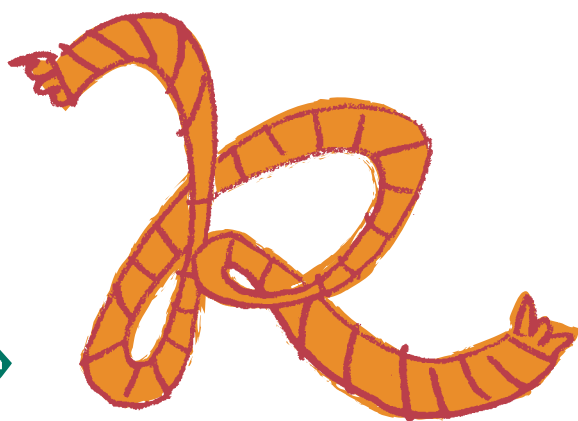
- **Key Ages and Stages** Visits from birth to three-and-a-half years — supports the health and development of children and families in Glen Eira.



- **Learning** begins from the moment a child is born — children learn more in the first five years than any other time in their lives.



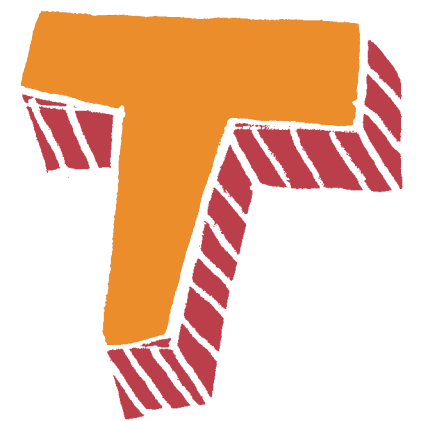
- **Quality** parent information sessions presented by early years professionals, are offered on a range of topics to support families to raise healthy and happy children.



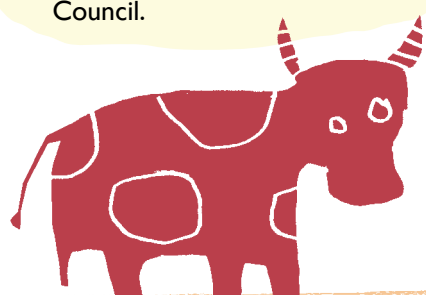
- Council's *Families' and Children's Resource Guide* offers families a 'one-stop' reference to family and children's services offered by Council.



- **Support, advice or help** for families raising young children is provided in all of Council's Maternal and Child Health centres.
- **Settling in** — an interactive session focusing on the first four months with your baby. Sessions are run throughout the year.



- **Toy libraries** offer a fabulous resource for families and grandparents to have access to a variety of new and traditional toys without the expense. Join a toy library near you — Caulfield Community Toy Library or Moorabbin Area Toy Library.



Glen Eira City Council Family and Children's Services — supporting the local community to raise healthy and happy families. For further information and support, contact Council's Service Centre on 9524 3333 or visit www.gleneira.vic.gov.au

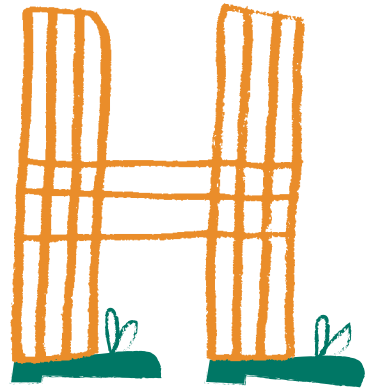
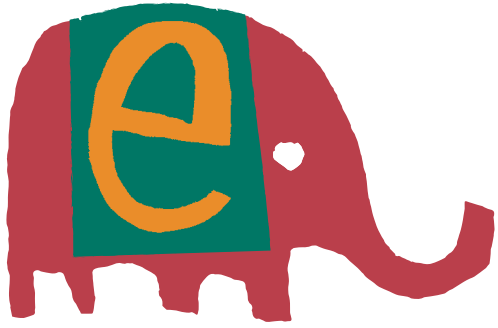
Children's Services

08/09

SUPPORTING FAMILIES

FEBRUARY 2016

GLEN EIRA NEWS



- **Enrolment system** — Council conducts a central enrolment system for four-year-old community-based kindergartens.

- **Facebook** — 'Like' us on Facebook to keep up-to-date with what's happening at Council's Maternal and Child Health Service.
- **Family Day Care** — home-based, quality childcare and education for children aged six months to 12 years.

- **Glen Eira City Council** aims to ensure all children have equitable access to environments and opportunities that promote and protect their health, safety, learning, development and wellbeing.

- **Health information** and programs on a range of issues that affect families and children is available on Council's website: www.gleneira.vic.gov.au

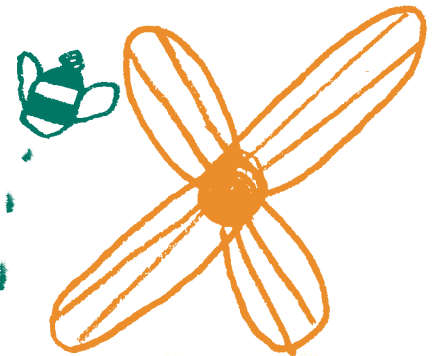
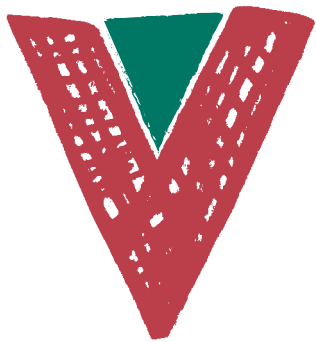


- **Municipal Early Years Plan** provides a strategic direction for the development and co-ordination of early years services in Glen Eira.

- **Nutrition** — food in the first 12 months parent information session offered at various venues across Glen Eira.

- **Occasional Care** provides preschool aged children the ideal opportunity to socialise, play and learn in a supportive safe environment on a casual basis.

- **Playgroups** provide parents and caregivers with the opportunity to meet new people, gain support and exchange parenting ideas.

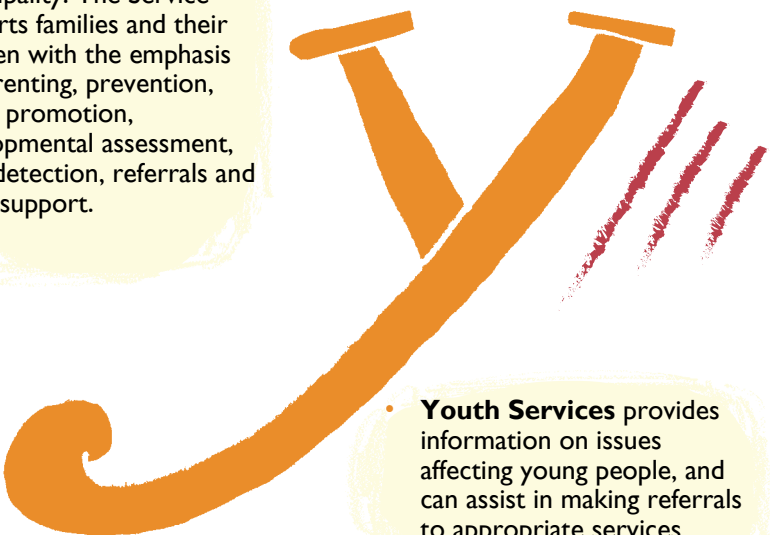


- **Universal Maternal and Child Health Service** is free to all families in the municipality. The Service supports families and their children with the emphasis on parenting, prevention, health promotion, developmental assessment, early detection, referrals and social support.

- Almost 15,000 children were **vaccinated** in 2014–2015.

- **Wellbeing** is enhanced through Council services, community events and programs that focus on children and families in Glen Eira's open spaces and community venues throughout the year.

- **eXtra support services** for families, including Enhanced Maternal and Child Health and Outreach Maternal and Child Health and home visits.



- **Youth Services** provides information on issues affecting young people, and can assist in making referrals to appropriate services when required.



- **Zzzzzzz** ... parent support focusing on the first few months with your baby. Topics include understanding your baby, sleep, crying and feeding patterns and settling strategies.

Community Diary

Please note: due to high the volume of submissions we receive, entries must be submitted monthly. Only submissions received each month will be published. To submit an entry or for a list of deadlines for 2016, email gleneiranews@gleneira.vic.gov.au

MEETINGS AND CLUBS

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

Bentleigh East Combined Probus Club meets on the second Tuesday of every month (except January) at 9.45am at The Bentleigh Club, Yawla Street, Bentleigh. Contact: 9592 2071.

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

Bentleigh Life Activities Club: Looking for a game of table tennis, cards or mahjong? Do you enjoy music and dining out occasionally? Come and join the friendly people at Bentleigh Life Activities Club. Contact: 9532 9389.

Bentleigh over 50s table tennis, chess, snooker and billiard groups will commence in March. Contact: 9557 5739.

Bentleigh Probus Club meets on the second Thursday of every month from 10.30am at Bentleigh RSL, 538 Centre Road, Bentleigh. Contact: 9579 5506.

Bentleigh Scottish Country Dancing is held on Mondays from 7.30pm to 9.30pm at K.G. Putt Hall, 2 Arthur Street, Bentleigh. Contact: 9973 7582.

Carnegie/Murrumbeena Senior Citizens Club meets every Tuesday and Thursday from 1pm to 4pm at Carnegie Library and Community Centre in the Boyd Room. Contact: 9568 2727.

Caulfield Over 50s Dancing Group meets every Monday (except public holidays) from 12.30pm to 3.30pm at Glen Eira Town Hall, corner Glen Eira and Hawthorn Roads, Caulfield. Cost: \$5. Contact: 9822 2064.

Caulfield Photographic Society meets fortnightly on Monday evenings at St Peters Anglican Church Parish Hall in Murrumbeena. Contact: 0408 214 502.

Elsternwick Toastmasters Club meets on the second and fourth Thursday of every month from 7pm to 9.15pm at Caulfield RSL, 4 St Georges Road, Elsternwick. Contact: 0411 400 587.

Elsternwick Social Club meets on second Tuesday of every month from 12pm to 1pm at Elsternwick Library in the foyer, 4 Staniland Grove, Elsternwick. Contact: 0422 881 349.

Glen Eira Cheltenham Art Group in Bentleigh East offers weekday classes for adults, including drawing; tonal oils; watercolours; mixed-media; acrylics; oils; life drawing and pastels. Children's classes: Wednesday afternoons and Saturday mornings. 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.

Ormond Angling Club Inc. meets on the first and third Wednesday of every month from 8pm at 462 North Road, Ormond. Contact: 0407 800 719.

Ormond Tennis Club hosts Wednesday night mixed social tennis from 7pm at Foch Street, Ormond. Cost: \$10. Contact: 9579 0451.

Phoenix Park All Ability Table Tennis Group meets Mondays and Thursdays during the school term from 5.30pm to 7pm. Contact: 0412 804 036.

Phoenix Park Community Table Tennis Club operates Mondays and Thursdays. Seniors: 9am to 1pm. Juniors: (all ages and abilities) 5.30pm to 10.30pm. Junior coaching held Mondays and Thursdays from 5pm to 7pm. Contact: 0412 804 036.

Piano Group is seeking players and listeners to get together regularly and enjoy music. Contact: 9571 1541.

Port Philip Life Activities Club: Are you over 45, retired, nearing retirement or experiencing life changes? We have a wide variety of activities, including bush walking, local walks, cycling and dine-outs. Contact: 9646 1316.

Shoobra Book Club meets on the first

Tuesday of every month at members' homes. The club is seeking new members of either gender aged 40 plus. Contact: 0402 006 291.

Social tennis is held on Tuesdays and Thursdays at 9.30am at Victory Park, 21 Patterson Road, Bentleigh. Contact: 0421 160 722

Table tennis is held on Tuesdays and Thursdays from 7.45pm to 9pm at K.G. Putt Hall, 2 Arthur Street, Bentleigh. Cost: \$2.

U3A Moorleigh will recommence for 2016 with your favourite classes, and also some new ones, on 1 February at 92 Bignell Road, Bentleigh East. Contact: 9570 3929.

EVENTS

Merry Melodies recommences for 2016 on 2 February from 2pm to 4pm at St Paul's Anglican Church, 530 Dandenong Road, Caulfield North. Contact: 9576 1477.

Nirkoda new beginners Israeli dance course commences on 6 February at 1pm at St Aloysius Primary School Hall, corner Catherine Street and Balaclava Road, Caulfield North. Cost: \$40 for eight weeks. Contact: 0437 023 729.

Bentleigh Baby and Kids Market will be held on 20 February from 9am to 12.30pm at St Johns Church Hall, corner Tucker and Centre Roads, Bentleigh East. Entry: \$2. Stallholders: \$25 tables are still available for February market. Contact: 9557 2226 or www.trybooking.com/JULE

Brighton General Cemetery Plants and People Walk will be held on 21 February at 2pm at Brighton General Cemetery, corner Hawthorn and North Roads, Brighton East. Cost: \$10. Bookings essential. Contact: 9558 4248.

Box Cottage Heritage Museum, Joyce Park, Ormond will host a revamped display of vintage 'White Nighties' and notions, treadle sewing machines and original irons on 28 February and 27 March from 2pm to 4pm. Entry via donation. Contact: 9557 9465.

Little Kids' Messy Play and Toy Library Open Day will be held on 27 February from 10am to 12pm at Moorleigh Community Village, 90-92 Bignell Road, Bentleigh East. Suitable for children one to five years. Please wear old

clothes, sunscreen and hat. Entry: \$5.

Contact: <http://moorabbinareatoylibrary.com/>

COMMUNITY

Attention past pupils of Elwood High and Elwood Central: Do you recall any story, event or anecdote you would like to share? Visit www.elwoodcentralschool.yolasite.com or www.elwoodhighschool.yolasite.com

Australian Multicultural Community Services is seeking volunteers who speak Italian, Greek, Polish, Russian and Croatian to visit socially isolated seniors who live in their own homes. A commitment of one hour per fortnight is required. Contact: 9689 9170.

Carnegie Three-year-old Activity Group Inc: enrolments for 2016 are now open. Sessions are held during the school term on Mondays from 9am to 11.30am and 12.30pm to 3pm. Cost: \$195 per term. Contact: 3yearoldactivitygroup@gmail.com

Caulfield Blood Donor Centre, 322 Hawthorn Road, is looking for new donors. Contact 13 14 95 or visit donateblood.com.au

Dog/pet sitting club: expressions of interest are being sought from pet lovers wanting to join a dog/pet sitting club. Members look after each other's animals whilst away. Contact: 0405 081 841 (SMS only).

Glen Eira Adult Learning Centre offers computer and iPad classes (beginners to advanced); digital and social media courses; MYOB; Intro to business admin and event management; career choices; writing classes; tai chi; mindfulness; and laughter yoga. Contact: 9578 8996.

Godfrey Street Community House will offer Mini Groovers; after school art discovery; and the art studio for children aged seven to 12 in February. Three-year-old kinder and childcare operate five hour sessions. A range of adult classes are also available. Contact: 9557 9037.

Moongala Community House, 824 Centre Road, Bentleigh, is taking enrolments for their Kids Care sessional childcare program on Mondays, Wednesdays and Fridays and their Tuesday Tots playgroup. Adult education classes are also available. Contact: 9570 3468.

軟塑料及電池回收

現在有多處電池回收地點，包括：Bentleigh 的 Aldi，Mentone 及 Oakleigh South 的 Bunnings，Carnegie、Chadstone 和 Highett 的 Officeworks。

電池是由銀、鐵、鎳、銅等重金屬製成的，可以回收用於製造新產品。

塑料購物袋等軟塑料不可以放入區政府的可回收垃圾桶 (黃色垃圾桶)，但是也不要把它們丟進普通垃圾里 – 在大多數超市都有回收處。

這些商店的櫃檯附近都設有回收桶，可回收空的麵包袋、餅乾袋、冷凍食品袋、米和麵條袋、糖果包裝袋、塑料購物袋及舊的可回收袋 (綠色袋子) 等軟塑料。

您的空塑料袋將被回收製成新產品，例如結實的戶外傢具、花園圍板及標牌。

Ανακύκλωση πλαστικών και μπαταρίας

Υπάρχουν τώρα αρκετοί χώροι όπου μπορείτε να διαθέσετε τις μπαταρίες περιλαμβανομένων και των Aldi in Bentleigh; Bunnings in Mentone και Oakleigh South; και Officeworks in Carnegie, Chadstone και Highett.

Οι μπαταρίες κατασκευάζονται από μέταλλα μεγάλης πυκνότητας όπως άργυρο, σίδηρο, νικέλιο και κάδμιον, τα οποία μπορούν να ανακυκλωθούν σε νέα προϊόντα

Μαλακά πλαστικά όπως τσάντες για τα ψώνια δεν μπορούν να τοποθετηθούν στον τενεκέ ανακύκλωσης της Δημαρχίας (κίτρινος τενεκές). Όμως, μην τα ρίχνετε στη χωματερή – αντί γι’ αυτό ανακυκλώστε τα στις περισσότερες σουπερ-μάρκετς

Αυτά τα καταστήματα διαθέτουν σκουπίδοτενεκέδες στους μπροστινούς πάγκους τους για τη συλλογή των μαλακών πλαστικών όπως άδειες σακκούλες ψωμιού, πακέτα μπισκότων, σακκούλες καταψυγμένων τροφίμων, σακκούλες ρυζιού και πάστας, πακέτα (αχαροπλαστικών προϊόντων, πλαστικές σακκούλες για ψώνια, και παλιές ξαναχρησιμοποιούμενες σακκούλες (πράσινες σακκούλες)

Οι άδειες μαλακές πλαστικές συσκευασίες σας θα ανακυκλωθούν σε χρήσιμα νέα προϊόντα τέτοια όπως υπαίθρια έπιπλα αντοχής, περίφραξη του κήπου διά σανίδων και σε επιγραφές.

मुलायम प्लास्टिक और बैटरी का पुनर्चक्रण

अब ऐसे कई स्थान हैं जहाँ बैटरियों का निपटान किया जा सकता है। इनमें बेंटली में एल्डी; मेंटोन और ओकली दक्षिण में बर्निंस; और कार्नेगी, चैडस्टोन और हायेट्ट में ऑफिसवर्क्स शामिल हैं।

बैटरियाँ चाँदी, लोहा, निकल और कैडमियम जैसी भारी धातुओं से बनी होती हैं, जिन्हें नए उत्पादों में पुनर्चक्रित किया जा सकता है।

प्लास्टिक के शॉपिंग बैग जैसे मुलायम प्लास्टिक को आपके कार्टसिल के रीसाइक्लिंग बिन (पीले रंग के बिन) में नहीं डाला जा सकता है। परंतु उन्हें लैंडफिल में न जाने दें - इसके बजाय उन्हें अधिकोश सुपरमार्केटों में पुनर्चक्रित करें।

इन दुकानों में आपके मुलायम प्लास्टिक को संग्रह करने के लिए फ्रंट कार्टरों में संग्रह डिब्बे होते हैं, जैसे डबलरोटी के खाली बैग; बिस्कुट के पैकेट; फ्रोजन फूड के बैग; चावल और पास्ता के बैग; मिश्रित पैकेट; प्लास्टिक के शॉपिंग बैग; और पुराने पुनःप्रयोज्य बैग (हरे बैग)।

आपकी खाली मुलायम प्लास्टिक पैकेजिंग को मजबूत आउटडोर फर्नीचर, बगीचे के बोर्डर्स और सायनेज जैसे नए उपयोगी उत्पादों में पुनर्चक्रित किया जाएगा।

Riciclaggio di plastica morbida e batterie

Vi sono adesso diversi posti dove è possibile disfarsi di batterie tra cui Aldi a Bentleigh; Bunnings a Mentone e Oakleigh South; Officeworks a Carnegie, Chadstone e Highett.

Le batterie sono fatte di metalli pesanti come argento, ferro, nichel e cadmio, che possono essere riciclati per creare nuovi prodotti.

La plastica morbida, come ad esempio le buste di plastica della spesa non possono essere messe nel cassonetto del vostro comune per il riciclaggio (cassonetto giallo). In ogni caso, non lasciate che vadano a finire nelle discariche – piuttosto riciclatele nella maggior parte dei supermercati.

Questi negozi hanno dei cassonetti per la raccolta vicino ai registratori di cassa per raccogliere ciò che è fatto di plastica morbida come buste del pane vuote, involucri dei biscotti, bustine per congelare, confezioni della pasta o del riso, involucri di prodotti confezionati, buste per la spesa di plastica e vecchie borse per la spesa riutilizzabili (green bags).

I vostri involucri di plastica morbida verranno riciclati per creare nuovi prodotti utili come solidi mobili da giardino, bordure da giardino e insegne.

Утилизация мягких пластмасс и батареек

В настоящее время есть несколько мест, где можно оставить для утилизации старые батарейки, в том числе магазин Aldi в районе Bentleigh, магазины Bunnings в районах Mentone и Oakleigh South, а также магазины Officeworks в районах Carnegie, Chadstone и Highett.

Батарейки изготовлены из тяжелых металлов, таких как серебро, железо, никель и кадмий, все из которых могут быть переработаны в новые изделия.

Мягкие пластмассы, такие как пластмассовые пакеты из магазина, нельзя класть в предоставляемый муниципалитетом бак для утильсырья (желтый бак). И все же не давайте им попасть на свалку - вместо этого сдавайте их на переработку в большинстве супермаркетов.

В этих магазинах рядом с кассами имеются баки для сбора изделий из мягких пластмасс, таких как пустые пакеты от хлеба, упаковка от печенья, пакеты от замороженных продуктов, риса и макаронных изделий, кондитерских изделий, а также старые многоразовые сумки (зеленого цвета).

Ваши пустые пакеты из мягкой пластмассы будут переработаны в полезные новые изделия, такие как прочная дачная мебель, садовые бордюры, вывески и таблички.

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

Subject	Type	Date	Where
Draft Sustainable Transport Strategy Action Plan	Feedback	Closing Friday 26 February	PO Box 42 Caulfield South VIC 3162 or email submissions to: mail@gleneira.vic.gov.au

Immunisation sessions

Bentleigh-Bayside Community Health
Gardeners Road, Bentleigh East
Wednesday 10 February and Wednesday 9 March
5.30pm–7.30pm

Thursday 25 February and Thursday 17 March
5.30pm–7.30pm

Saturday 20 February and Saturday 19 March
9am–11am

Carnegie Library and Community Centre
7 Shepparson Avenue, Carnegie
Wednesday 17 February and Wednesday 16 March
1pm–2.30pm and 5.30pm–7.30pm

DC Bricker — Princes Park
Beech Street, Caulfield South
Monday 22 February and Monday 21 March
9.30am–11.30am

Glen Eira Town Hall — Auditorium
(entry via Glen Eira Road)
Corner Glen Eira and Hawthorn Roads
Caulfield
Tuesday 9 February and Tuesday 8 March 6pm–7pm
Tuesday 2 February and Tuesday 1 March
9.30am–11.30am

Glen Huntly Maternal and Child Health Centre
Corner Royal and Rosedale Avenues
Glen Huntly
Wednesday 24 February and Wednesday 23 March
9.30am–11.30am

McKinnon Public Hall
118 McKinnon Road, McKinnon
Monday 1 February and Monday 7 March
9.30am–11.30am



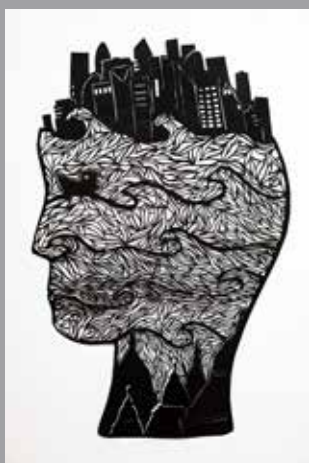
Exhibitions

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.

International Baccalaureate Visual Arts Exhibition

11–28 February

An exhibition featuring a diverse and exciting range of artworks from the International Baccalaureate Diploma Programme Visual Arts Course, selected from the students' work examined in 2015. The works provide visitors with an understanding of the different approaches and the varied work produced in this unique two year study. Contemporary digital media; installations; sculpture; photography; painting; textiles; drawing; and printmaking are included in the exhibition.



Katherine Muir
Carey Baptist Grammar School
Eye of the Storm, 2014
Cut paper
65 x 40cm

Sanctuary

4 March–10 April

Curator: Diane Soumilas

This exhibition addresses the notion of the garden as a sanctuary or site for reflection, contemplation and healing in contemporary culture. A new series of photographs of local residents' gardens by Ponch Hawkes commissioned by Glen Eira City Council in 2015 will be featured in the exhibition. Works by Natasha Bieniek, Jane Burton, Kevin Chin, Siri Hayes and Christopher Koller are included in the exhibition.



Christopher Koller
Isola Bella #7, 2015
Archival inkjet on Canson Baryta Photographique
70.1 x 87.3cm
Courtesy of the artist

PARTY in the PARK



Live shows by

BANANAS
in
PYJAMAS



PEANUTS
by SCHULZ™

Talent quest • Art and craft activities • Children's cooking classes
Storytelling and face painting • Wildlife education programs
Free rides and roving entertainment • Bike decorating competition

Sunday 21 February, 10am–4pm
PRINCES PARK
Hawthorn Road, Caulfield South



Presented by Glen Eira City Council
For further information and accessibility requirements, contact
Council's Service Centre on 9524 3333 or visit www.gleneira.vic.gov.au
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PARTY in the PARK



and
Pet
Expo

HOOT AND HOOTABELLE'S
OWL PAL PLAYDATE!

Live shows by



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Art and craft activities • Children's cooking classes
Storytelling and face painting • Wildlife education programs
Free rides and roving entertainment • Pet parade • Pets welcome

Sunday 20 March, 10am–4pm
ALLNUTT PARK
Wheatley Road, McKinnon



Presented by Glen Eira City Council
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Body and Mind — B.A.M

Glen Eira City Council's *Body and Mind* — B.A.M — is a free self-defence program for females aged 14 to 25. The program teaches girls the importance of personal safety by incorporating practical self-defence techniques, along with discussions on how to identify and deal with potentially harmful situations.

B.A.M is not just about learning 'cool' moves, it aims to give girls an understanding of how fear and adrenaline can impact a person, and how you can harness these to defend and protect yourself.

Participants will have the opportunity to join in group discussions about challenges specific to their age, and will take part in role plays in a fun and safe environment.

In addition to this, you will learn how to:

- be aware of your environment, surrounding and instincts;
- understand assertive behaviour versus aggressive responses to deter potentially hostile situations;
- understand the psychology of fear and adrenaline and how to prevent from freezing in the moment; and
- use your size to your advantage and

learn critical hit points to stop any sized attacker.

B.A.M is run by Council's youth workers, along with a trained and experienced self-defence instructor and is held on Wednesdays from 4.30pm to 5.45pm at Bentleigh McKinnon Youth Centre.

Term one dates:
February: 3, 10, 17, 24
March: 2, 9, 16

For further information or to book, contact Youth Services on 9524 3676.



Be mindful and eliminate stress

At the end of 2015, Glen Eira City Council's Youth Leadership Team (YLT) developed a *Mindfulness* campaign to raise awareness of stress in young people.

For many young people, the stresses of everyday life, school, friends and work can become overwhelming and cause anxiety. As a result, the YLT developed a Mindfulness Resource Card that young people can use to help them identify stress and provide them with tips to overcome this. The Card also features a colouring page that can be used as a tool to relieve stress and relax the mind.

Once the card has been coloured, the YLT encourages people to upload this to social media platforms with the

hashtag #colourthemind to remind other young people that there are ways to switch-off from everyday life.

The Mindfulness Resource Cards will be available to all young people who live, work and socialise in the City of Glen Eira.

For further information on how to get a resource cards or how to be involved in the 2016 YLT, contact Youth Services on 9524 3676.

Plugged In studio bookings

Glen Eira City Council's *Plugged In* music program runs during school terms on Wednesday afternoons from 4pm to 5.30pm. The program is held in a purpose-built recording studio at the Youth Information Centre in Bentleigh.

Plugged In is free for young people aged 12 to 25 who live, work, socialise or study in Glen Eira.

You will gain valuable hands-on experience learn how to set up and run recording sessions.

For further information about the *Plugged In* program, contact Youth Services on 9524 3676.



Need someone to talk to?

Did you know that Glen Eira City Council Youth Services provides free and confidential one-on-one support to young people in Glen Eira?

Young people can come across difficult and stressful situations in their lives and may not know how to manage these issues. They may also not want to discuss these issues with people closest to them.

Glen Eira Youth workers can meet with young people to talk about their issues and provide advice and guidance. They can also make referrals for further support if required.

If you or someone you know would like to meet with a youth worker, contact Youth Services on 9524 3676.



The Summit

As part of *National Youth Week*, which is held in April, Glen Eira City Council's Youth Services is hosting its annual youth leadership conference — *The Summit*.

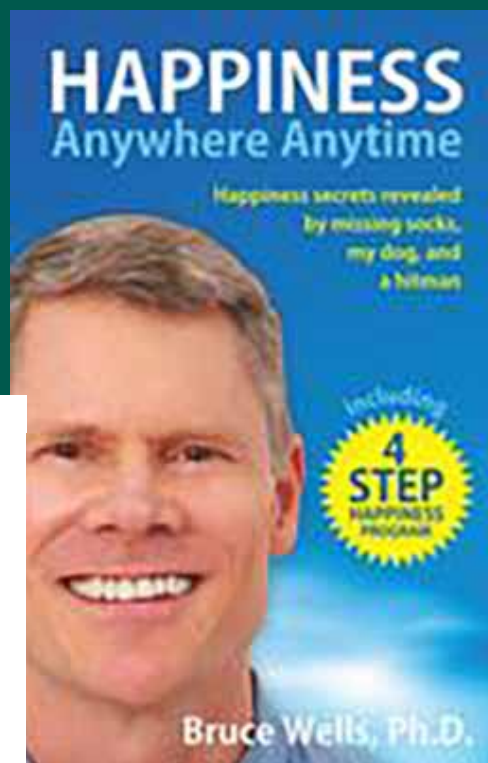
The Summit provides students from schools across Glen Eira a chance to come together, share ideas and experience first-hand what it takes to be a successful leader in today's world.

Students will get a chance to hear from a range of inspirational young speakers who have experienced the successes and challenges of leadership in their own lives. *The Summit* also features workshops and a series of creative challenges designed to empower students in identifying opportunities for change and how they can work together to make it happen.

Students will learn from and work with each other to create positive changes in their local and global communities by thinking outside the box and seeing their youth as an advantage, not a limitation.

The Summit is open to all secondary schools within the City of Glen Eira. Schools can book a group of up to 25 students by contacting Youth Services on 9524 3676.

Glen Eira Libraries and Learning Centres



Four steps to happiness

Tuesday 16 February, 7pm–8pm
Glen Eira Town Hall — Theatre

Dr Bruce Wells is a psychologist and happiness and wellness consultant with 20 years' experience in the industry. He is the author of *Happiness Anywhere Anytime*, which looks at what makes us truly happy and provides practical advice for taking control of our own feelings of happiness. Bruce will discuss his unique four step program of simple yet

powerful exercises, to help you achieve greater happiness opening the door to a more purpose-driven life; greater professional success; more fulfilling relationships; and an optimistic outlook that is highly resilient to change and adversity. Bookings are required and can be made online at library.gleneira.vic.gov.au, at any Glen Eira library or contact 9524 3700.

Grow your own, cook your own — preserving the summer harvest

Sunday 28 February, 2pm–4.30pm
Carnegie Library and Community Centre — Boyd Room

Have you ever wanted to carry on the time-honoured tradition of preserving but didn't know where to start? Come along and learn the basic techniques for making jams, pickles and bottled fruits. You will take home a sample jar of preserve made on the day to enjoy at home, along with the recipes and a booklet explaining safe preserving practices. Limited places are available and bookings are essential. Book online at library.gleneira.vic.gov.au, at any Glen Eira library or contact 9524 3700.



Library Lovers' Day

Sunday 14 February

Be the 600th person to like us on Facebook before 5pm on 14 February for the chance to win and spoil your loved one with a Gold Class movie experience for two, including tickets, food and beverages. Remember to visit Bentleigh, Carnegie or Caulfield libraries on the day to borrow a romance novel (or any other great book) and receive a mini heart pop.



Connect, create and make

Language café

Tuesdays, 2.30pm–3.30pm
Carnegie Library and Community Centre — Tech Room

Is English your second language? Then join us for a cup of tea, meet new people from the local area and improve your English conversation skills. No bookings required.



Mind Games

Bentleigh Library, Fridays, 2pm–4pm
Caulfield Library, Wednesdays, 2pm–4pm

Carnegie Library and Community Centre, Fridays, 2pm–4pm

Elsternwick Library, Fridays, 2pm–4pm

If you love chess, word games, brain twisters and meeting people, then join our *Mind Games* groups for adults. No bookings required — just come along and join in.



Like a yarn?

Thursdays, 11am–12.30pm

Carnegie Library and Community Centre

If you enjoy knitting, crochet or needlework and like meeting new people with similar interests, then gather your yarns and threads and come along. No bookings required.



Special four-year-old immunisation sessions 2016

Glen Eira City Council's Immunisation Service is offering immunisation sessions for four-year-old children in 2016. 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.



Saturday 6 February
9.30am–11.30am

Bentleigh-Bayside Community Health Centre
Gardeners Road
Bentleigh East

Wednesday 2 March
4pm–6pm

Carnegie Library and Community Centre
7 Shepparson Avenue
Carnegie

Saturday 9 April
9.30am–11.30am

Bentleigh-Bayside Community Health Centre
Gardeners Roads
Bentleigh East



Glen Eira City Council

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

Elsternwick Plaza redevelopment nearing completion

Elsternwick Plaza on Glenhuntly Road in Elsternwick is nearing completion. Once completed, the Plaza will radiate a welcoming vibe and provide spaces for rest, relaxation and play.

Access from Glenhuntly Road into the Plaza will be greatly improved and includes new seating, trees, garden beds, retaining walls and stairs onto a raised grass area. This replaces a tired landscape, crumbling retaining walls, unhealthy trees and patchwork pavements.

The walk through to Riddell Parade will be easier with pedestrian ramps adjacent to a sloped lawn area — all which connect to an upper landscape area that provides views across the Plaza.

Along the Riddell Parade frontage, a new playground, picnic facilities and gardens will provide the perfect area for family gatherings and socialising.

The redevelopment is a key priority of Glen Eira City Council's *Open Space Strategy*, which recognised the potential of the Plaza to become a significant open space and community hub.



Lawn bowls for hire — Packer Park

Looking for an activity that the whole family can enjoy?

Packer Park west in Carnegie has something for all ages, including bocce lawn bowls and barbecue facilities. Bowls can be hired for use from Glen Eira City Council's Recreation Department. You will be given a unique pin code to use at the facility, which will give you access to the bowls storage box.

Courts can be used by the public during daylight hours.

For further information or to book, contact Council's Recreation Department on 9524 3333 or emailrecservices@gleneira.vic.gov.au



Nina Court Reserve

Works at Nina Court Reserve in Bentleigh East are now complete.

The area, once covered by asphalt, is now planted with a mixture of shrubs and trees, which enhances the local streetscape. This was made possible through the modification of the previously broad kerb radius at the intersection of Nina Court and Claude Street, which has created an additional 250 square metres of additional open space.

While the Reserve is small in size, the works have positively contributed to a more user-friendly space.

The project is an action from Glen Eira City Council's *Open Space Strategy*.



Out and about this summer

With record temperatures already seen this summer, Glen Eira City Council is urging all residents to continue to stay SunSmart to avoid increasing their risk of skin cancer.

Ultraviolet (UV) levels reach their peak between 10am and 3pm, however it is likely that UV levels will still be dangerously high outside of these times. With this in mind, people should be aware that sun protection is needed most of the day.

SunSmart Victoria recommends you slip on sun protective clothing; slap on a hat; slop on some sunscreen; seek shade; and slide on some sunglasses to protect yourself from the sun.

In addition to staying sun smart, make sure you are well hydrated. Staying hydrated is essential for everyone,



Princes Park — Oval 4 reconstruction

Oval 4 at Princes Park in Caulfield South is undergoing a full reconstruction, including reshaping; resurfacing; and drainage and irrigation works. Reconstruction works are due for completion in April. During this time, the oval will be closed.

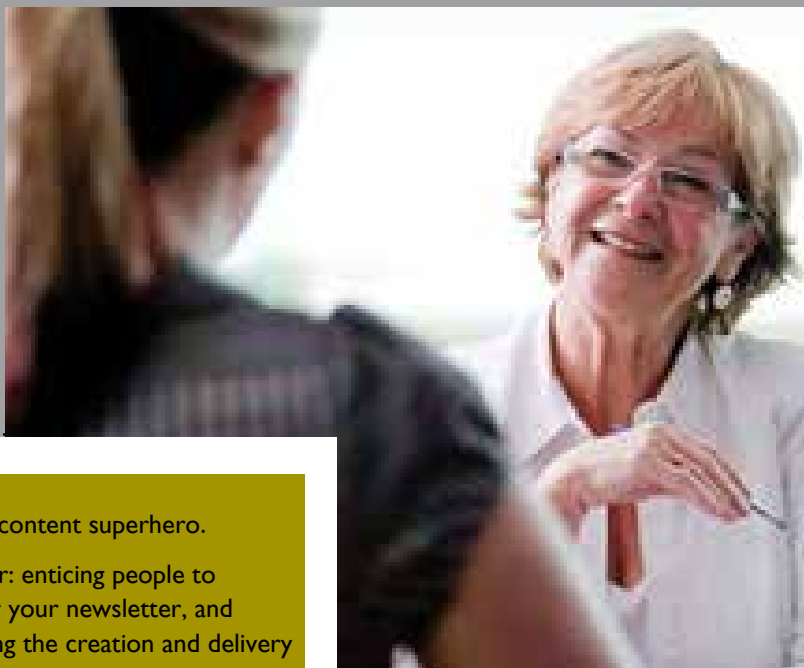
Sportsgrounds are important to the community for both formal and informal pursuits. Glen Eira City Council has been active in converting sportsgrounds from cool season grasses to warm season grasses. The installation of warm season grasses ensures surfaces have grass cover all-year-round and it also reduces the need to water the ground by up to 50 per cent.

Once completed, the oval will continue to see plenty of football and cricket enjoyed by local sporting clubs and community members. It is also a dog off-leash area when sports games and training are not in progress.

For further information, contact Council's Recreation Department on 9524 3333.



Glen Eira Women's Business Network 2016



Glen Eira City Council's Women's Business Network is a designated business education, information and networking forum, aimed at helping to gain confidence, develop, grow and maintain a business in today's competitive environment.

It's an informal, friendly and engaging network — there is no membership fee or formal application.

A balance of strong business related and self-development subjects are delivered to inform, build confidence and enhance existing skills.

It offers a great opportunity for networking, to meet other women in business and to promote your business locally.

Meetings are held on the third Thursday of the month between February and November at Glen Eira Town Hall.

February Women's Business Network meeting

Five pillars of online marketing success

Online marketing is the biggest opportunity we have to ensure we have an army of advocates (happy customers) spreading the word for us.

Presented by Yvonne Adele, you will learn how to have an online marketing success across all five pillars in just 20 minutes a day, three times a week.

1. Website: how to ensure your website is inviting, engaging and accessible to all viewers on all devices.
2. Blog: how to use it as a central library of compelling content, and how to

become a content superhero.

3. Newsletter: enticing people to sign-up for your newsletter, and streamlining the creation and delivery of it.
4. Social media: getting into the habit of creating and curating content, 10 minutes a day, three days a week; using social media as a customer relationship platform; how to use offers, events and advertising; and when to use 'boost'.
5. SEO/SEM ... search engine optimisation and search engine marketing: ensuring you attract traffic from the right searches made by your potential customers.

About the speaker

It is no secret Yvonne Adele's passion for technology and teaching led her to create the Ms Megabyte character for the national media many years ago. Since leaving the world of television, Yvonne has spoken at hundreds of conferences and has consulted directly with business clients — both large and small — on social media, online marketing and creative thinking. She recently presented as part of the American Express *Shop Small* roadshow around Australia and the *Retail Global eCommerce* event in Las Vegas.

Date: Thursday 18 February

Time: 6.30pm arrival for 7pm start

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

Cost: \$20 per person (networking opportunity and light supper on arrival)

RSVP: bookings essential by Monday 15 February to Council's Service Centre on 9524 3333

Dress code: for the fun of it, we are committed to wearing a colour (it can be an accessory).

Please note: event cancellations require 24 hours' notice — bookings are not transferrable.

Please bring along your marketing material and promote your business locally.



Women's Business Network.



VOLUNTEERING GLEN EIRA

Volunteering Glen Eira provides volunteers with a full range of possibilities in volunteering from which they can choose.



We offer information about all aspects of volunteering:

- Help people identify their areas of interest in volunteering.
- Offer a wide range of volunteering options.
- Assist non-profit organisations with volunteer recruitment.
- Promote volunteering within the community.



Monday–Friday
9.30am–3.30pm
1134 Glenhuntly Road
Glen Huntly

Tel: 9571 7644
Fax: 9571 7933
communityinfo@cige.org.au
www.cige.org.au



Social Support volunteers required

The Social Support and Monitoring Service provides a valuable community service to isolated older people and people with a disability living independently within the Glen Eira community. Volunteer roles include assisting with shopping; transport and escort to appointments; and friendly visiting. A car is essential and five years driving experience is required.

If you have a few hours to spare and enjoy the company of others, contact Co-ordinator Sandra Tauber on 9571 8622 or email stauber@cige.org.au

Keep hydrated this summer

For information on how to keep safe this summer, visit www.gleneira.vic.gov.au



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

Glen Eira City Council



GLEN EIRA
CITY COUNCIL

DID YOU KNOW YOU CAN RECYCLE ALUMINIUM CANS, TUBS, AND SPRAY BOTTLES?



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

