

Armadale City News

August 2016



State award for fitness program

The City of Armadale's U Fit – Park Edition initiative has won a major award at this year's 2016/17 Sport and Recreation Industry Awards.

Winning the *Innovation in Practice Award* category, the U Fit – Park Edition is a do it yourself fitness program the City launched in 2015.

The program aimed to support the community to participate in free physical activity and to increase the number of residents participating in unstructured physical activity at 12 of the City's active and passive reserves.

The initiative allows community members to work out while at the local park with their family or at their children's sporting commitments, through the provision of easy to follow signage that displays suggested workouts using outdoor exercise equipment and existing park infrastructure.

The success of the U Fit – Park Edition initiative highlights the effectiveness of interdepartmental collaboration and support for community focused health promotion projects.



Ripper reading during Children's Book Week

Children's Book Week is in its 70th year and the City of Armadale is joining the celebrations with an interactive storytelling session featuring Kylie Howarth, author and illustrator of children's picture books *Fish Jam* and *Chip*.

Join us at the Armadale Library on Saturday 20 August at 2pm for a fish-tastic read-aloud session with Kylie and twist your tongue around some scooba-doooba scat singing fun.

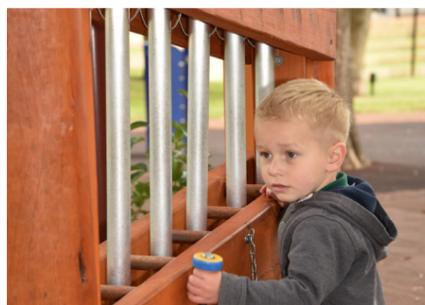
Children will have the opportunity to mix up creatures to create their own fishy characters during a draw-along Jazz fish demonstration.

Celebrations continue at the library on Saturday 27 August with a fun afternoon of stories and dinosaur drawing with Sean E. Avery, author and illustrator of *All Monkeys Love Bananas* and *Harold and Grace*.

Meet Roary our dinosaur mascot and receive a free copy of *Roary's Lost Books* written by local student Yoshna Naidoo (pictured) and illustrated by Sean.

The Children's Book Week events are suitable for kids aged four to ten years. Bookings are essential, contact 9394 5125 or visit www.library.armadale.wa.gov.au.

All access playground

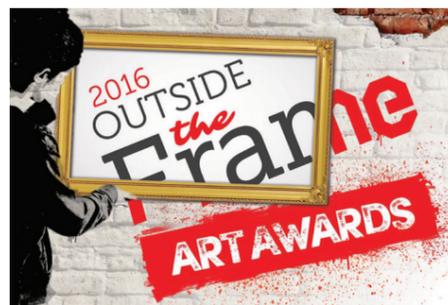


An upgrade to play equipment at Memorial Park has been completed, with a new area designed to make the playground more accessible and inclusive.

The City received a \$20,000 grant from the Disability Services Commission, administered by WALGA to install new play pieces including jungle drums, an elevated sand table and sandpit, timber chimes, a viburnum hedge, sensory posts and low stepping walls.

The innovative approach in the design and construction of the space will create developmental opportunities for children of all abilities.

Step Outside the Frame



The City of Armadale is again hosting one of Perth's most thought provoking exhibitions for emerging high school artists in the *Outside the Frame Art Awards*.

One of the City's longest running and most successful art exhibitions, *Outside the Frame* is open to Year 11 and 12 students throughout the Perth metropolitan region. The awards showcase an array of artistic expressions from up and coming young artists.

Some of the region's most talented young artists have graced the awards, becoming part of Armadale's rich cultural tapestry.

The exhibition is being held at the Armadale District Hall from 11am to 4pm daily until Sunday 21 August.

City Census snapshot



On the eve of the 2016 Census of Population and Housing, the City of Armadale is reminding residents of their obligation to participate in the nationwide survey – ensuring a true representation of the City and its people.

The Australian Bureau of Statistics (ABS) will launch the Census on 9 August which for the first time, will also be conducted online.

It remains the most reliable dataset on the population and housing of Australians, and as governments depend on the information it is important that as many City residents as possible complete the survey to avoid being under-represented. The Armadale Library will be dedicating a number of public access computers to Census returns.

Community Calendar

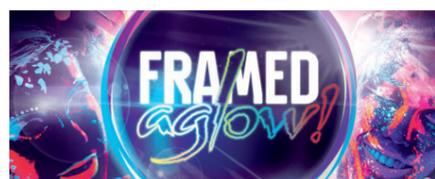
AUG 17 Wasteless Pantry
Armadale Library



AUG 18 Step into Volunteering
Armadale Library



AUG 19 Framed Aglow!
Armadale District Hall



AUG 25 Bottle your memories
History House Museum

