

CITY VIEWS

Yoga in the park

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CONNECT



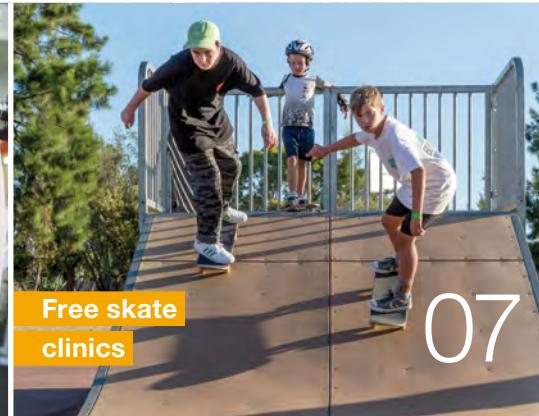
Major projects
in your City

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What's on at
Armadale Arena

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Mayor's Message

This year, we will continue our commitment to delivering effective and efficient services and programs for our community, maintaining a strong focus on strategic planning, long term financial management and engaging with our community.

2018 got off to a great start with thousands of people gathering for the popular Australia Day celebrations held in the picturesque Minnawarra Park. It was another great event bought to you by the City and only the beginning of our calendar of community events scheduled throughout the year.

If you made a New Year's commitment towards improving your fitness and health this year, there are lots of great programs and new classes at the Armadale Arena that will help you achieve your resolution – further details can be found on page 4 and 5.

There are several major construction and redevelopment projects currently underway around the City. Construction of the Piara Waters South Pavilion is on track for completion in March. Updates on other major projects can be found on the facing page.



The second round of the City's Community Grants Program for 2017/18, opens on Monday 19 March. These small grants can have a big impact on reducing costs for groups and organisations with limited funding options, and we encourage applications from not-for-profit organisations.

The fast growing Sienna Woods estate, located in Hilbert, is home to a brand new nautical themed adventure playground, designed for people of all abilities. Officially opened late last year, this fantastic new play space joins a long list of adventure playgrounds around the City suitable for children of all ages and abilities, groups and the community to enjoy. It is well worth a visit with the younger members of your family; or a family catch-up for that special occasion – with around 6000 square metres of play space to explore, you won't be disappointed.

**Mayor
Henry Zelones OAM, JP**

Protecting your home and family during bushfire season

During summer through until the end of March 2018, burning of garden refuse, wood BBQs and bush or grass is prohibited. During a Total Fire Ban you must not light a fire in the open air or use any equipment in the open air that is likely to emit sparks. This includes lighting wood BBQs, pizza ovens or candles and using angle grinders, welders or lawnmowers.



It is important to prepare, act and survive in a bushfire incident. Prepare your family home or business with a bushfire survival plan. Act on fire danger ratings; put your preparations into action. Survive by monitoring conditions if a fire starts. Know warning alert levels and decide what you will do if you are caught in a fire.



ANZAC Day

**Wednesday 25 April
Memorial Park, Armadale**

The City is proud to host the Armadale RSL Dawn Service, to commemorate those who served and died in war and on operational service past and present, at the Cenotaph in Memorial Park, Armadale.

Road closures may be in place, with sections of Jull Street, Orchard Avenue, Commerce Avenue and Whitehead Road affected from 5am to 7am. Further details regarding services in and around Armadale are available on the City's website.

Bin services will not be affected on ANZAC Day - they will be collected as normal.

MAJOR PROJECTS

Armadale Road Duplication update

March 2018 will mark the commencement of construction of the Armadale Road duplication, designed to reduce traffic congestion and improve freeway access.

The dualling will include the section from Anstey Road (east), to Tapper Road (west). The completion of this section of dualling, will be immediately followed by a new link to the Kwinana Freeway, where Armadale Road will be linked to North Lake Road in Cockburn Central, with direct access to the freeway.

The project will see Nicholson Road grade separated, with a roundabout installed at ground level. Armadale Road traffic will travel over an elevated overpass at Nicholson Road, with roundabouts constructed at all other intersections; excluding Warton Road which will retain the traffic lights.

To deliver ease of access for pedestrians and cyclists, a full length principle shared path will be constructed on the northern side of Armadale Road.

With a commitment to our environment, a fauna link under Armadale Road is being considered,

Armadale Aquatic Centre

A major milestone in the redevelopment of the Armadale Aquatic Centre was reached late November with the demolition of the Aqua Tubes, Administration Building and 25m pool.

PS Structures is the successful tenderer for the construction of the new centre, with works underway.

To keep updated on the project visit www.armadale.wa.gov.au and register for our email Newsletter.



Public open space located on Erica Street

Public open space located on Erica Street will receive an upgrade during the first half of this year. The upgrade will see the installation of a pathway between Erica Street and Streich Avenue, planting of shade trees and installation of a small seating area with a small play area. This upgrade will provide a pocket park for residents in the surrounding area.

Enjoy the great outdoors in Armadale in 2018. For further details of upcoming projects visit www.armadale.wa.gov.au



connecting bush reserves located north and south of Armadale Road, near the Skeet Reserves.

This project has been made possible through the City's ongoing advocacy strategy, attracting \$382 million funding from the Federal and State Government.

Gwynne and John Dunn Memorial Parks

Gwynne and John Dunn Memorial Parks have been the site for upgraded sports oval lighting with assistance from the Department of Sport and Recreation. John Dunn Memorial Park will also soon be home to the City's first multi-zone dog park, incorporating small, medium and large dog fenced exercise zones, dog agility equipment, shelters, seating, drink fountains and dog watering bowls. The dog park is expected to be completed by the middle of the year.



PREGNANCY AND POST NATAL YOGA

Commencing
20 February



NEW to the Arena in 2018
Pregnancy and Post-Natal Yoga (with baby) offers a range of benefits including mindfulness, encouraging better sleep, relieves tension, increase strength and stamina and aids in recovery.

This six week program cost \$112 and is suitable for beginners to the more advanced. Crèche facilities are available for siblings (standard fees apply).

Pregnancy Yoga
Tuesdays, 9.15 – 10.30am

Post Natal Yoga
Tuesdays, 10.45am – noon

COUCH TO PARK RUNNING PROGRAM

SUNDAY'S 8-9AM

REGISTER NOW

next series starts 11 March



This five weeks running program, consisting of 45 to 60 minute sessions, will take you from the couch to running in the 5km Champion Lakes parkrun.

- Discover your running style
- Learn correct running mechanics and technique
- Participate in running drills and exercises
- Includes 1 month health club membership
- Nutritional recommendations

6 WEEK FITNESS CHALLENGE



Commencing
1 May

60

Be Stronger, Be Confident, Be Empowered! Increase your fitness, gain strength, build confidence and be empowered to take control of your own health. This program is suited for all fitness levels, male and female.

- 45 – 60 minute sessions
- Free 2 month health club membership included
- \$288 – saving \$112

For information on these and other programs and activities at Armadale Arena call us on **9394 5840** or visit www.armadale.wa.gov.au

GET FIT FOR 2018

The Armadale Arena offers a great range of group fitness classes to suit your needs, with motivating instructors for each class. Uplifting music helps you move to the beat in friendly group exercise. If it's muscle conditioning for strength or shape, fat-burning for weight loss, or increased flexibility and core strength, we have the right class for you.

Classes are suitable for all fitness levels, male or female. Our qualified professional instructors will ensure you get a fun and challenging workout to meet your individual needs.

**Try some of these great programs
to improve your fitness**



**TRANS
FORM**

TRANSFORM unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometric and strength. Group Rx™



RIP

RIP is a barbell workout that incorporates functional orthopaedic strength and training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere. Group Rx™



metafit.

METAFIT group workout is the original HIIT workout to burn fat and change the resting metabolism by working large muscle groups with simple, high intensity intervals to get quick results for your body. Metafit™



**FUNCTIONAL
FITNESS**

FUNCTIONAL FITNESS will train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. This diverse, challenging session incorporates body weight exercises, use of suspension straps, kettlebells and Fitball to keep your body guessing.

These are just some of the group fitness classes available – for a complete timetable visit www.armadale.wa.gov.au

YOGA IN THE PARK

Memorial Park, Armadale
Mondays 19 & 26 February and
12 & 19 March

Morning sessions 6.30 to 7.30am
Evening sessions 6 to 7pm

Get your weekly Zen fix and enjoy an energizing start to your day at the Free Yoga in the Park sessions. Bring a water bottle, towel and yoga mat if you have one.



OUR COMMUNITY



FOCUS
PHOTOGRAPHIC
COMPETITION



FOCUS on Armadale

Calling all amateur photographers! It's time to pick up your camera and get creative – the Focus Photography competition is back for 2018.

The City of Armadale's annual photographic competition celebrates creativity and offers amateur photographers a chance to showcase their works. The theme this year is *The City at Play*, with photographs showing the recreation spaces of the district being enjoyed by residents, their families, or four-legged friends. Wherever there's play there's a potential picture of a relaxed or adventurous moment.

Entries are open from Thursday 1 to Saturday 31 March. The two competition categories are open to all residents and visitors to the City.

CATEGORY 1: Present day

Image taken within the City of Armadale during the last five years

CATEGORY 2: Historical

Image taken within the City of Armadale before 1990

For full details including terms and conditions, maps, hints and tips visit library.armadale.wa.gov.au/focus-2018.



Artist Entries Open

The renowned Minnawarra Art Awards attracts some of Western Australia's leading artists, resulting in a beautifully curated exhibition, featuring a variety of mediums. Artist entries are now open to Western Australian artists.

This year this prestigious exhibition will be curated by renowned gallery owner and artist Ron Nyisztor, with selected artworks exhibited to the public during the Minnawarra Art Awards in May.

Artists can submit online through www.armadale.wa.gov.au or entry forms are also available from the City's Administration Centre, 7 Orchard Avenue, Armadale.

For further information visit the City's facebook event page or contact the City's Arts & Events Officer on 9394 5000.



Enjoy a relaxing outdoor cinema experience with friends and family at the summer series of Movies in the Park – movies to be confirmed closer to the date.

Bring a picnic rug and hamper to enjoy a summer evening outdoors in the fresh air and natural beauty of the City's parks. Local community group's will be running a sausage sizzle and sweet treats will also be available for purchase.

Save the dates

Saturday 17 March

Reg Williams Reserve, Numulgi Street, Armadale

Saturday 24 March

Churchman Brook Community Centre 29 Waterwheel Road North, Bedfordale

Saturday 7 April

John Dunn Oval, Third Avenue, Kelmscott

Saturday 14 April

Baker's House, 10 Welcome Meander, Harrisdale

Switched on City

The City of Armadale's sustainability program, *Switch your thinking*, recently received the green light on a \$265,000 Smart Cities and Suburbs project.

The project will research the role of roof colour on indoor temperature, electricity consumption and comfort. The results will be promoted with signs at the front of new housing estates in 2019.

The federally funded project places the City of Armadale in a unique group of innovating councils who are accelerating the adoption of ideas and technology across Australia.

Residents can sign up for free monthly energy smart SMS tips by texting your name and postcode to 0409 497 125.

For further information or to receive the e-newsletter visit www.switchyourthinking.com

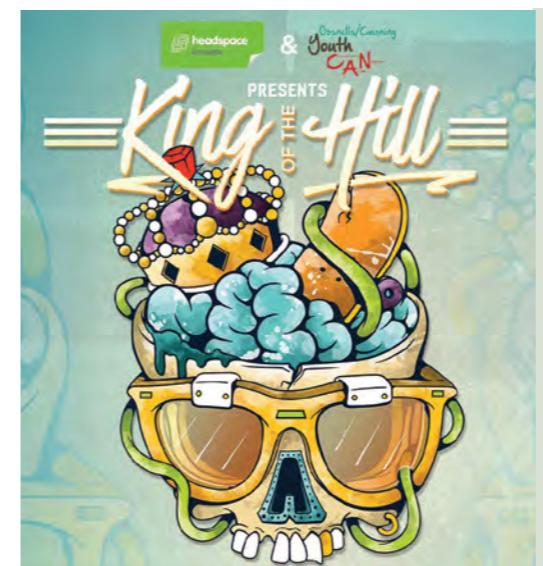
WHAT'S ON YOUTH

King of the Hill

King of the Hill skate series is back by popular demand and the City will be hosting the first qualifying heat and the finals of this popular Skate and Scooter Competition Series.

This series is in collaboration with headspace and the Cities of Canning, Gosnells and Belmont, aiming to raise awareness, reduce stigma and increase positive outcomes surrounding young male mental health issues.

The competitions run over five weekends, with qualifiers taking place in four different skate parks across the southeast corridor. Young people can demonstrate their skills and compete in a number of divisions for over \$10,000 in prizes and cash.



FIRST QUALIFIER

Saturday 24 February, 5 – 9pm
Roleystone Skate Park,
Cross Park

FINAL COMPETITION AND CELEBRATIONS

Saturday 24 March, 5 – 9pm
Roleystone Skate Park,
Cross Park

For more information and registration forms visit www.armadale.wa.gov.au/skate-parks-clinics-and-comps

Free skate clinics

Thursday 22 March, 4 – 7pm
Forrestdale Skate Park

Sunday 8 April, Noon – 3pm
Forrestdale Skate Park

Grab your mates and head to the skate park to learn from the professionals from Skateboarding WA or show us what you've got in the jams and games of S.K.A.T.E.

All abilities and ages welcome. Bring your own, or borrow a board. Registration is required on the day and young people under 18 years require a parent or guardian to sign.

For more information and to keep in the loop with new dates, events and competitions visit www.armadale.wa.gov.au/skate-parks-clinics-and-comps



SATURDAY 14 APRIL 11am to 3pm | Jull Street Mall

Festival entertainment, creative pop up spaces, stalls, food and interactive art and activities for local youth are just some of the features of this year's popular Youth Fest.

Artbeat Youth Festival Day celebrates local youth, provides a platform to build their skills, showcase their talent and enhance their connection with community.

Stay tuned on our website as details are updated www.armadale.wa.gov.au/artbeat-youth-fest-national-youth-week

Night Fields

Thursdays – 8, 15 & 22 February
1, 8 & 15 March, 4.30-6pm
Gwynne Park, Seventh Road, Armadale

FREE football, netball and little athletics program, suitable for boys and girls six to 18 years, is back in 2018.

Dinner provided, for further information visit www.armadale.wa.gov.au/night-fields-multisport



WHAT'S ON AT THE LIBRARY



There's more to libraries than just books!

The City of Armadale operates three libraries, in Armadale, Kelmscott and Seville Grove. The City also manages the Birtwistle Local Studies Library which is located within the Armadale Library, History House Museum, and the Bert Tyler Vintage Machinery Museum. Your local library hosts a range of workshops, author talks and group craft/hobby classes through to holiday activities for children. A variety of eResources are also available to library members via the library website. Below are just a few of the new ones.

Kanopy

If you're interested in independent, foreign language, classic, or documentary films, you're in luck! Get out your library card and sign up for Kanopy, the Library's newest on demand video streaming service.

You can stream over 26,000 carefully selected films from hundreds of popular producers such as The Criterion Collection, The Great Courses, and PBS, as well as thousands of independent filmmakers. Kanopy's films cover all topics including foreign languages, LGBTQI+ cinema, career development and business skills, environmental sciences, history, astronomy, and much more. Kanopy is available on iOS, Android, Roku, or your browser.

Mango Languages

Want to learn a language or improve your English speaking skills?

Mango is an online program that makes language learning fun. Each lesson is focused on practical, common conversation skills and includes instruction on vocabulary, pronunciation, grammar, and culture.

Travelling soon? Try Mango before you go! Choose from 72 languages or for those learning English as a second language – there are courses for speakers of 21 languages.

IELTS

Road to IELTS (International English Language Testing System) is your best possible online preparation and practice resource for IELTS. This comprehensive and up-to-date service has over 120 hours of interactive activities, advice videos from British Council experts, hints and tips on question types, as well as downloadable practice tests. Academic and general training modules are available.



For more information on library services visit library.armadale.wa.gov.au

COUNCILLORS

HERON WARD



Cr Donna Shaw
0430 529 723

Cr Jim Stewart
0402 769 658

HILLS WARD



Cr Grant Nixon
0418 449 611

Cr Caroline Wielinga
0488 900 307

LAKE WARD



Cr Carole Frost
0401 119 749

Cr Michelle Silver
0406 011 431

MINNAWARA WARD



Cr Kerry Busby
0419 948 866

Cr Gary Smith
0403 124 749

PALOMINO WARD



Cr Colin Campbell JP
0432 382 863

Cr Laurence Sargeson
9399 4002

RANFORD WARD



Cr Mark Geary
9498 3416

Cr Jeff Munn JP, CMC
0418 958 493

RIVER WARD



Deputy Mayor
Ruth Butterfield
9390 1459

Mayor
Henry Zelones OAM, JP
0428 954 073

COUNCIL MEETING DATES

Council Meetings are held in the Council Chambers, and Committee Meetings in the Committee Room, both at the City of Armadale Administration Building, 7 Orchard Avenue, Armadale. Members of the public are welcome to attend the meetings which start at 7pm. Visit the City's website for agendas, minutes and committee meeting information.

City of Armadale

Administration Centre
7 Orchard Avenue,
Armadale WA 6112

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info@armadale.wa.gov.au
www.armadale.wa.gov.au



City Views provides residents with information about Council policies, services, activities and community events. All information correct at time of printing. Published by the City of Armadale, Locked Bag 2, Armadale WA 6992