



TUGGERANONG  
COMMUNITY COUNCIL

# VALLEY VOICE

## Our blooming sick Lake Tuggeranong



A warning sign greets visitors to Lake Tuggeranong after it is once again infested with toxic algal blooms. (Inset) A blue-green algae bloom.

Toxic blue-green algal blooms have again forced the closure of Lake Tuggeranong. This is becoming an annual occurrence for what should be Tuggeranong's centrepiece and attraction to the Tuggeranong Town Centre.

Martin Lind of the Southern ACT Catchment Group says research has found that algae blooms, or cyan bacteria, usually form in recreational lakes in summer because of the depth of the water body, its origins and its behaviour.

He says the warm upper layers over cooler lower layers provide an excellent environment for blooms especially when a soup of nitrogenous and phosphoric compounds is washed in by urban storm-water.

"The organism has the ability to rise and sink in the water column. This allows it to reach both the best light and the best nutrients in the lake and in which it can grow and divide," Mr. Lind said.

"As long as we have recreational lakes at a set depth, there is little we can do about the blooms other than just to monitor them. Having said this, there are things we can do as Tuggeranong residents that will work to reduce the likelihood of blue green algal blooms:

- Reduce the amount of nutrients that provide the 'nitrogenous and phosphoric compounds' that the algae thrive on. Leaves, grass and other compost matter should

never be swept or blown into drains. As they travel down the stormwater system they end up rotting in the lake.

- Reduce the amount of fertilisers used in the garden, especially on the lawn. Liquid fertilisers quickly rinse from gardens and lawns during rain and join other organic matter to feed the algae.
- Prevent any rubbish from finding its way into drains. Waste products and rubbish that collects in the 'gross pollution traps' near the lake break down to form nutrients for algae."

"Remember, drains are just for rainwater. They all lead to our lakes and rivers without any form of 'treatment' unlike our sewerage system," Mr Lind said.

"Concerned residents can also become informed about issues to do with our lake and waterways by contacting the Southern ACT Catchment Group. We are actively working towards improvement to a local stormwater system by supporting community projects and lobbying local government."

"Our Waterwatch network keeps a monthly eye on the lake and waterways and report algae and nutrient levels as well as other pollution issue to local government, rangers and the Environment Protection Authority," Mr Lind said.

Waterwatch volunteers provide vital and immediate information on the state of our waterways, which is being increasingly used by government and corporations locally and nationally. For more information contact the SACTCG Waterwatch Coordinator on 6296 6400 or [Waterwatch@sactcg.org.au](mailto:Waterwatch@sactcg.org.au)

Our blooming sick Lake Tuggeranong	1
Master planning comments open	2
Election campaign start in Brindabella	3
Greens call for comment on Bill	3
Consultation period criticised	4
Aged care land sales announced	4
Airport noise information pack available	5
East Greenway traffic study released	5
Tuggeranong groups first in Centenary fund	5
Hyperdome fills Myer gap	6
Call for bushfire anniversary ideas	6
Building sharing and caring neighbourhoods	7
Work starts on new multi-purpose hall	8
News in Brief	8
How to be more health consumer aware	9
A happy and slimmer 2012	10
Don't Forget	10

# Master planning comments open



*The Tuggeranong Town Centre is subject to Master Planning by the ACT Government.*

Master plans for the three urban centres in the Tuggeranong Valley are well under way with Kambah the most advanced.

Following the closure of public consultation on the draft Kambah master plan in October 2011, over 100 submissions were received by Environment and Sustainable Development. Most of these contained broad support for the master plan vision and principles. There were also some submissions which raised concerns about the proposed scale and level of development planned for the site.

The master plan is being amended in response to this community feedback and will be submitted to the Government for approval shortly.

The Draft Master Plans for Tuggeranong and Erindale were released for public comment in early December 2011. The extended public comments period remains open until **17 February 2012**.

This means residents can still have a say on the plans which outline a vision for

each centre and provide direction for how they could develop and redevelop over the next 30 years.

The draft Tuggeranong Town Centre master plan offers the opportunity for higher density residential and mixed use developments, which is in-line with the recently released Draft Planning Strategy.

The plans include a proposal to relocate the bus station in Tuggeranong to a more central location on Reed Street to incorporate these public transport services into the centre of the busy retail and residential area. Improved pedestrian links from the Town Centre to the lake foreshore should help to maintain the healthy vibrancy of the area.

Erindale's draft master plan is centred around a new transport hub which will provide better links to both the Tuggeranong and Woden town centres as well as the city. Provision is being made for additional retail shopping space which could include a second supermarket for the centre. Public transport is a key feature of the plan, parking options have also been addressed with new car parking spaces, some of which would be underground. The ACT Government recognizes the key role the community played in the development of this plan.

The public can comment on the Tuggeranong and Erindale Master Plans at [www.environment.act.gov.au/tuggeranongerindale](http://www.environment.act.gov.au/tuggeranongerindale). To see the draft Kambah master plan visit [www.actpla.act.gov.au/kambah](http://www.actpla.act.gov.au/kambah).

*Source: ACT Government*





# Election campaign starts in Brindabella



Chief Minister Katy Gallagher introduces the ALP candidates for Brindabella. (L to R) Mike Kinniburgh, Rebecca Cody, Karl Maftoum, Joy Burch (sitting member) and Mick Gentleman.

The ACT Labor Party has announced its candidates for the electorate of Brindabella in the lead up to the 2012 ACT election.

The candidates were introduced by Chief Minister Katy Gallagher over morning tea at the Tuggeranong Arts Centre at which she also announced a re-elected Labor Government would expand health services in the Valley.

The Labor candidates for Brindabella are small business representative, Mike Kinniburgh, former public servant Rebecca Cody, public servant Karl Maftoum, sitting member and Minister Joy Burch and former MLA Mick Gentleman.

The Chief Minister Katy Gallagher endorsed the result of the preselection, stating "I'm proud to lead a hard-working team in our Assembly, now joined by a diverse and talented group of candidates wanting to make a public contribution to our great City."

"We are fortunate to have a broad, experienced and talented pool of candidates to choose from. I am confident that the Party and the community will get behind our team and help ensure Canberra continues to have the good government it deserves," she said.

During the introduction of candidates Ms Gallagher announced that a re-elected Labor Government will provide an additional \$10 million over four years to expand the nurse-led Walk-in Centre model to Tuggeranong and Belconnen, as well

as a further \$5 million towards potential capital costs.

"The ACT Labor Government has worked hard to deliver innovative solutions in health care. In May 2010, this Government opened Australia's first ever public nurse-led Walk-in Centre at Canberra Hospital," Ms Gallagher said.

"Since then, the Centre has treated more than 15,000 people, filling a gap in the delivery of free, extended hours health care in Canberra," she said.

"For some families, the cost of accessing after-hours health services is a significant burden when faced with an unexpected accident, illness or injury. Low bulk billing rates also add to that pressure, so the Walk-in Centre has filled a gap for some people," she said.

"ACT Labor believes that the Walk-in Centre model would work well within other community settings by making free, high quality primary health care services more available for minor illnesses and injuries."

"Most people presenting with minor illnesses and injuries do not need to be treated on a hospital campus and we are committed to providing services close to where people live. This will mean that residents in the north and south will be able to more easily access this highly skilled nursing service without having to travel too far," Ms Gallagher concluded.

Source: Media Release

# Greens call for comment on Bill

The ACT Greens are calling for public comment on a proposed Bill to give people living in care a stronger voice in the complaints process.

The Exposure Draft of the Public Advocate (Official Visitors) Amendment Bill 2012 for consultation has been released for public comment by ACT Greens Health, Disability, Housing and Corrections spokesperson and Member for Brindabella, Amanda Bresnan.

Ms Bresnan said vulnerable people living somewhere where they are being cared for or held, have a limited ability to speak up for themselves to make sure they are treated fairly.

"That is why the community has 'Official Visitors' to inspect places where vulnerable people are being held or live, and advocate on their behalf if they have complaints or problems. Such facilities traditionally include mental health wards, correctional facilities, and orphanages," she said.

Ms Bresnan said the Bill proposes a number of improvements to the way Official Visitors operate, many of which have been promised by Governments over the last decade but never implemented.

"The changes seek to provide Official Visitors with greater power and stronger representation for vulnerable people living in or being held in care. The changes also seek to broaden the scope of Official Visitors to enable them to visit places where people aren't necessarily being held against their will, but have little choice to be elsewhere. Examples being people with disabilities in group homes, or people staying in accommodation run by a non-government provider," she said.

"While we no longer have institutions, there are many vulnerable people being held or living in situations over which they have little choice or control. The Greens want to strengthen the ACT's Official Visitors to give vulnerable people a voice," Ms Bresnan said.

The Exposure Draft of the Public Advocate (Official Visitors) Amendment Bill 2012 is available for public comment until 24 February 2012. The Bill and an accompanying discussion paper can be accessed at [http://www.legislation.act.gov.au/ed/db\\_43749/default.asp](http://www.legislation.act.gov.au/ed/db_43749/default.asp).

Source: Media Release

## Consultation period criticised



Shadow Economic Development Minister and Member for Brindabella, Brendan Smyth (pictured), has described as a sham the Government's consultation process on economic diversification for the ACT.

Mr Smyth also accused Treasurer Andrew Barr of going against his government's own guidelines for community consultation timeframes when he called for input into the economic diversification discussion paper.

"After ten years of urging by the Canberra Liberals, ACT Labor has finally released a discussion paper which recognises the importance of diversifying the ACT economy to make it more resilient and effective in creating employment," Mr Smyth said.

"Unfortunately for the people of the ACT, the Treasurer, Andrew Barr, arranged the consultation period largely across the Christmas and New Year holidays, which meant that many people either were not aware of this invitation or have not had enough time in which to prepare responses," he said.

Mr Smyth said the timing of the consultation on this important topic clearly contravened the ACT Government's guidelines for community engagement, which state that:

*'Activities undertaken at inappropriate times (e.g. during school holidays or over the Christmas/New Year period)...are counterproductive and minimise the ability of many to participate.'*

"If Andrew Barr is serious about engaging with the community to achieve sustainable economic growth in the ACT, he should ensure that his consultation period falls at a time when people are able to respond most effectively," Mr Smyth concluded.

Source: Media Release

## Aged care land sales announced

The sale of land in Isabella Plains and Calwell to two prominent operators of accommodation for people over 55 and residential aged care will provide more housing options for older persons in Tuggeranong, ACT Minister for Community Services and Member for Brindabella, Joy Burch has announced.

Ms Burch welcomed the sale to Lend Lease - Australia's largest owner, operator and developer of accommodation for people aged over 55 - of a 4.468 hectare site on the corner of Ellerston Ave and Drumston Street in Isabella Plains for more than \$5 million, which it will develop as a retirement village and an associated community centre.

Lend Lease currently own and operate 70 retirement villages and 30 aged care facilities across Australia and New Zealand comprising 12,740 retirement living units and 2,318 residential aged care beds providing quality services to more than 18,000 seniors.

Ms Burch said work will commence shortly on the master plan for the site to be followed by the lodging of the Development Application with construction

expected to commence by mid-2012.

"With an ageing population, this is good news for older Canberrans, particularly those in Tuggeranong who wish to remain in their communities in their retirement," Ms Burch said.

The other entrant is Victoria-based Innovative Care Ltd who own and operate 11 aged care facilities in Victoria, NSW and Queensland with 860 aged care beds. Innovative Care has purchased a 2.1 hectare site in Ware Street in Calwell for more than \$2 million and will provide High and Low Level Care Places, Respite Care, Day Care, and Independent Living Units (ILUs).

Ms Burch said it is anticipated that the Development Application will be lodged by mid 2012 with construction to be commenced by the end of the year.

"The strategic decision by Lend Lease and Innovative Care to come to Canberra reflects the opportunities for increased investment in this market sector," Ms Burch concluded.

Source: Media Release

**SOZO**  
PRODUCTION

PRINT | DESIGN | WEB

- Business Cards
- Letterheads
- Fridge Magnets
- Books / Magazines
- Flyers / Brochures
- Posters
- Stickers
- Banners
- Envelopes
- A-Frames
- Logos
- iPhone Apps
- Signage
- e-Commerce
- Websites

(02) 6293 1188  
**WWW.SOZO.COM.AU**  
Shop 8, Homeworld Tuggeranong



## Airport noise information pack available



Airservices Australia has released the Canberra Airport "Noise Information Pack". It says the purpose of the pack is to provide information to the community on aircraft operations around Canberra.

Air Services Australia says Canberra Airport is situated approximately 7kms to the east of the city. It says the area is affected by aircraft noise either from helicopters, fixed wing propeller or jet powered aircraft. Operations may occur at hospital helipads, Southcare Helicopter base (6.5kms south of the airport) or from Canberra Airport. Helicopters and light aircraft often follow regular scenic routes.

Canberra Airport Planning Director, Noel McCann, has described the pack as a great community initiative. He says Canberra Airport is one of the first airports to be provided with this information pack.

For copies of the information pack visit: <http://www.airservicesaustralia.com/wp-content/uploads/Canberra-nip.pdf> .

## East Greenway traffic study released

ACT Director of Roads, Tony Gill, will address residents on the outcomes of a recent traffic survey in East Greenway.

Mr. Gill will be guest speaker at a public meeting to discuss the concerns of East Greenway residents on traffic flow, pedestrian safety and general community safety. The meeting has been organised by East Greenway resident, Beverley Flint.

Ms Flint said the meeting will consider the outcomes of the traffic survey recently undertaken in Mortimer Lewis Drive and proposals for a footpath.

Advance copies of the survey report are available by email on request by contacting ACT Roads on 6207 6868.

She said the meeting will also provide an opportunity for residents to raise other concerns such as new road signage to control the flow of traffic through their neighbourhoods.

"We will also consider calls for better lighting in the Lake Park and dog exercise area, improvements to the pedestrian/bicycle path and bus services in East Greenway," Ms Flint said.

The meeting will be held on Thursday, 16 February commencing at 7pm in the Tuggeranong Library Community Room. For more information contact Beverley Flint on 0418 409 798.

## Tuggeranong groups first in Centenary fund

Chief Minister Katy Gallagher recently announced the first eight recipients of the Community Centenary Initiative Fund.

The fund supports community-driven projects and events that enhance the program of activities being developed for Canberra's Centenary in 2013. Two of these projects will have a focus of activity in the Tuggeranong region.

The Tuggeranong Community Arts project Lakeside will produce a family weekend with temporary sculptures situated alongside Lake Tuggeranong in September 2013.

The weekend will feature children's workshops, artist forums, artists talks and a site specific work to be developed for the arts centre.

The project has been in development for over two years, and will build on previous exhibitions and community and schools workshops.

Erindale-based creative arts organisation Kulture Break will produce two dance festivals and expos in June 2012 and 2013 titled Dance Nation.

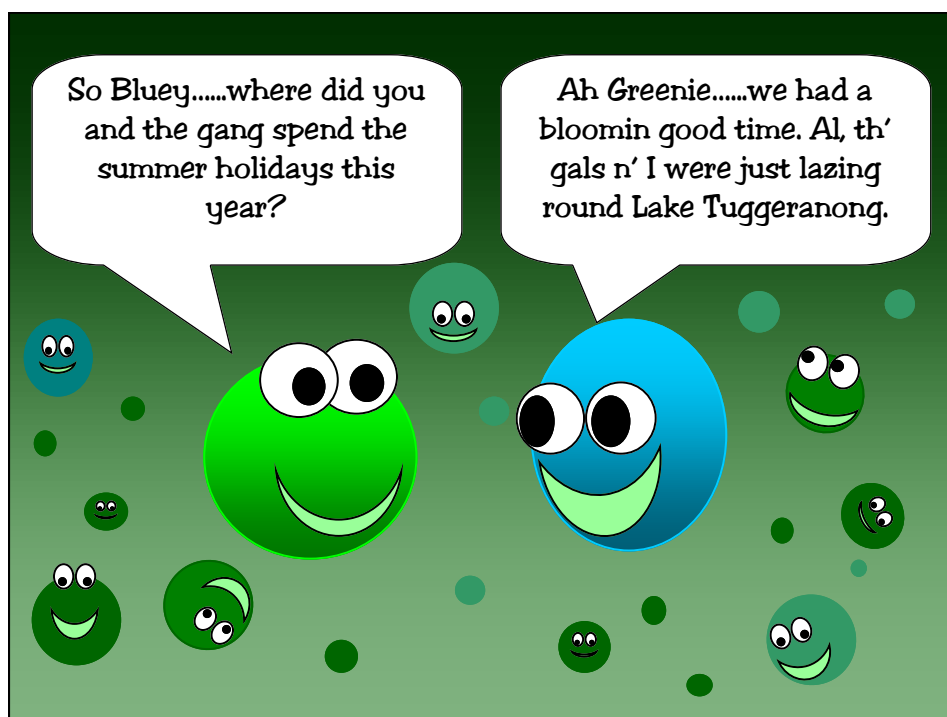
Workshops and master classes will be offered to children, young people, adults and seniors, culminating in a 2013 performance that celebrates and pays tribute to our city's rich multicultural diversity and heritage through dance.

Funding is still available and individuals, community, sporting and cultural organisations and service clubs are urged to consider how they might mark this significant milestone in Canberra's history.

Application details, including guidelines and an application form are available at: [www.canberra100.com.au/projects/commu-nity\\_centenary\\_initiatives\\_fund.php](http://www.canberra100.com.au/projects/commu-nity_centenary_initiatives_fund.php) or call Centenary of Canberra Community Engagement Officer, Mr. Dan Watters on 6205 8408.

Applications close on 30 June 2012 or when all available monies have been committed.

Source: Centenary of Canberra Unit, Chief Minister and Cabinet.



## Hyperdome fills Myer gap

The Tuggeranong Hyperdome management has announced plans to redevelop the centre in early 2012. This follows the announcement by Myer last month that it will not renew its lease at the Hyperdome and will close its store.

Centre Manager, Pearce Coleman said the redevelopment of the store will include some exciting introductions and refurbishments.

He said the Hyperdome is looking to welcome household Australian retailers, Big W, JB Hi-Fi and Harris Scarfe as part of a retail mix following the departure of Myer.

He said the potential redevelopment will begin after the Christmas trading period and will position Hyperdome as the only shopping centre in the region to offer all three major discount department stores, Target, Big W and Kmart, under the one roof. He said this will strengthen the Centres convenient community base retail offer.

"We are excited to announce Coles, Woolworths and Kmart have all renewed their commitment at Tuggeranong Hyperdome, with Coles and Woolworths having now completed extensive refurbishments and Kmart are due to commence their refurbishment early 2012," Mr. Coleman said.

"The new format stores align with the centre's long term strategy to improve and upgrade centre facilities and retail tenancies.

"Over the past 18 months there have been over 40 new retailers and 16 refurbishments delivered at the Hyperdome, including Canberra's newest cinema complex, Limelight Cinemas," Mr. Coleman added.

Tuggeranong Community Council President, Darryl Johnston, said while the closure of Myers in Tuggeranong had been on the cards for some time he was surprised the announcement had been made so close to Christmas.

"I feel sorry for the staff but I am glad the uncertainty is now over. I hope Myer will make other employment arrangements for its Tuggeranong based staff," he said.

Mr. Johnston said he now looked forward to the new developments at the Hyperdome.

## Call for bushfire anniversary ideas

The ACT Government is seeking suggestions from the public on how best to mark the 10<sup>th</sup> anniversary of the devastating Canberra bushfires.

Chief Minister Katy Gallagher said the 18th of January remains a difficult day for many in the Canberra community and most of us can remember exactly what we were doing back on that hot, windy January day in 2003.

She said everyone in Canberra knows someone who was affected by the firestorm.

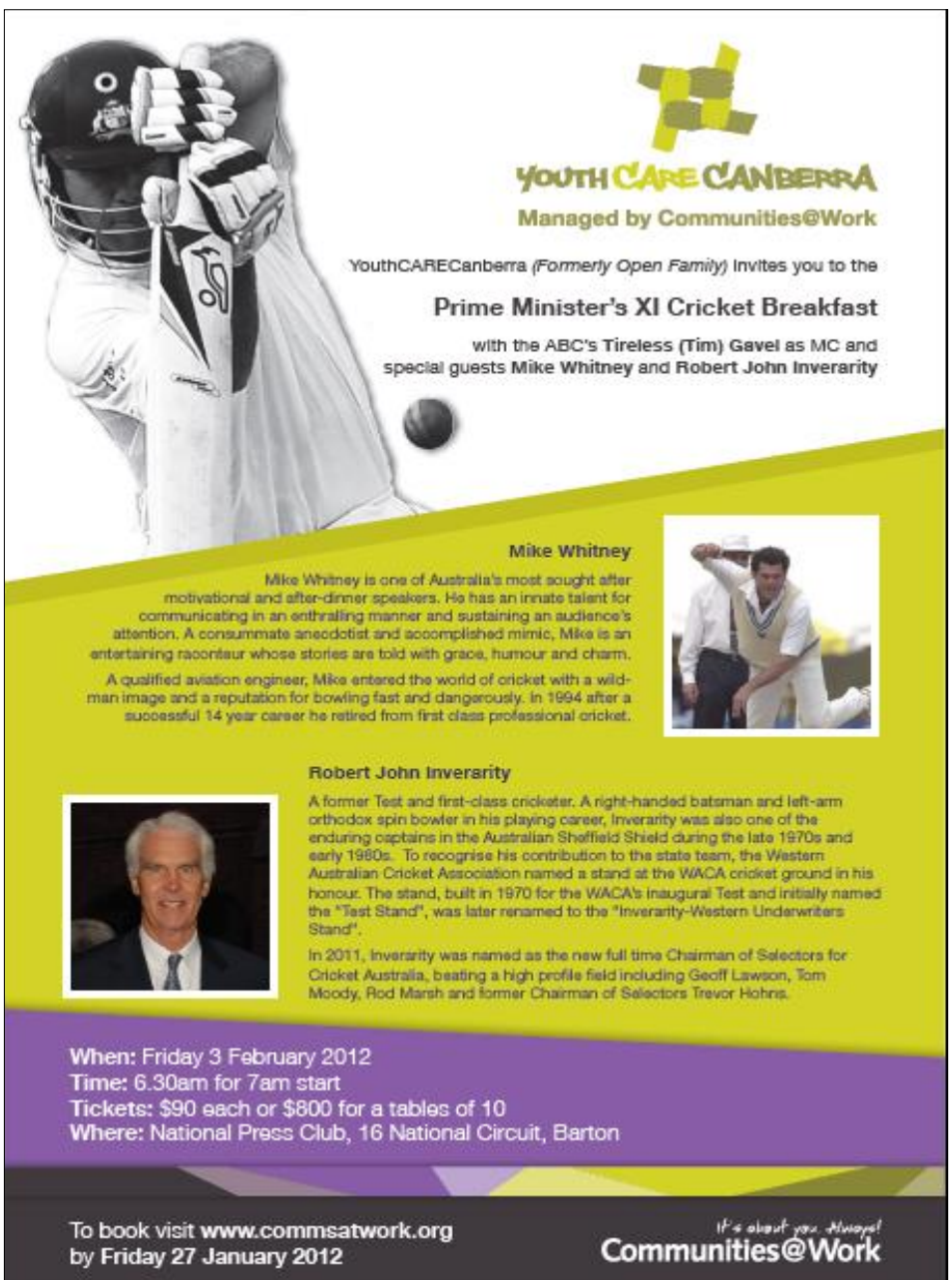
"It was a time in our city's short history where we were challenged by the force of nature and where the people of Canberra rose to that challenge and worked together to support those who had lost loved ones, homes, animals and possessions," she added.

"Nine years on there are those who will still struggle to deal with the horrors of that day and the memories that come with it. My heart goes out to each and every one of those people, particularly to the families and friends of those who lost their lives."

Ms Gallagher said at the same time she is proud of the way we, as a community, have supported each other in those difficult days, weeks, months and years of recovery and rebuilding."

She has called on Canberrans to consider how we should mark the 10th anniversary of this important occasion.

Suggestions can be posted on the 'Time to Talk' website (<http://timetotalk.act.gov.au/>), by calling Canberra Connect on 132281 or via Twitter to @actcomms.



**YOUTH CARE CANBERRA**  
Managed by Communities@Work

YouthCARECanberra (Formerly Open Family) Invites you to the  
**Prime Minister's XI Cricket Breakfast**  
with the ABC's Tireless (Tim) Gavel as MC and special guests Mike Whitney and Robert John Inverarity

**Mike Whitney**  
Mike Whitney is one of Australia's most sought after motivational and after-dinner speakers. He has an innate talent for communicating in an enthralling manner and sustaining an audience's attention. A consummate anecdotist and accomplished mimic, Mike is an entertaining raconteur whose stories are told with grace, humour and charm. A qualified aviation engineer, Mike entered the world of cricket with a wild-man image and a reputation for bowling fast and dangerously. In 1994 after a successful 14 year career he retired from first class professional cricket.

**Robert John Inverarity**  
A former Test and first-class cricketer. A right-handed batsman and left-arm orthodox spin bowler in his playing career, Inverarity was also one of the enduring captains in the Australian Sheffield Shield during the late 1970s and early 1980s. To recognise his contribution to the state team, the Western Australian Cricket Association named a stand at the WACA cricket ground in his honour. The stand, built in 1970 for the WACA's inaugural Test and initially named the "Test Stand", was later renamed to the "Inverarity-Western Underwriters Stand". In 2011, Inverarity was named as the new full time Chairman of Selectors for Cricket Australia, beating a high profile field including Geoff Lawson, Tom Moody, Rod Marsh and former Chairman of Selectors Trevor Hohns.

**When:** Friday 3 February 2012  
**Time:** 6.30am for 7am start  
**Tickets:** \$90 each or \$800 for a tables of 10  
**Where:** National Press Club, 16 National Circuit, Barton

To book visit [www.commsatwork.org](http://www.commsatwork.org)  
by Friday 27 January 2012

*It's about you. Always!*  
**Communities@Work**



# Building sharing and caring neighbourhoods



Neighbours join forces in a Sharehood community gardening project in inner Melbourne.

**Many Melbourne residents have embarked on Sharehoods, neighbourhoods that share everything, saving money and the environment and forming stronger communities. Liz Shield, a Sharehood project worker relates the experiences of one Sharehood community and how it is gaining in popularity.**

Theo was living in an inner city suburb of Melbourne's north and his house didn't have a washing machine. He was walking to a friend's house to do his laundry when he realised many folks in his street would have washing machines and if he knew his neighbours, he might have been able to borrow theirs.

He made a list of all the things that could be shared between neighbours and it was a long list! Then he letter-boxed all the people living within a 5 minute walk of his home, to share his idea and ask them to contact him if they wanted to participate. From there, the first Sharehood was formed. Since then, the Sharehood has grown to have over 1,500 members across 4 continents.

People have been borrowing ladders to put in light bulbs and working together to create food producing gardens or grey water systems. There have been film nights and BBQs in local parks and street wide garage sales. People have found babysitters and had their pets walked or minded.

There are so many reasons to share with people and the experiences are as individual as we are. Sharing things with people in your neighbourhood means you don't spend as much money.

Most of us own stuff that we haven't used in years. Do you have a shed full of things you use occasionally, such as a lawnmower, a sewing machine, a ladder or a wheelbarrow? Many of these things take up a lot of space so people in small dwellings simply don't have room for them, and low income people can't afford them.

Wouldn't it be great if we could all get what we needed by borrowing and lending things within our neighbourhoods? Sharing things with people means we don't have to all go out and buy everything we may need. This reduces waste and excess items ending up in landfill.

Some Sharehoods have started community gardens in their neighbourhoods. Growing your own fruit and vegetables saves money and helps the environment by reducing the pollution associated with transportation and packaging of conventional produce.

Sharing locally is part of a low-carbon lifestyle that can reduce our collective impact on the environment. Most everyday items involve using fuel for transportation, petrochemicals in construction (plastics) and create pollution caused during production. The more we can sew, bake, create, grow and borrow means the less dependent we are on these non-renewable resources.

Perhaps the best reason for sharing is to meet other people in your local area. This builds trust and that warm feeling you get when you walk down the street and people say hello. It also reduces social isolation and makes for safer

streets. When you meet your neighbours with the Sharehood you immediately have a common interest – a belief in the value of sharing things!

Knowing your neighbours is handy: it makes us safer, it can get you out of a pickle and it's a lot of fun. But connecting with your neighbourhood goes beyond all that. It answers the deep need within us for a sense of belonging to the place we live. It improves our wellbeing and goes to the heart of what it means to have a home.

Tighter local communities will help us flourish, restore hope and increase positivity despite uncertainties. Reducing people's isolation will drastically improve their quality of life. This is particularly important for those vulnerable members of our communities; elderly people living alone, new parents or emerging refugee communities, for example.

The Sharehood provides a means to remove barriers between people by showing that "everyone can be your neighbour". The principle of the Sharehood is that you can share with your neighbours and get to know them, and then "everyone is your neighbour". There is an identified link between people's sense of belonging in a place, or a community and being connected with other people that is critical for good mental health.

People's isolation from others contributes to poor self image and mental health. In Western capitalist societies, participation is often dependent on an ability to buy something, such as items from a shopping centre or the entry price to an event.

The Sharehood offers an alternative to "inclusion by consumption" as we promote sharing resources we already have with those who don't have access to them. The Sharehood has been discovered from New Zealand to the UK. Joining is free! And once you have entered your details, you will be linked to the closest 100 members to you, where you can see what they are offering and seeking to share.

If there aren't enough people close to you, the website has instructions and a form letter to help you get a Sharehood started in your neighbourhood. And then the fun begins! It really is as easy as crossing the street.

For more information visit:  
[www.thesharehood.org](http://www.thesharehood.org)



## Work starts on new multi-purpose hall



Community Services Minister and Member for Brindabella, Joy Burch, was joined by members of the Tuggeranong Archery Club (*pictured*) for the turning of the first sod for construction of a new multi-purpose indoor community facility in the Tuggeranong Valley.

Ms Burch said the new facility will be used by a number of community organisations and sporting clubs, including the Tuggeranong Archery Club, and will provide a new space for the Tuggeranong Men's Shed. After the sod turning ceremony construction began on the new \$2.1 million dollar facility at Greenway.

She also joined Minister for Education, Chris Bourke and Member for Canberra, Gai Brodtmann, in announcing the seven Tuggeranong schools which have received funding as part of the Trade Training Centre in Schools Program.

Existing trade training facilities will be refurbished at Calwell High School, Lanyon High School, Chisholm School, Wanniasa Senior School, Lake Tuggeranong College and Erindale College, while new facilities will be built at Namadgi School.

*Source: Media Release*

## News in Brief

### ACT ignored, Greens

ACT Greens Multicultural Affairs spokesperson, Amanda Bresnan, is lobbying the Federal Government to include an ACT representative on its Federal multicultural advisory body.

The Australian Multicultural Council is responsible for advising the Federal Government on multicultural issues and ensuring Government services respond effectively to the needs of diverse communities. It does not have a representative from the ACT.

"I was very disappointed to learn that the Australian Multicultural Council does not include an ACT representative," said Ms Bresnan. In December last year I wrote to ACT Senator Kate Lundy, who is also the Parliamentary Secretary for Multicultural Affairs. I argued that the ACT deserves representation and asked her to reconsider the membership," Ms Bresnan said.

### Property sentiment undermined

In an alarming survey commissioned by the Property Council of Australia, the ACT has been found to have the worst investor confidence in Australia, ACT Liberal Senator Gary Humphries has claimed.

The survey polled 2800 property industry professionals across all states and territories and shows the ACT as the only capital city to record a shift from positive to negative sentiment between September and December 2011.

"The figures released by the Property Council are a major concern to our Territory", Senator Humphries said.

### Herbicide training

Southern ACT Catchment Group is organising a herbicide use training course for 18/19 February 2012 to be held at Westwood Farm near Kambah.

The concept is to deliver an advanced practical/theory session over the two days which will include using UV light to show droplets of water coloured with dye and applied to stubble, leaves or grasses at different rates, nozzles and pressures to show variables of application. Participants must attend both days.

# cruise through summer

**Governor Generals Cruise:**  
Exclusive tour includes guided walk through Government House gardens.  
Thursday 9am-11.30am  
(Commences 2nd February 2012)  
Adults \$23 Members/Seniors \$18, Children (U12) \$13

**Sunday Lunch & Thursday Night Dinner Cruise:**  
Indulge in a sumptuous three course meal, ever-changing views and a relaxing ambience. Sunday lunch 12 midday-2.30pm, Thursday dinner 7pm-10pm  
Adults \$70, Members/Seniors \$60, Children (U12) \$25

**1 hour Sight Seeing Cruise**  
Includes commentary, tea and coffee.  
Adults \$15, Members/Seniors/Pensioners \$12  
Children U12 \$9, Family (2 Adults & 2 Children U12) \$40

For all cruise schedules and bookings call 02 6273 1784  
For details visit [cscoc.com.au](http://cscoc.com.au) Bookings are essential.

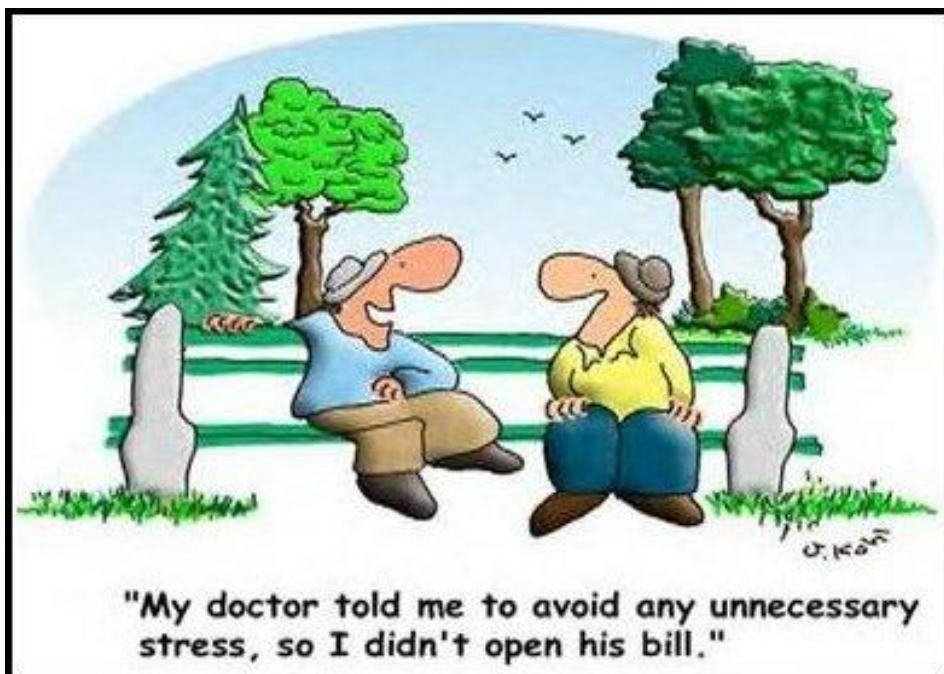




**Southern Cross Club**  
Yacht Club  
[www.cscoc.com.au](http://www.cscoc.com.au)



# How to be more health consumer aware



The Health Care Consumers' Association ACT (HCCA) is calling for new consumer representatives in 2012. The HCCA will commence training for new representatives in March with further training sessions in June and September.

HCCA Executive Director, Darlene Cox, says a consumer representative is someone who is endorsed by the Health Care Consumers' Association of the ACT (HCCA) to represent the views and interests of health consumers. She said HCCA consumer representatives have experience of health services primarily as consumers of services.

"They commit to being well informed about relevant health issues and representing a broad range of consumer views by ensuring they are accountable to others through HCCA and/or other community groups," she said.

Ms Cox said the HCCA was established more than thirty years ago to give an official voice to users of the health care system in the Australian Capital Territory.

"A health care consumer is anyone who uses, has used, or may use, any health or health-related service, and as such, consumers are important stakeholders within the system. As consumers, we can contribute in unique ways to the discussions around health care service provision," Ms Cox said.

"Our focus and backgrounds differ from that of health service providers and medical practitioners, and we accrue experience of the health care system

simply by going about our daily lives. Health care consumers have dealings with GPs, surgeons, oncologists, hematologists, physiotherapists, nurse practitioners and a range of other specialists," she said.

Ms Cox said the HCCA is a firm supporter of the old adage, "nothing about us, without us" and that is why we see it as vitally important to have consumers engaged within the health system in a number of ways.

"Firstly, consumers must be given the skills and opportunities to engage as partners in the provision of their personal health care, as well as that of their friends, family and those they care for. Studies have found that involving consumers in the decision-making processes related to their own care improves outcomes and increases both patient and health professional satisfaction," she said.

"HCCA runs training and information sessions designed to provide consumers with some of the skills required to participate as equal partners in the provision of their care. Consumers are introduced to the Australian Charter of Health Care Rights, a national document which sets out the seven rights to which consumers are entitled as users of the health care system. HCCA endorses a patient-centered care approach to service delivery and presents this view to the ACT Government and ACT Health Directorate."

"Secondly, consumers must be engaged in health service delivery, through representation on policy, planning and govern-

ance committees, and through involvement with system-wide quality and safety monitoring. The input and presence of consumers can provide balance to the contributions of professionals, service providers and industry,"

"Consumers have the ability to point out the obvious when health care specialists may be bogged down in minutiae. The presence of consumer representatives in these forums helps to create services which best suit the needs of the community and ensures the transparency of decision-making processes," she said.

"HCCA trains and endorses representatives to provide a consumer perspective on a large number of service delivery oriented committees in the ACT."

"Through consultation and networking, our representatives are able to accurately reflect the issues faced by users of particular services. Consumers are able to ask the "how", "why" and "what if" questions regarding the planning of service provision, ensuring considered approaches to all aspects of planning and implementation."

"Finally, involving consumers at the State/Territory-wide and national levels is important in accurately orienting priorities for the whole region and for all of Australia. HCCA strongly believes that consumer needs and desires should drive national health policy."

"Through consumer participation at the grass roots level, consumer perspectives are able to be conveyed to those at the highest levels of government, with the result that services are more effective, more inclusive and are more likely to be aligned with consumer expectations."

"The strength of consumers lies in our expert knowledge gained by being users of the health care system. Consumers can, and should, work to shape the services provided by the government to be more consumer-centered, and to truly consider the needs of users," Ms Cox said.

Training for new consumer representatives is being held in March, June and September in 2012. Training is free and will be held at the HCCA offices in Hackett on Friday 23 and 30 March between 10am and 2pm.

If you are interested in the training or would like to find out more about HCCA please call the office on 6230 7800 or go to our website [www.hcca.org.au](http://www.hcca.org.au)

Source: HCCA

## A happy and slimmer 2012

With Christmas behind us (literally) some of us resolve to be fitter and trimmer in 2012. Here are some stories to inspire you to reach your goals.

*Although I was only a few kilos overweight, my wife was harping at me to diet. One evening we took a brisk walk around town, and I surprised her by jumping over a parking meter, leapfrog style. Pleased with myself, I said, "How many fat men do you know who can do that?"*

*"One," she retorted.*

*Although I knew I had put on a few kilos, I didn't consider myself overweight until the day I decided to clean my refrigerator. I sat on a chair in front of the appliance and reached in to wipe the back wall. While I was in this position, my teenage son came into the kitchen. "Hi, Mum," he said. "Whatcha doin', having lunch?"*

*I started my diet that day.*

*After noticing how trim my husband had become, a friend asked me how I had persuaded him to diet. It was then I shared my dark secret: "I put our teenage son's boxers in his undies drawer."*

*My daughter couldn't muster the will-power to lose unwanted kilos. One day, watching a slim friend walking up our driveway, she lamented, "Linda's so skinny it makes me sick."*

*"If it bothers you," I suggested gently, "why don't you do something about it?" "Good idea, Mum," she replied. Turning to her friend, she called out, "Hey, Linda, have a piece of chocolate cake."*

*A member of a diet club bemoaned her lack of will-power. She'd made her family's favorite cake over the weekend, she explained, and they'd eaten half of it.*

*The next day, however, the uneaten half beckoned. She cut herself a slice. Then another, and another. By the time she'd polished off the cake, she knew her husband would be disappointed.*

*"What did he say when he found out?" one club member asked.*

*"He never found out," she said. "I made another cake and ate half."*

[www.rd.com](http://www.rd.com)



**Feb 7:** TCC General Meeting, 7.30pm Tuggeranong Southern Cross Club. (Open discussion on TCC priorities for 2012)

**12:** Public comments due on the [Draft ACT Planning Strategy](#). Lions Club, Tuggeranong Homestead Markets.

**16:** Public meeting on East Greenway Traffic Study. 7pm Tuggeranong Library.

**17:** Comments due on [Tuggeranong and Erindale](#) Master Plans

**Mar 6:** TCC General Meeting, 7.30pm Tuggeranong Southern Cross Club.

**11:** Lions Club, Tuggeranong Homestead Markets.

**Apr 3:** TCC General Meeting, 7.30pm Tuggeranong Southern Cross Club.

**8:** Lions Club, Tuggeranong Homestead Markets.

**May 1:** TCC General Meeting, 7.30pm Tuggeranong Southern Cross Club.

**13:** Lions Club, Tuggeranong Homestead Markets.

**Jun 5:** TCC General Meeting, 7.30pm Tuggeranong Southern Cross Club.

**10:** Lions Club, Tuggeranong Homestead Markets.

**30:** Applications close for the [Community Centenary Initiatives](#) Fund

## Valley Voice



Tuggeranong Community Council's newsletter, *Valley Voice* is designed to inform Valley residents of issues that impact on them and to act as a vehicle for other community groups and organisations to communicate with residents.

*Valley Voice* is produced on a regular basis and is circulated amongst TCC members and friends. If you wish to receive copies of *Valley Voice* in the future please email [info@tuggcc.com](mailto:info@tuggcc.com).

Meanwhile, if you have articles or images you wish to contribute to *Valley Voice* please email them to [info@tuggcc.com](mailto:info@tuggcc.com) by the 20th of each month.

Please feel free to pass *Valley Voice* on to those who you think will be interested in its contents.

*Valley Voice* is published by the Tuggeranong Community Council (TCC). Material in this publication comes from a variety of community and government based sources and therefore does not necessarily reflect the views of the TCC.

Material submitted to the TCC for inclusion in *Valley Voice* may be subject to editorial changes. Material that includes dates, times and contact details is correct at the time of publishing. Therefore, the TCC cannot be held responsible if it is not informed of any changes to that information prior to publication.

Tuggeranong Community Council.  
E: [info@tuggcc.com](mailto:info@tuggcc.com)  
W: [www.tuggcc.com](http://www.tuggcc.com)

*Tuggeranong Community Council Inc. (TCC) is an incorporated, voluntary, not for profit, non political, community based association operating within the Tuggeranong district of the Australian Capital Territory.*

*TCC is formally recognised as the peak community representative body in Tuggeranong promoting the goals and aspirations of local residents and other community groups and organisations within the Tuggeranong Valley. TCC receives partial funding from the ACT Government.*

### Tuggeranong Community Council acknowledges its supporters.



*it's about you. Always!*  
**Communities@Work**

