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The Volunteer Voice

Free Newsletter Cockburn Volunteer Resource Centre
volunteering.cockburn.wa.gov.au | volunteering@cockburn.wa.gov.au

Celebrating National Volunteer Week 2017



Highlights at the National Volunteer Week celebrations

Established in 1839, National Volunteer Week (NVW) is an annual celebration to acknowledge the generous contribution of our nation's 6 million volunteers and saw thousands of events held across the country!

The City of Cockburn held their event on Saturday 13 May at the Next Gen Health & Lifestyle Club, Bibra Lake, to say thank you to existing volunteers and encourage more locals to consider volunteering and contributing to our wonderful community.

The event, modelled on a mini expo, had 30 information stalls manned by volunteers of local not for profit

organisations, talks by the Mayor Logan Howlett, Ada Wong, the City's Volunteer Resource Centre Coordinator and Inspirational Volunteer of the Year award winner Pearl Kellar, live entertainment by Benji Bernal, a fun photo booth, free morning tea and the chance to hug our very special "Volunteer Teddy"!

It was a busy morning, with many new volunteers "signing up", lots of networking amongst the groups and lots of happy faces.

The logo 'Give Happy Live Happy' encouraging to help make Australia the happiest place to live in!

Volunteering WA Statistics state:

- 96% of volunteers say that it "makes people happier"!
- 95% of volunteers say that volunteering is related to feelings of wellbeing
- Volunteering results in a "helper's high," a powerful physical and emotional feeling experienced when directly helping others
- The experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement

To start your volunteering experience, contact Cockburn Volunteer Resource Centre today! Tel: 9411 3444

All abilities rugby team



Invitation to experience the joy of team sport

Southern Lions Rugby Union Football Club is starting an “All Abilities” rugby team.

Inspired by Andrew Ferry, a 22 year old intellectually challenged fan of rugby, who wanted to play, Club President, Mike Penhaligon is setting up the first All Abilities Rugby Program in WA! The program is targeted at able bodied adults over 16 years old who are intellectually challenged.

Mike who is semi-retired now, has over 40 years' experience as a teacher for children requiring extra support and the last 25 years as the Teacher in Charge of the Education Support centre at the Corpus Christi College. Coaches include Wayne Arthur an ex WA Rugby Union State Coach and his son Justin Arthur an ex WA Rugby Union Premiership player. The game will be modified to suit all players, starting with in-house matches and look forward to growing and possibly touring as other teams are established in the Eastern states and around the world!

The Southern Lions prides itself as being a family and community orientated club. This programme hopes to give people with disabilities and their families a sporting and social outlet, which benefits them and our rugby community.

For more information contact Mike Penhaligon Tel: 0439 845 867 or email - michaelpenhaligon@gmail.com.



2nd Manning Park Trail Run



Happy participants: Zacariah Zammitt and Jaxon Hall, Isabella Zammit with her Dad Luke

The Friends of the Community (FOC) recently hosted the 2nd Manning Park Trail run. This is a great annual community health event that encourages and promotes a more active lifestyle in the City of Cockburn.

The rain held off after a wet start in the morning of the run, which saw approximately 100 people participated; 38 entered the 10k and 54 for the 5k runs.

Congratulations to Giselle Allieux, who was the first one home for the 5k and Tom Bakonskie, the winner of the 10k.

Fantastic efforts by the youngsters: 8-Year-old Joel Vlastic who won the 10k Male under 16, Ella Gumina winning the Female under 16, 10 Year old Zachariah Zammit won the 5k Male under 16 and Elissa Eldean was the first Female under 16.

A free Sausage Sizzle, fruit and water was provided by FOC and over \$2,000 was raised from the registration fees, which went to this year's charity recipient, Starlight Children's Foundation. Their mission is to brighten the lives of seriously ill children and their families.

In 2017, Friends of the Community proudly partnered with Starlight, to help raise money for this worthy cause.

All registration fees from the Manning Park Trail Run as well as all money dropped into donation tins at all events Friends of the Community attends during the 2016/17 financial year will go directly to Starlight.

Preparation starts for the next bush fire season



In the inferno: South Coogee bush fire brigade volunteers (photos credit Michael Tait)

With the 2016/2017 bushfire season behind us, South Coogee Bush Fire Brigade has now turned its attention to a busy training schedule. There will be a number of community education and engagement activities, also working with the City to conduct a number of control burns in the greater Cockburn area.

Under the direction of training Lieutenant, Darryl Beer, the Brigade will be improving and consolidating its current skill set through various activities and exercises including; driving under operational conditions, basic firefighter skills and working as a team.

This year's training has a more sporting

objective with South Coogee entering two teams in the 'Bush Fire Games' event being run in September. With guidance from the team coach and Brigade Captain Brad Brierley, the teams are preparing for the event which will be an opportunity for the brigade members to put their skills to the test and for other brigades to meet and network.

The Brigade will be in the local community conducting exercises to practise their important asset or (property protection) skills and advise residents on how to protect their property and be more prepared for the next bushfire season.

Keep an eye out as this will be an invaluable event that could be coming to a street near you!



Veterans of Foreign Wars first meeting



The veterans of Foreign Wars (VFW) is a not for profit volunteer service organisation, much like the RSL, except that it is for USA citizens that have served in the US military. They have many programs and services that work to support veterans, service members and their families.

Although the meetings are not always in Cockburn our very first meeting was. On the 7th of May the first VFW in Australia was opened in WA. The Post Commander, and Post Surgeon are both residents of Cockburn, as well as others installed as members. If you are or know of a US Veteran that may be interested, they can contact James Maughmer by email vfwjoin@gmail.com (www.vfw.org)

Lions support for disability multi-sport



A big thank you goes to the Lions Club of Jandakot Lakes for their continuous support to the Fremantle & Cockburn Table Tennis Club's "disability multi-sport program". The donations that the Lions raised saw the Club purchase a new basketball hoop & backboard which will be used by players with different abilities.

"Without the generous support, our 10 frequent all-ability sportsmen (from SMP, Interworks, Crosslinks, Autistic Society, Directions, Active and Rocky Bay) would not have the chance to participate in the weekly enrichment program", commented Peter Jokic – Program Coordinator.

What's up Yangebup?



Everyone is talking about the upcoming revitalisation program in our new Facebook chat group "What's up Yangebup".

It's a great chat forum for residents to share ideas and talk about specific local issues with their neighbours. So if you live in Yangebup feel free to join the group chat!

The Yangebup Progress Association Inc (YPA) was pleased to hold their second community swapmeet event recently at the Nicholson reserve. The swapmeet was well attended and supported, with 30 stalls and yummy food available. An Easter raffle and a

"guess the eggs in the jar" to raise funds for the upcoming Carols by Candlelight - Sat 2 Dec!

The YPA enjoys creating opportunities for residents to meet their neighbours, network with other local community groups and be informed about what is going on in Yangebup.

Our upcoming YPA AGM is on the 13th June – 7pm, time to get involved, start thinking about the changes you want to see in your local area and help to make them happen! Welcome to come down to the Yangebup Family Centre.

For enquiries contact: Chontelle Sands, Tel: 0411 612 382

Artzplace Drawing Workshop



The long weekend and extreme hot weather did not deter the keen artists who attended the recent 'Figure Drawing' work shop at Artzplace.

Local artist, Vicki Buillard gave an inspiring introduction, before handing out some useful hints and tips!

Then the drawing began! The pace was rapid, with different poses every ten minutes and drawing after drawing emerging, each getting more complex!

Everyone agreed that it was a tiring experience, but had tremendously enjoyed the workshop where they gained, put into practise and developed many skills.

For more information please contact Biruta Tel: 9434 1351

Upcoming Events



Sunday 25 June - Beelias Residents Advancement Group (BRAG) - "Be the change you want to see!"

With a core team of 10, BRAG is making a difference in the Cockburn community, and is helping to make Beelias a greener and safer place to live.

Our first 'Keep Australia Beautiful Adopt-a-spot' clean-up day is the 25 June @2pm at Beelias Oval. There will be a sausage sizzle and some prizes for the most amount of rubbish collected, the strangest item and the largest item after the clean-up. Please bring gardening gloves, wear closed in shoes and long pants.

Register online today!
www.beeliascommunity.com.au



Sunday Oct 29 - Cockburn Rotary Spring Fair 2017, Manning Park.

Planning is already under way for this fun family event! This year's theme is 'Bollywood', which represents wholesome entertainment!

The Spring Fair Committee will bring together a full day of activities, competitions, entertainment, market style stalls, side show games and rides for families to enjoy. Crowd pleasers include; live music, displays, vintage motor vehicles, farm animals and fireworks to end the night. Also for the second year, the fun colour run is on.

www.facebook.com/cockburnrotary



Funding for Community Projects

The City of Cockburn partners with Alcoa and Fremantle Ports to offer two exciting funding opportunities. Groups can submit applications for a variety of projects throughout the year.

Alcoa Cockburn Community Projects Fund supports community-driven projects.

Fremantle Ports Cockburn Community Projects Fund supports both youth and environmental projects.

For more information or to discuss your project ideas call the Community Development team on 9411 3444 or email: communitydevelopment@cockburn.wa.gov.au