



# Area 98 Aranda - Cook Newsletter March 2009

## Neighbourhood Watch

“Neighbours working together to promote a sense of well being, safety and security”

Serving Aranda, north-east Cook & Jamison since 1986

**Zone:**  
**Your Zone Leader Is:**

### Coming Events



**Sun 22 Mar 09 8:00.** Camp Quality Motor Cycle Ride and Family Day at Rond Terrace Sponsored by the Australian Federal Police.

For more information contact Anthony Ganley on 02 6287 3545/ 0411 142 758

**Sat 28 Mar 09 3:00-7:00pm.** Aranda

Primary School Fete. The school is also celebrating its 40<sup>th</sup> year.

**Sun 5 Apr 08 12:00-2:00pm.** Cook Neighbourhood BBQ at the park between Bourne & Dexter Sts.

**Wed 6 May 09 7:30** Neighbourhood Watch Meeting in the Function Room at Wests Southern Cross Club Macquarie. Open to members of the public. All are welcome.

**Sat 9 May 09 8:30.** Friends of Mt Painter work party from 8:30am to noon. Come to the water tanks and follow the red markers west along the track below the tanks.

### Garbage and Recycling



#### RECYCLING

**Aranda:** 26 Mar

9 Apr  
23 Apr

**Cook:**

19 Mar  
2 Apr  
16 Apr

Bins should be placed out 7am. Inquiries phone Cleanaway on 6260 1472 for recycling or 6260 1547 for garbage.

**Second Hand Sunday:** 19 Apr 09

For information on when and how to register as well as finding out where you can go to pick up items you may want visit the TAMS website.

[http://www.tams.act.gov.au/play/community\\_events/second-hand\\_sunday](http://www.tams.act.gov.au/play/community_events/second-hand_sunday)

**Waste Tip:** Organic Recycling. You can reduce your household waste by up to 50% through composting and worm farming. Using a compost heap or worm farm to dispose of your food scraps and other organic material not only reduces the amount of methane (greenhouse gas) produced in landfills but provides useful material for your garden.

To obtain fact sheets on composting and worm farms go to the TAMS website:

[http://www.tams.act.gov.au/live/Recycling\\_and\\_Waste/factsheets](http://www.tams.act.gov.au/live/Recycling_and_Waste/factsheets)

### Neighbours

We all like to feel safe and secure in our homes and fostering good relations with our neighbours ensures there are people around who will look out for us and our property. One Victorian council even provides some guidance on promoting positive neighbourly relations, offering the following advice:

- Talk to your neighbour.
- Invite them to a barbecue.
- Take pride in your home and its surrounds.
- Register, confine and love your pets and try to ensure they don't bother anyone.
- Consider you neighbour when playing loud music.
- Also warn your neighbours when you are going to have a party that might get a little noisy or when the number of people coming could make parking an issue.

Regardless of how well you know your neighbours it is a good idea, for your security, to be able to recognize them, at the very least. However we hope that you will take the opportunity to develop a positive relationship. Of course one way to get to know the people around you is to become involved with Neighbourhood Watch. We would enjoy having you at our meetings

## Next Door Holiday Blues

While we were away at the coast  
the neighbours kids made toast  
of the nature strip New Years Eve  
burnt the power pole just to peeve  
everyone who has what they perceive  
to be a greater share of the good life

the neighbours on the other side  
left their dog and pet bird behind  
went away to stay with uncle and neice  
then got caught speeding by the police  
dog went awol and destroyed the peace  
and quiet, the sick bird fell from its roost

by contrast the neighbours at the back  
offered to pick the rampant blackjack  
feed the chooks in exchange for the eggs  
harvest the nectarines and the ripe figs  
water the veggies and bring in the mail  
while we took their son to learn how to sail

what a curse or a blessing a neighbour  
can be, heaven sent or a burden- our  
lives can be made worse or better when  
we just take the time now and again  
to know what they're doing, how they're  
going, if there's an incident clear the air

a good neighbour can keep an eye on your child  
help clean out the gutters if you're old or unwell  
good neighbours may or may not become friends  
but they are so precious they can be like gold.

*Fiona McIlroy 7.1.09*  
*Healthy Neighbourhoods Project*  
*Conflict Resolution Service*  
*61624050*

## Your Local Agent

If you are thinking of selling  
or would just like an update  
on the Market situation,  
please contact me for an  
obligation free appraisal  
- I am only five minutes away.

### Marie King

Tel: 6251 9111  
Mob: 0411 793 937  
mk@bel.peterblackshaw.com.au



## Cook Neighbourhood BBQ Sun 5 Apr 09

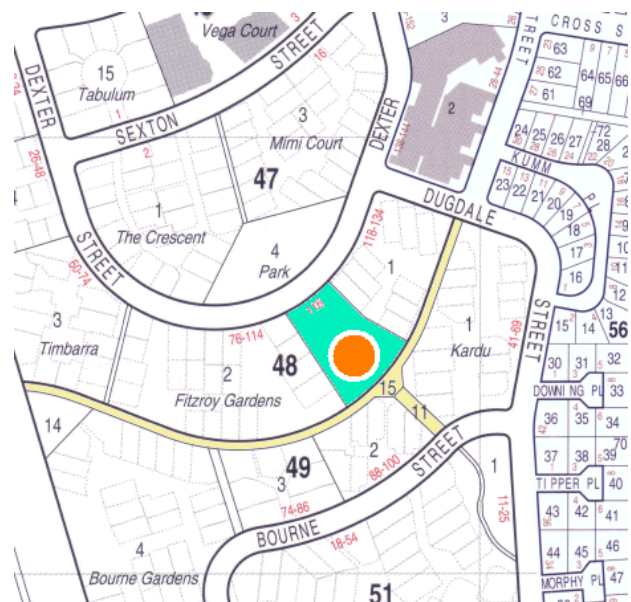


**Cook BBQ: All welcome - New  
comers and long time residents.  
Come and meet the neighbours.**

**When: Sun 5 Apr 09  
Noon- 2:00 PM**

**Where: Park between Bourne & Dexter  
Streets.**

**What to bring: Chair or rug. Something to  
drink. Neighbourhood Watch will provide  
sausages and bread**



## Neighbourhood Get Together



To celebrate Australia Day 2009, a group of 60 neighbours from the top of Barada Crescent in Aranda got together for a barbecue lunch at the end of Galali Place. Organiser Peter Phillips said the turn out was really impressive. They enjoyed hot snags and salad rolls, and shared heaps of other food brought along by the locals. A breakfast event is being considered for next year.



- Noala St, Aranda - 6mm; and
- Bindaga St, Aranda - .

*Previous February totals were:*

- 36.3 mm over 9 days in 2008
- 73.9 mm over 9 days in 2007
- 29.75 mm over 4 days in 2006
- 20.5 mm over 4 days in 2005
- 21.5 mm over 4 days in 2004.

Thank you to our rain recorders Les, Nigel, Chris and Mart.  
Dam levels in at the end of February were at 47.5%

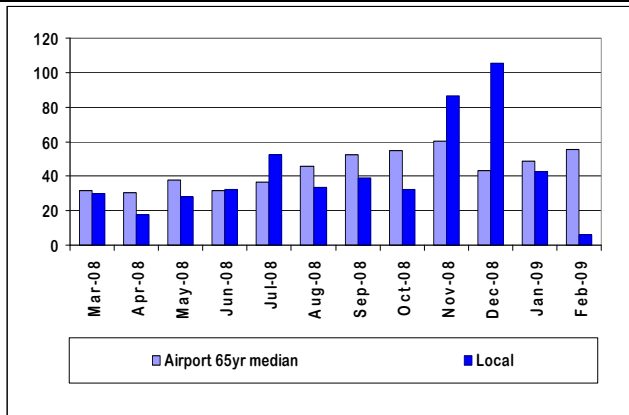
## Walking on Mount Painter

Many people walk to the summit of Mt Painter and enjoy the view from there. Very few take the easier route out on to the Western Ridge to sample the spectacular views across the Molonglo Valley to the Brindabellas. Maybe you've been that way in the past and been put off by the abundant thistles. This summer, however, there is a broad thistle-free way out on to the ridge, thanks to the contractor who sprayed out the Paterson's Curse and took out the thistles too, and thanks to the volunteers from Friends of Mt Painter who have weeded the Scotch thistles from under the magnificent yellow box trees at the end of the ridge.

To get there, go along the track that runs west (towards Coulter Drive) immediately below the water tanks. Continue through the gate and past the trees nearby, then bear slightly to the right along the grassy track and walk through the clump of trees ahead of you.

For more information about Mt Painter and the volunteer work carried out there, see <http://www.ginninderralandcare.org.au/content.php?id=38> or contact Sarah Hnatiuk via 6251 2228 or [hnatiuk1@cyberone.com.au](mailto:hnatiuk1@cyberone.com.au).

## Water Matters



February 2009 was a very dry month and locally we only had about 5.9mm of rain. Our recorders collected the following:

- Dexter St, Cook - 5.1mm and 6.5mm;
- Mirning Cr, Aranda – 6mm ;

## Heart Foundation Walking

### MAKE AN ACTIVE RESOLUTION FOR 2009 WITH HEART FOUNDATION WALKING

Have you made a resolution to be more physically active in 2009?

Do you enjoy walking in your local area?

Would you like to get out more and meet new people in Aranda and Cook while doing something positive for your health?

With the warmer temperatures, longer days and balmy evenings, summer is an ideal time to get moving and get outside. It's also a great time to start working towards achieving some of those healthy lifestyle goals that you set for yourself for 2009.

Joining a Heart Foundation Walking group in your area can help you stay motivated to exercise regularly whilst providing you with social support, health information and

newsletters. Groups cater for a wide range of ages and fitness levels. The Heart Foundation encourages people to 'walk and talk', so it's very much a social outlet as well as an activity program and everyone is welcome."

Why not join or start a Heart Foundation Walking group in your neighbourhood?

For further information and details of a walking group near you call Bill Caddey at the Heart Foundation on 62692658 or visit <http://www.heartfoundation.org.au/walking>

## Clean Up the Neighbourhood Day



This year "Clean Up Australia Day" on Sunday 1 March saw over thirty people participate in this annual event coordinated through the Aranda-Cook Neighbourhood Watch. Volunteers collected over thirty bags of rubbish as well as bike and car parts, various lengths of metal and a variety of other items.

Several volunteers cleaned the entire length of Bindubi St and smaller groups cleaned Belconnen Way, the Aranda spine and the Eastern end of Aranda bordering Caswell Drive. Other volunteers cleaned a number of local streets and parks.

On completion of the clean-up, Neighbourhood Watch sponsored a BBQ for the volunteers. Well done to all those who participated in this community activity.

Come and enjoy a variety of stalls. Grab a bargain at the white elephant and book stall. There will be a plant stall, craft stall (fabulous & funky homemade crafty things) and cake stall.

The kids will love the rides & games including a petting zoo and rock climbing wall.

Enjoy entertainment for everyone including an Australian Bush Band.

Come for afternoon tea & stay for dinner! There will be plenty of hot food & cold drinks. Enjoy a glass of Aranda School wine, and listen to the live music.

Some fantastic raffle prizes are up for grabs thanks to many local businesses supporting our fete.

Special thanks to Elder's Real Estate, Belconnen for their generous support.

All welcome, please come and enjoy supporting your local school community.

## Contact Details

Emergency (Police, Fire Ambulance): 000

Police Attendance: 131 444

Crime Stoppers 1800 333 000

ACT NHW: [//www.nhwact.com.au](http://www.nhwact.com.au)

NHW Area 98 Coordinator: **Vacant**

email: [aranda.cook.nhw@gmail.com](mailto:aranda.cook.nhw@gmail.com)

Newspaper Editor:

Boerge Alexander tel: 6154 4146



**Aranda Primary School is turning 40 this year!**

One way the Aranda school community are celebrating is with a twilight fete.

**When:** Saturday 28th March 3pm – 7pm.

**Where:** Aranda Primary School, Banambila St, Aranda.