



FARRER Neighbourhood Watch Group

October 2009

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AFP

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Sponsorship and distribution of this newsletter to residents in Chifley, Curtin, Farrer, Hughes, Isaacs, Lyons and Mawson/Swinger Hill is authorised by ACT NHW Inc. A modified version without monthly crime statistics is available at: <http://www.nhwact.com.au>

From the Area Coordinator:

The recent ACT Neighbourhood Watch 25th Anniversary Dinner was a great success, being well attended by Farrer members - thanks go to you and the dinner organisers. Congratulations also on Margaret Pearson's election as President of ACT Neighbourhood Watch (As a Farrer resident Margaret continues to provide assistance at the local level).

Please mark your diary for the Goodwin Village Spring Fair on 7th November.

Farrer Shops: Just a reminder to make a particular effort to support the businesses at the Farrer Shops precinct. In a nutshell shop locally and save our community facilities.

Volunteers Wanted

If you would like to do some voluntary work or just get some exercise, why not join Neighbourhood Watch and deliver a bundle of newsletters to Farrer letterboxes? We really need some new members, especially ones prepared to volunteer to deliver newsletters on a rostered basis or to fill in for someone who is unwell or otherwise absent.

Thanks as always to our all members who already give of their time to prepare and deliver the newsletter. Your efforts and those of other active volunteers are greatly appreciated.

Please contact the Area Coordinator for more information.

Coffee, anyone?

A regular get-together for anyone who wants to come down has been established at Farrer Shops. So drop down on Tuesdays around 10 a.m. for a coffee or tea, and a friendly chat.

FARRER RIDGE PARK CARERS

This group meets at Athllon Depot on first Sunday of the month. Summer start 8.30, rest, 10 am-12 noon

Oct 11 10 am: GPS any special plant sites. Weed removal

Nov 1 10 am: Bushfire fuel management related weed control at back of Farrer houses. Possible Guided Orchid Walk.

Dec 6 8:30 am Continue bushfire fuel management weed control.

FARRER NEIGHBOURHOOD WATCH

invites all residents to the
AGM

on

Thursday, 15th October

in

**Farrer Primary School
Staff Room**

at

7:30pm

GUEST SPEAKER

will demonstrate

Cardio Pulmonary Resuscitation
and

use of a defibrillator

Supper will be served

and tickets will be on sale

for the Christmas hamper

Please mark your diary for this community event

This Neighbourhood Watch newsletter is proudly sponsored by karen rush real estate

Proudly supporting our community



karen rush
real estate



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Crime Statistics:

Crime statistics are deleted from the website at the request of the AFP - they are available on hard copies distributed to all residents of the suburb.

Goodwin Village Spring Fair
 22 Marshall St. Farrer

Saturday 7th November 2009

9am till 1pm

Christmas crafts & cards, plants, cakes, books,
 CDs, jewellery, Devonshire teas & drinks

Everyone welcome

HEART FOUNDATION WALKING

Have you made a resolution to be more physically active?

Do you enjoy walking in your local area?

Would you like to get out more and meet new people in the Woden Valley 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 the New Year.

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?

Current Heart Foundation Walking groups in this area are

- Farrer Goodwin Goers Thurs Sat Start 10:00 AM
45min
- Deeks Café Pearce Weds Start 9:30 AM
1 hour (medium pace)
- Curtin Walking Group Tues 3.15 PM
45 min, slow-med paced leisure walk

For further information and details of a walking group near you call Heart Foundation Walking on 1300 36 27 87 or visit <http://www.heartfoundation.org.au/walking>

The Farrer Ridge ParkCare Group has been awarded an ACT LandCare Award. This award was in the LandCare Community Group Award category amongst some very strong nominees, so we were very pleased to have been announced winners. We will represent the ACT at the Australian LandCare Awards in 2010. This was awarded for 20 years of continuous work on Farrer Ridge Nature Park by ParkCare volunteers who have been:

- restoring habitats, conserving the endangered plant associations, like the Yellow Box-Red Gum Grassy Woodlands,
- propagating from local seeds lots of plants, which were used for a number of years to restore areas,
- assessing and mapping weed infestations then removing invasive weeds,
- building erosion controls, including an Interpretive Signed Nature Trail on Farrer Hill,
- mapping dominant vegetation across the whole Nature Park with an ecologist,
- conducting and reporting on the Bushfire Regeneration Survey of Farrer Ridge Nature Park, which was a 5 year study on 4 sites
- informed by the earlier mapping survey, and after the severe 2003 bushfires,
- conducting Guided Spring Wildflower Walks for the community,
- working with local schools about valuing the human place in nature and our interdependence,
- informing the local community about environmental issues through the Neighbourhood Watch newsletter,
- providing high quality photographs of the beautiful plants and animals which are so near to where we live, for use in catchment groups presentations, in postcards, in images for posters, and for use in school presentations,
- informing other authorities like ACTEW, about the need to protect endangered plants and the Nature Parks, when they go in to these areas, and GPS mapping of such species.

Wendy Rainbird
Farrer Ridge ParkCare Coordinator

See article at <http://act.landcareheroes.com/profile/farrer-ridge-parkcare-group/24/102/> Ed.

Please assist our police by reporting all suspicious activity to: CRIME STOPPERS use: 1800 333 000.

For police attendance use: 131 444. But, for all life-threatening emergencies use: "0 0 0"

