

Gungahlin Community Council

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GUNSMOKE

Newsletter

Edition 132 June 2014

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**TEAM GUNGAHLIN
JUMPS TO CURE
DIABETES**

**FROM THE
POLLIES**



LivingWorks

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Loui Seselja photography

Gungahlin Community Council Business Breakfast

TUESDAY 22 July 2014

7:00am for a 7:30am start – 8:45am

Kamberra Wine Company

Northbourne Ave, Lyneham ACT 2602

Enhancing Business Opportunities in Gungahlin



Jeremy Hanson

Leader of the Opposition
Canberra Liberals



Chris Faulks

CEO
Canberra Business Council

Gungahlin is a thriving satellite region of the ACT with one of the fastest growth rates in the country. The population is expected to reach over 60,000 as planned suburban developments reach completion. This level of population needs to be serviced by adequate amenities, infrastructure and a greater diversity of business to satisfy a self-sustaining community.

Ideally significant business development opportunities will become available.

The GCC wants to see a process where the future needs of the growing community are met through adequate planning. The views of existing businesses and prospective businesses are vital to this process.

Come along to hear what may be planned or feasible. Help start a process where your views can be heard!

The Gungahlin Community Council (GCC) is a voluntary, community-based association operating in the Gungahlin district of the ACT. Our objective is to preserve and improve the social, cultural, economic and environmental well-being of the Gungahlin community.

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or email president@gcc.asn.au



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From the President

Ewan Brown

The positive news in Gungahlin is the long awaited opening of the Leisure Centre after perhaps 8 years of trying to get these much needed facilities for our region. Also the recently opened oval seems to be providing a valued venue for a number of sporting organisations. The office block is progressing apace and a start has been made on the Park,n,Ride behind the Big W carpark entrance.

Yet no progress has been evident on the Bunnings or cinema sites. The proposed Planning and Development (Project Facilitation) Amendment Bill 2014 was withdrawn in the Assembly in recent weeks mainly because it provided uncurtailed power to the relevant Minister to approve developments of economic importance without a thorough testing of the parameters and ramifications. There were also significant concerns that the new powers would enable the government to push through preferred developments associated with construction of the Capital Metro service, mainly along the Northbourne Avenue corridor.

The criteria for a project of major significance included:

- Substantial public benefit and
- Major economic, social, cultural or environmental significance to the Territory.

GCC believes that these criteria could certainly be applied to speed-up the development and construction process for a number of projects across Canberra.

Could this bill be seen to offer a remedy to the already excessively drawn-out process for approving developments? In Gungahlin we regularly bemoan the length of time it takes to bring a project to fruition, even after numerous attempts to alert the community of the intention to proceed. We often refer to the Canberra Airport developments as a benchmark and wonder why the ACT bureaucracy cannot act more quickly. Why, for example, is the Raiders Club enduring a wait of over 15 months for final approval of their development application? Why has no work started on the proposed Bunnings store?

It is growing more likely that the Raiders' extension, the Woolworths' extension and the Bunnings development will be underway, albeit at different stage, at the same time thus causing significant disruption to Town Centre users for many months. Why can't we have some intelligent scheduling of planning to minimise impact on the community?

Gungahlin suffers from a complete lack of local representation whereas other areas, Tuggeranong in particular, seem to have the favour of local elected representatives regularly fighting for their cause. This in turn has an effect on the attitude and resolve of developers who are either reluctant to commit to our area or are faced with decision-making and administrative processes which add to the cost burden of development proposals.

Gungahlin, and the Town Centre in particular, will never flourish until a significant number of our population is present and available throughout the day to support a wider variety of commercial outlets. At present we export a significant component of our residents to other areas during the working week thus leaving our Town Centre underserved by the level of custom necessary to provide a dynamic commercial environment during the full range of business hours.

Every time we almost get to a point where some promise is shown towards remedying Gungahlin's problems a new, mainly Federal, set of fiscal or budgetary parameters intervenes to block any potential. Given the threat to the APS in Canberra what chance do we stand of getting a Commonwealth employment presence in Gungahlin? Perhaps the 600 ATO personnel slated to move to the NSW Central Coast could be shifted to Gungahlin!

Gungahlin may well bear a disproportionate burden from the recent Federal Budget due to large cohorts of low income residents, students, young families and seniors – most of the groups detrimentally affected by the recently announced fiscal measures or cuts.



FROM THE POLLIES

Katy Gallagher MLA
Chief Minister

With the speculation surrounding the Commonwealth budget finally brought to an end on 13 May, it's fair to say there was not much good news for the ACT. Our community and particularly our public servants have been asked to shoulder more than our fair share of the burden of Commonwealth cost cutting and I am very mindful of the uncertainty facing many Canberra families.

The ACT Government will do everything we can to maintain confidence in our economy and support local jobs through what will be some challenging times ahead. Our economy has proven its strength and resilience over the past two years but the cuts announced by the Commonwealth – our main employer and economic driver – will inevitably have a negative impact. In response, I have convened a Chief Minister's advisory group and four targeted roundtable groups to shape our response and make sure the government, business and community sectors are all working as one to support the city.

Continuing with our investments in infrastructure will be one key element of maintaining economic activity and confidence in the ACT. As we have seen through projects such as the Canberra Airport upgrade – added to recently by IKEA's announcement to invest in the precinct – these large projects draw investment, create jobs and build lasting assets for the city. The ACT Government's budget, to be handed down in the first week of June, will be focused on providing stability and fairness through our economy and community in a testing time for Canberra.



FROM THE POLLIES

Shane Rattenbury MLA
ACT Greens

Public transport may not be a suitable option for every journey, but a better public transport system helps everyone and reduces congestion on our roads.

Once in place, light rail will transform our city's transport landscape, particularly in the Gungahlin region. In preparation, there are other important improvements that are being rolled out which will improve the ability of our public transport system to service the fastest growing region of our city.

Recently I launched the new enlarged Gungahlin bus station with improved seating, shelter, and space for real-time bus displays. The station has also been designed to cater for future light rail. Two new bus stops have been installed on Hibberson Street, and two stops on each side of Anthony Rolfe Avenue west of Gribble Street have also been improved

Last month work began on a new Park and Ride facility with around 200 parking spaces. The Park and Ride is located behind the Big W, a short walk from the bus and future light rail station, and will provide a hassle-free option for commuters wanting to save the stress and cost of car-parking in the city centre. It is expected to be operational in the middle of the year, when the new ACTION network begins, delivering further improvements to bus services in Gungahlin.

You may have noticed the new Recycling Drop-Off Centre in O'Brien Place, which gives residents and small businesses a convenient place to leave their recycling.

For more information on recycling centres across Canberra go to www.tams.gov.au or download the My Waste app.



FROM THE POLLIES

Jeremy Hanson MLA
Leader of the opposition

The Canberra Liberal team's latest mobile office in Gungahlin was held in March at Bonner shops. My colleague Steve Doszpot and I made ourselves available to talk to about local issues. We have spent a lot of time listening to real issues about like car parks, footpaths, planning issues and waste bins. We are planning more mobile offices in Gungahlin in the months to come, so come and have a chat or do one of our online local issue surveys.

It would be great if you could complete the 'Have your say' survey on my website jeremyhanson.net so I find out what matters to you and address local issues that need fixing.

As a local member with a focus on "Local", I am paying attention to the no-nonsense things that we all want fixed in our

local suburbs and shops. Practical things that make day to day life better as we go to work, take kids to school or enjoy our down time in our local parks and clubs.

I am concerned that Gungahlin is experiencing ongoing disruptions to pedestrian and traffic movements, particularly around the Town Centre. In many cases sites are designated for development and then no progress occurs for a considerable period of time. More effective scheduling of development projects should be implemented and, if feasible, some should be fast tracked to avoid excessive disruption.

The Canberra Liberals Team and I are on the ground in Gungahlin listening to the local issues and pressing for a fare go and decent neighbourhood facilities in all our suburbs.

Considering advertising your business in Gunsmoke

This newsletter offers advertisers direct marketing to a variety of business groups, organisations and the community in general. Weather your target market is community groups, local or national business or just the general consumer chances are this magazine could end up in the hands or coffee tables of your target market. Gunsmoke is distributed electronically to homes and businesses in the Gungahlin region. A print run of 3000 copies will enable newsletters to be available in local shopping centres.

For more information please contact the Gungahlin Community Council via email to president@gcc.asn.au



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Gungahlin Leisure Centre

More than *just* a pool





After much anticipation,

the Gungahlin Leisure Centre (GLC) was opened on Saturday 24 May by Chief Minister, Katy Gallagher and Minister for Sport and Recreation, Andrew Barr.

The \$28.7 million modern facility has been designed with the needs of local families in mind, featuring a 50-metre pool and a 25-metre pool that includes a children's play area. But now, with Gungahlin College just steps away, it is hoped the new Centre will become an after school sanctuary for young people looking to be active and connect with others outside of school, as well as a space for the whole community to enjoy.

Back in March the ACT Government announced that after a rigorous tender process the YMCA was awarded the management contract of the state-of-the-art facility. In partnership with ACT Sport and Recreation, the YMCA will offer a range of programs and services to meet the needs of the ever expanding community of Gungahlin.

But just who is the YMCA?

Better known to some as 'the Y', the not-for-profit organisation operates a large network of community leisure and recreation centres, including the City of Sydney's iconic \$40 million Ian Thorpe Aquatic and Fitness Centre.

Interim Centre Manager Daryl Clemson says the Y is built on the belief that every community should have access to spaces where they can connect and be healthy.

"We pride ourselves on our ability to transform recreation facilities into community hubs; places where families can come together and escape the stresses of work and home to reconnect.

"Our programs tackle head-on societal issues, such as isolation and disconnection."

YMCA PrYme Movers is just one of the community programs the Y will have on offer at the Centre. The exercise program is aimed at mature adults. However, far from being just another group fitness class, PrYme offers a social network for participants to enjoy regular outings together and encourages participation and belonging, which are fundamental to quality of life.

"YMCA Swimming Lessons will at large be a program of impact for Gungahlin. Families will no longer have to travel 15-20 minutes to take their children to lessons, and there'll be a range of aquatic classes for all abilities."

As well as delivering programs, the Y also works in partnership with community groups and services.

"We know we can't do it alone. We hope to build strong and viable partnerships with the ACT Government and community groups to address Gungahlin's need. And with the Gungahlin Oval and Gungahlin College close by, we think this a real possibility."

Encouraging healthy and active lifestyles for the whole family is a focus of the Y.

"Our vision for the Centre is to be a place where children can learn life skills in the pool, where parents can access childcare while taking time out to exercise, where older adults can enjoy active lifestyles, young people can connect and a place where a family can be together," Daryl says.

"That is what we believe makes a healthy community."

Check out timetables and more at www.ymcansw.org.au/gungahlin



ACT
Government



Livingworks Education is a Canadian company committed to creating suicide safer communities world- wide. It began promoting and training communities in Australia in its suicide prevention programs as early as 1994, and with its steady growth and development since then, has recently established a new national office for its Australian operations in Canberra in March last year.

ABOUT SUICIDE & ASIST

Suicide affects over a million people annually in Australia, with devastating impacts on people left bereaved by the loss of family members, friends, and colleagues, and the heavy burden it places on our professional and community support providers. Statistically, within a given year, 5%, or one in twenty in our Australian population, will have thoughts of suicide sometime in that year, and each day in Australia, 8 people will take their own lives, with five of those being men, and three women.

Since Livingworks commenced in Australia, over 100,000 participants have been trained nationwide in its Applied Suicide Intervention Skills Training (ASIST). The ASIST program, now in its 11th edition, is evidenced as improving the outcomes for people at risk of suicide. In ASIST 11, suicide first aid is more clearly focused on developing collaborative ways to increase “safety-for-now” for persons at risk. Participants learn how to seek a shared understanding of the person at risk’s story behind thoughts of suicide and to the connections still holding them to life. They then work together to plan their immediate safety and decide what follow-up actions are required. A peer-reviewed 2013 study, published in the *Suicide and Life Threatening Behavior* journal by Dr. Madelyn Gould and colleagues shows that crisis line callers felt significantly less depressed, overwhelmed, and suicidal and more hopeful after speaking with ASIST-trained care-givers.

AUSTRALIAN LAUNCH – ASIST 11

On Friday, April 4 2014, ASIST 11 was launched in Australia with a celebration at the local Gungahlin Salvation Army Centre. Sue Murray, CEO of Suicide Prevention Australia, officiated at the launch, which was also attended by representatives from the Commonwealth Department of Health, Lifeline National Office, ACT Community Directorate, and Members of the Legislative Assembly for ACT.

Brenton Tainsh, Manager for LivingWorks Australia, said “We are all very excited about ASIST 11,” “This

launch, and the weeks leading up to it, have brought newfound direction and energy to our efforts here in Australia. Many of the new features in ASIST 11 really speak to what we need to create suicide-safer communities both locally in the ACT, and to all communities across our nation. There has also been a significant increase in our demand for Training for Trainers (T4Ts) in the ASIST program, which is great to see.”

The lunchtime event coincided with the second day of Canberra’s inaugural ASIST 11 workshop, and trainers were on hand to meet with key stakeholders and members of the media. ACT Member of the Legislative Assembly Yvette Berry, one of the dignitaries invited to the launch, shared her support for the updated program in a short speech. “I don’t need to tell anyone in this room about the wealth of evidence that says that early intervention matters in preventing suicide,” she said. “I think ASIST 11 gets to the heart of this by providing real strategies for all of us to feel that we aren’t helpless observers and that we can be part of that early intervention.” Sue Murray agreed, adding: “I have learned many things over this last 16 months but perhaps the most salient is the importance of having the skills to manage a person who is vulnerable and potentially suicidal.”

ASIST 11 received strong reviews from Australian trainers. One commented: “I think the message of ASIST 11 is clearer and simpler to follow, and I have been encouraged by participants who went through the previous version and who feel this is a real improvement.” Another trainer said: “The emphasis on ‘safety-for-now’ helps ensure people aren’t so overwhelmed and gives them a sense that this is achievable. It tells them ‘I can do that.’”

If you would like to know more about ASIST, participate in an ASIST workshop, find out more about Livingworks and its training programs, or become more involved in your community in creating suicide safer communities, please contact Brenton Tainsh on 1300 738 382, email brenton.tainsh@livingworks.com.au

Menslink

by Rolf Einhaus

It's not easy being young in today's world. The challenges of living in a highly connected society where the thoughts and opinions of others are available at a moment's notice can make it hard to develop your own sense of identity.



The questions of “Who am I?”, “Where do I fit in?” and “What path do I follow?” are made all the more challenging for guys in a world where positive male role models in the media are thin on the ground. And when times get tough, the question of “Where can I get help?” can be very difficult for young guys - especially when the silent, macho man stereotype so often portrayed by the media sends the message of ‘work it out yourself’. It can also be difficult when so many young guys find themselves without a positive father figure in their life.

Research shows that young men are often put off from seeking help because of stigma, embarrassment and the need to appear independent. Instead, they stick it out on their own, hoping the problem will go away.

The statistics for guys today are grim. Nearly 80% of all arrests in the ACT last year were male – most of them young men. Suicide is the leading cause of death in men aged between 15 and 44. Men often turn to drugs or alcohol instead of getting assistance. This is especially the case with men under 25. So where can young guys go to get help?

One organisation that specifically caters for guys aged 12 to 25 is Menslink.

Menslink offers confidential counselling at several high schools across Canberra, including Gold Creek High School here in Gungahlin, as well as at their

office in Griffith. Using male counsellors, they offer young guys a chance to talk to someone with whom they can relate to. It gives them an opportunity to talk to another guy about what's going on in their lives, someone who is prepared to listen not judge them, and keep what is said between them. For many young guys, this may be the first time they have such an opportunity.

Menslink also offers a mentoring program which links up suitable trained adult mentors for young men aged 13-18 who might need an additional constructive non-parental influence in their lives. This provides opportunities for regular contact with a supporting male role model and a chance to just ‘hang out’ with a bunch of other young guys and adult blokes and to be themselves out of their family and school environments.

In addition, Menslink also reaches out to young guys in schools through their ‘Silence is Deadly’ campaign. In partnership with the Brumbies, Menslink visits high schools across the ACT region, spreading the message that we all go through tough times, but that talking to someone can help you get through it.

All services at Menslink are free. For more information on Menslink services and the Silence is Deadly campaign, visit their website at www.menslink.org.au or contact them on 6239 4699.

Menslink
supporting young men

10 Tips to fuel your family on a tight budget!

By Linda Ivey

We all want to feed our families the most nourishing foods we can, but everything is SO expensive these days. Most of us have a tight budget for everything, including food, but of course you want the best for your family. You don't want them to eat 'junk' food all the time, but how can you afford to feed them well and fill them up?

Here are 10 tips that will help you to feed your family really nourishing meals that will not break the budget. Follow these simple steps and you might even have some extra money at the end of the week for a treat night – your reward for sticking to your budget and eating really well all week.

You will be surprised how much money you will save if you are savvy about it.

1 The most important step in sticking to a weekly budget is to come up with a plan for every meal, snack and drink for the whole week. Make sure you account for every item you put into your trolley. Make a list of items you need from the fresh food market & supermarket. That way you will buy what you need, and will not be so tempted to buy impulse items. It's easy to buy extra items as the layout of the supermarket is designed to encourage you to spend as much as possible.

2 Shop at the farmers market or do your weekly fruit and vegetable shop at your local market on Sunday afternoon, lots of fantastic specials are to be had on Sunday afternoons after 3pm. Delicious, fresh produce at often less than half the price for double the quantity. It is worth the time you take to do this

3 Don't buy convenience foods. They are not only high in salt, sugar and unhealthy fats, but are also expensive. You can make tastier, more nutritious versions of the same meals for a fraction of the price. Make interesting and delicious meals by borrowing cook books from your local library or searching online for recipes.

4 To save money on ingredients as well as the energy needed to cook your food, don't cook individual portions. Cook larger amounts and freeze the extra or refrigerate it for a meal the next day. To save energy and therefore money, put lids on saucepans when cooking and defrost your frozen portions before re-heating them.

5 Stock up on inexpensive, healthy snacks in bulk, such as raisins, carrots, in-season fruit, popcorn, and other items you know your family will eat. If your

supermarket has bulk bins, stock up here and buy ingredients you would like to add to your muesli bars and main meals. Other value items include big bags of frozen veggies, jars of tomato sauce, and cans of beans.

6 Foods packaged for convenience such as individually boxed raisins, juice, yoghurt, chips and biscuits are a no-no for those on a tight budget. Swap them for bulk packs and use tupperware containers to include these items in lunchboxes. Marinate your own meat, instead of buying the pre-marinated, packaged kind. These options are all less expensive, and the reduction in packaging is better for the environment

7 If the bread (or some other item) you usually buy is not on sale, but its competitor is, go for the cheaper option. Be flexible with your choices so that you can get the best deals. Be open to store brands as well, they are typically the least expensive option, particularly for most canned, packaged and frozen foods and usually taste just as good as their brand name counterparts.



8 Marinate less expensive and tougher cuts of meat to make them tender and tasty. Use a slow cooker, not only for convenience if you work, but to make the meat fall off the bone. If you can't afford lean mince, drain the fat off by boiling it in water first then drain the water off. To stretch your meat supply and make a healthier meal, bulk up your rissoles and spaghetti bolognaise with mashed up kidney beans, shredded zucchini or brown rice.

9 When certain fruits and veggies are out of season or go up in price, consider buying bags of inexpensive frozen produce instead. Growers quickly freeze their harvest at its peak which locks in most of the nutrients. Frozen veggies make quick, convenient additions to soups and stews and rice and pasta dishes. Fresh berries are usually very expensive. In summer a delicious treat for the family are frozen berries. Children love eating frozen little berries or grapes as a snack. Look for these on special at the market and freeze them. Fresh is best but cost is important too.

10 One of the easiest ways to eat well on a tight budget is to make all your meals and snacks at home. If you have a bread maker buried somewhere at home, put that back to good use. Make your own fresh fruit juice icy poles for the children, blend up pineapple, bananas, strawberries and any other fruit they like, and freeze it in icy pole moulds. Homemade salad dressings are so quick and easy – a little olive oil, a little mustard and a little lemon juice or vinegar in a small bottle and shake until mixed. Make your own muesli, muesli bars and desserts. This can significantly cut costs without making you or your family feel deprived. Children love to prepare food, get them involved too.



www.getfedforlife.com.au



TEAM GUNGAHLIN JUMPS TO CURE DIABETES

by Mark Scarborough

In March Team Gungahlin took to the skies over Canberra to take the ultimate challenge and Jump To Cure Diabetes for Juvenile Diabetes Research Foundation.

Seven members made up Team Gungahlin, Mark, Andrew, Sheree, Christian, Rachael, Emma and Anthony. The team had a goal to raise \$13,000 and with some more donations still to come in are confident of going very close to the goal. Team Gungahlin is also the number one fundraising team in Canberra for 2014.

This fundraiser is to raise funds for JDRF to support medical research to improve the lives of those living with type 1 diabetes (T1D).

T1D is an autoimmune disease that strikes children and adults and lasts a lifetime. 12,300 kids and adults in Australia have this disease and this number grows each year. Progress in T1D research has been extraordinary, with continued advances that are improving the lives of those living with T1D.

To qualify for the jump each team member had to raise at least \$1,250. Each member had their own motivations for taking the jump, one team member has T1D, one is a father of a child with T1D and others related to someone with T1D. The team was rocked by the news of a young Canberra mother who passed away due to T1D in the lead up to the event.

On the day the team members went in pairs up to 12,000 feet above Canberra where the views are absolutely amazing. Each team member looking out of the little plane as it flew over Gungahlin trying to find their respective homes. The climb to the required height seems to take forever but as soon as the door opens you know this just got real!

I was the only one in the team that had done this before so I knew what to expect but there was some butterflies when the door opened. I wasn't sitting on the edge of the plane for long until we pushed away and spun as we were in free fall. It wasn't long before the canopy released and I could take in the view. After a couple of minutes we came zooming in over The Mint to a safe landing on the oval next to the mint to cheers from the onlooking crowd.



If you would like to get involved next year please send an email to Mel from JDRF expressing your interest MEveille@jdrf.org.au. JDRF do have other fundraisers as well you can support like Walk To Cure Diabetes. Why walk when you can JUMP!

Team Gungahlin would like to thank Mel from JDRF, My Gungahlin, Skydive Oz Canberra, Another Happy Customer – Photography For Cool People, Saltbush Group, WDS Limited and all our other generous donors.