

KEEP CONNECTED

CANTERBURY  BANKSTOWN

*Uncle John
and Aunty Liz*

Meet our local
veteran, Reg Chard **P3**

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Issue 8: Autumn 2023

cbc.city.nsw.gov.au



Dear Resident

Welcome to the latest edition of your community magazine, Keep Connected!

I love hearing and sharing the stories from our locals. Some will accuse me of being biased, but I just laugh and tell them we have some great stories to tell from people who love living in our City.

People like Reg – one of our last surviving Kokoda diggers, who you'll read about in this magazine as we commemorate Anzac Day. I've had the privilege of meeting Reg, and let me tell you, his stories are both inspiring and memorable.

I'm also incredibly proud of the way our Greenacre local, Oz, represented his community on *The Block* 2022. And, I am stoked to have him on board for this year's Ramadan Nights Lakemba. Ramadan is a special time for our community and Oz summed it up perfectly when he said he loves how the community comes together and supports each other.

As the Mayor of this great City, I'm proud to share the exciting new projects we are delivering for the community. A brand-new synthetic field for our football fanatics, a water wonderland that the kids have been loving and upgrades to improve safety in the City are just some of the projects we've completed and there's much more to come.

In this edition, you'll also read about some of our initiatives to keep the City clean and green. You'll meet one of our Illegal Dumping Officers and learn how we're stamping out dumping across the City, and from local community groups who are rolling up their sleeves to help clean up our waterways.

There is lots happening in our City over the coming months and no reason to stay indoors. Our libraries have jam-packed programs of activities to get involved in, there are sensational shows to see at Bryan Brown Theatre, goals to shoot at MIISC and much more.

In the meantime, sit back and relax as you read about what's happening in the community. And as always, let's keep connected!

Sincerely



Clr Khal Asfour
MAYOR

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Instagram and Twitter.

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Meet our local veteran – Reginald 'Reg' Chard

Anzac Day is an important time to honour the brave men and women who served our country at war. Hearing their stories can inspire many and is vital in preserving the memory of our fallen heroes.

And the stories of our local World War II veteran, Reginald 'Reg' Chard, are nothing short of extraordinary. The 99-year-old from Villawood was a member of the 2nd/55th and 2nd/33rd battalions in the 7th division, and he is now one of the last surviving Kokoda diggers.

Reg recounts in minute detail the events that occurred on the Kokoda Track Campaign.

"I was 18 when I joined on the 17th of November 1941 at Addison Road, Marrickville," Reg says.

"They said to us 'You're in the army as of now and we'll send you a telegram of when you've got to come in' and four days later, I received the telegram."

Reg spent 14 months on the Kokoda Track, and he's continued serving our community long after the war. He selflessly shares his stories with school children and visitors as a volunteer tour guide at the Kokoda Track Memorial Walkway in Concord. In 2021, Reg was awarded with a Medal of the Order of Australia for his services to military history and his dedication to keeping our heritage alive.

Reg doesn't want to be known as a hero, but as a spokesperson for our fallen heroes. He says Anzac Day is an important time to thank those who sacrificed their lives for our freedom today.

"It's about the ones who never came home, they're the heroes."

Read more stories from some of our local war heroes at [cb.city/ANZAC](https://www.cb.city/ANZAC)

Lest we forget.



Mayor Asfour visited Reg at his home.

It's about the ones who never came home, they're the heroes.



Doing some digging on your family history?

Our libraries hold a record of everyone born or residing in Canterbury-Bankstown who enrolled for service in WWI and WWII.

Contact our Local and Family History Librarian on **9707 9728** or email localandfamily.history@cbc.city.nsw.gov.au

RAMADAN NIGHTS LAKEMBA

The Block stars celebrate Ramadan

This time last year, Omar and Oz fasted for the month of Ramadan while taking on the challenges that Channel Nine's labour-intensive reality renovation show *The Block* threw at them.

Despite the long hours and high-pressure environment, the best mates from Western Sydney powered through and proudly represented their Muslim community with their blockbuster win.

But this year, *The Block* 2022 winners were excited to spend Ramadan with their families and support their community at Ramadan Nights Lakemba.

A Greenacre local, Oz has spent his fair share of time on Haldon Street and fondly recalls visiting Ramadan Nights with his friends and family.

"I've spent a lot of time here as a child and growing up, through my adulthood," Oz says.

"When you walk through Haldon Street at night, you just see unity... people together, having something to eat, supporting small businesses.

I just love how the greater community comes together and supports each other.

For Oz, Ramadan is a month of celebration and bringing oneself closer to their faith.

"It's a month of sacrifice and focus, but also a month of cleansing your soul and seeking forgiveness," he says.

"I absolutely love Ramadan, obviously for the main purpose and main reason about it, but it's amazing to see the greater community get together to experience Ramadan as one."

Ramadan Nights transforms Lakemba's Haldon Street into a global food bazaar every night from dusk to 3am until Thursday 20 April.

"Come down to Haldon Street and support the local businesses... we hope to see you there!" Oz says.

For more details, visit cb.city/RamadanNights



Bankstown Bites is back!

Don't worry if you missed out on the tastes of Ramadan, mark your diary now for the Bankstown Bites food festival, on **Saturday 29 July!**

Join us for an array of delicious food and exciting demonstrations from celebrity chefs. While you're waiting, check out last year's recipe book at cb.city/BitesRecipes



Scoring a hat-trick with a new synthetic field

Junior football players, the elite and those just wanting to kick some goals will be able to play year-round at our new all-weather Padstow Park Synthetic Field.

The multimillion-dollar facility is the third of its kind for our City, providing a Western hub for community football... and it's just in time for the 2023 FIFA Women's World Cup!



Padstow Park

Our future football stars got to test out the new FIFA certified synthetic turf and miniroos field at the official opening this February, which was celebrated with a variety of mini games between junior teams in the Bankstown District Amateur Football Association (BDAFA).

BDAFA General Manager Leanne Millar says there has been a huge uptake in the use of the new synthetic field from local clubs both training and playing their trial games. "The community is really excited about having access to a facility of this calibre in Bankstown," Leanne says.

In February alone, the Padstow Park Synthetic Field was utilised by 11 different BDAFA community clubs, providing more than 70 hours' worth of playing time.

Stay up to date as we continue to build a better City at [cb.city/Projects](https://www.cityofbankstown.nsw.gov.au/cb.city/Projects)



Greenacre Splash Park

A new water wonderland

We made a real splash this past summer, with the opening of our brand-new Greenacre Splash Park!

The kids loved cooling down with the fun-tastic variety of water and spray play activities, and Australia's first mega splash four-dump bucket was a real hit.

The water play area operates from 1 October-31 March.

In the cooler months, when the water is switched off, there's still plenty of fun to be had with the unique bespoke play tower and giant group swing.

And for the adults, the picturesque open space with family shelters and barbeque areas is the perfect place to meet with family and friends.

This exciting new addition to Greenacre's Roberts Park is completely free and accessible to all members of the community. Come and check it out!

Lighting up Lakemba

We've installed new lights, a raised pedestrian crossing and speed bumps at the intersection of Haldon Street and Oneata Street, Lakemba.

The lights project aims to improve the safety of Lakemba Town Centre for pedestrians and drivers... and was completed just in time for Ramadan Nights!



Before



After



Lisa out patrolling

I'm here to help the community... keeping the street clean and safe.

Kicking illegal dumping to the curb

When Lisa Roach starts her workday, she has one goal in mind: to kick illegal dumping to the curb!

The former Olympic hockey referee has a knack for helping people follow the rules and she's happy to blow the whistle on them if they don't. So, when the opportunity arose for her to take on the role of Council's Clean City Illegal Dumping Prevention Officer, her passion for education and regulation came to the fore.

"With a hand-in-hand approach of education and regulation, the job fits me to a tee!" Lisa says.

Since being in the job, Lisa and her team have helped reduce illegal dumping by 38% across priority areas and increase booked clean-ups by 45%.

They're targeting problem areas with a high-visibility education campaign, liaising with building managers for multi-dwelling units, conducting street patrols and using technology like motion sensor cameras to catch offenders.

"I'm here to help the community, that's the crux of it... keeping the street clean and safe. We want people to be proud of where they live!"

Lisa says it's easy to book a bulky waste clean-up! Just go to **cb.city/CleanUp** and follow the prompts.

We also rely on residents to be our eyes and ears. If you see someone dumping rubbish, report it to Council online at **cb.city/ReportIt** or by calling **9707 9000**.

This project is a NSW Environmental Protection Authority Waste Less, Recycle More initiative, funded from the waste levy.

Do you know what to do with unwanted chemicals?

Did you know that everyday items, such as leftover paint, car oil, batteries and gardening insecticides can't be put in your normal red and yellow bins?

Our **FREE** Chemical CleanOut happens twice a year and is the perfect opportunity to get rid of these pesky items!

Just follow these tips when getting your chemicals ready and join us on **Saturday 6 May at Bankstown Paceway** to dispose of them safely.

- Never mix chemicals – this can be very dangerous
- Try to keep all chemicals in their original containers
- Make sure containers are clearly labelled and well-sealed
- When transporting, wrap containers securely and keep them away from passengers (put them in the boot of your car)

For more information, visit **cb.city/CleanOut**

Chemical clean out



Planting trees for a greener education

Did you know that every year, we offer FREE native plant seedlings to schools to help green their school grounds?

St Therese's Catholic Primary School in Lakemba has been taking part in this giveaway since 2017, with a goal to replace their conventional gardens with 100% native plants. So far, they have returned around 1000m² to native vegetation.

Not only does this have a wonderful impact on local biodiversity, but it is providing a classroom learning opportunity for St Therese's students about bush tucker and native medicine.

Want to get your school involved? Find out more information on our Schools Native Plant Giveaway at cb.city/SchoolPlantGiveaway

Top tip for local gardeners

Our Australia Day ambassador and Better Homes and Garden's star, Graham Ross AM VMM, spent a fair share of his childhood at his grandmother's home in Canterbury.

"The thing I remember most about my grandmother's garden was the soil being incredibly depleted. They're ancient soils that have been eroded over several million years," Graham says.

Graham says once you get the soil right, you can grow almost anything!

"Composting, getting a water tank and preserving water is going to be absolutely critical."

For more tips and tricks to get your garden sorted, visit cb.city/GardenBasics

CBCity loves our rivers

Cooks River

Have you visited one of our City's local rivers recently? This month is the perfect opportunity to visit one of these important ecosystems, as from March-May every year is when CBCity loves our rivers!

During the 'We Love Our Rivers' campaign, we partner with local community groups dedicated to enjoying and improving our local rivers. One of the events on offer this year is the River Canoe Club's annual Cooks River Clean Up and Paddle Against Plastic.

During this paddling event, members and volunteers are welcome to come along, grab a kayak and help

pick up litter along the Cooks River, while enjoying the spectacular sights and company of others!

But don't worry if you prefer not to get in the water, River Canoe Club member, Jenny says you can also help the clean-up from the surrounding banks.

It is a great opportunity to work cooperatively with others on something that really means a lot our community.

"We do have canoes and kayaks available to use, but walking along the banks is a really great way to get involved."

To see the full list of events on offer, visit cb.city/WeLoveOurRivers





Yoga is a holistic practice that benefits the mind, body and spirit.

Getting started with mindfulness and yoga

We sat down with Rebecca Chou, one of our yoga instructors at CBFit Birrong, to chat about mindfulness and yoga.

Becks discovered her passion for yoga a decade ago. She loves the connection of breath, mind and movement and focuses her teachings on growing self-awareness and self-empowerment.

Why do you think yoga is so important to incorporate in someone's lifestyle?

"Yoga is a holistic practice that benefits the mind, body and spirit. It provides numerous mental benefits such as promoting mindfulness, reducing anxiety and depression, while improving flexibility, mobility, strength, and balance," she says.

How does yoga allow you to be mindful?

"Yoga incorporates various postures, breathing techniques, and meditation to help individuals cultivate mindfulness. By paying attention to the present moment without judgment, yoga allows you to become more aware of your thoughts, feelings and physical sensations."

You can join Becks for a yoga class at CBFit Birrong. To view the timetable, visit [cb.city/CBfit](https://www.cb.city/CBfit)

with Rebecca Chou

What are your top tips for those wanting to start practising yoga?

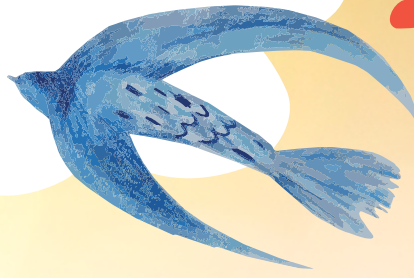
- 1. Start slowly:** Start with basic postures to understand the foundation, safety alignment and technique.
- 2. Focus on breathing:** Try to synchronise your breath with movements for a more mindful practice.
- 3. Respect your limits:** Listen to your body, practise safely and never push yourself beyond your limits.
- 4. Practice regularly:** Even if it's for a few minutes each day so you can build strength and flexibility over time.
- 5. Use props:** To help you achieve proper alignment and provide support when you need it.
- 6. Enjoy yourself:** Yoga is a fun and relaxing practice that can bring many benefits to your body and mind.



CBFit Group Fitness Classes are now available at Birrong Leisure and Aquatic Centre!

Classes include HIIT, Yoga, Pilates, Dance Fitness and Fit & Strong (over 50s). For the full timetable and information, visit CBFit Group Fitness at [cb.city/CBfit](https://www.cb.city/CBfit)

Wellbeing spotlight



Words of wellbeing wisdom from our community



Thinking about your mental health and wellbeing is important for everyone. We'd like to offer special thanks to everyone who has shared stories of their mental health recovery through our online tool, called the Living Library. Here are just a few stories that community members have shared:

"We went to find out more information about mental health, attended Vietnamese Mental Health First Aid course and it took a long period of time for us to accept that my son was mentally ill." - Loan

Meditation is good for the mind

"I know that meditation is good for the mind. It not only helps me with my mental illness, but it also helps me with any other problems in life. I would recommend meditation to anybody." - Phu

"I was determined to seek support from Carer Assist. It was here that I received support. After receiving support and increasing my awareness, I feel much more confident and stronger." - Hoa

You can read more stories at cb.city/VietnameseLivingLibrary

Have you recently moved to Canterbury-Bankstown?



We run a number of welcome events throughout the year, which give you the opportunity to make new friends, connect with service providers and enjoy a tour of Council facilities.

Keep an eye on our What's On page to see when the next tour is. Visit cb.city/WhatsOnCommunity

WimSwim is going swimmingly



More than five years have passed since we brought this initiative to Roselands Leisure and Aquatic Centre. WimSwim is a unique program providing a safe place for women who would otherwise avoid public pools.

The program runs **Sunday mornings 9-11am**. If you want to feel more confident in the water, why not join us one Sunday?

To learn more, visit cb.city/WimSwim

Sefton Family Fun Fest



Are you looking for some fun during the April School Holidays?

Join us for a joy-filled day with a range of fun kids' activities including arts and crafts, putting and chipping competitions, a FREE sausage sizzle, giveaways, a live DJ and an inflatable obstacle course for all to explore.

When: Friday 21 April, 10am-2pm

Where: Sefton Golf Course, 160 Rose Street, Sefton
No need to register, simply show up on the day!



Youth Week for 2023 is back

THE AREA

WORLD TOUR



cb.city/YouthWeek

Youth Week is a celebration organised by young people, for young people, held in communities across the state in early April each year. The 2023 Youth Week will run from 20-30 April and the theme is: **Connect. Participate. Celebrate.** CBCity has an exciting program in the works, where you will be able to share your ideas, showcase your talents, take part in competitions and have fun!

Don't miss the Youth Week Festival - The Area: World Tour, which will be held from **noon-4pm** on **Saturday 29 April** at Bankstown Arts Centre. It'll be a celebration of young local creatives and innovators. There will be DJs, live performances, art, food and heaps more!



Autumn school holiday fun!

We've got heaps of fun for kids these autumn school holidays.

Highlights include magic shows and creative writing workshops at our libraries, youth week activities events at Bankstown Arts Centre and an Open Day at the Bankstown Youth Resource Centre.

Find out more at cb.city/SchoolHolidays

Get to know the cultures that call CBCity home



Would you like to know more about some of the 200 cultures that meet in our City every day?

Our libraries' Let's Go celebrations give you an in-depth experience of different cultures – both from next door and from thousands of kilometres away. So far, we have celebrated Greek, Polish, Vietnamese and First Nations cultures, with hundreds of people taking part.

The celebrations of each culture run over three months and boast an action-packed program of activities and entertainment, including song, dance, crafts, foods, costume, history, ceremonies, workshops, movies and exhibitions of art and photography. There are also story times, crafts and more for kids.

Our libraries' efforts were recently recognised when they won the 2022 NSW Public Libraries' Association Award for multicultural excellence.

Watch this space for details of our next celebration, which will kick off later this year.



NAIDOC Week

2 July–9 July

A week for learning, connection and community.

NAIDOC Week is a special opportunity for communities to learn about Aboriginal and Torres Strait Islander cultures and histories, and a chance to highlight crucial challenges that need to be addressed.

We are celebrating NAIDOC Week with our dear friend Uncle John. He shared his thoughts on this year's theme, as well as where he currently finds inspiration.

What does this year's theme "For Our Elders" mean to you?

"The theme "For Our Elders" acknowledges the importance of our Elders. They are the wisdom keepers filled with a wealth of knowledge – just like an old encyclopedia!," he says.

"We need to honour and respect their experiences and use this information and their teachings to guide future generations. Our Elders are respected and valued in our community; past, present and future."

What inspires you at the moment?

"As an Elder of Canterbury-Bankstown, I am inspired most when I get to share my journey with my wife, my daughter and the newest addition to our family, our granddaughter."

"As she grows, I get to bestow upon her the ways of Aboriginal people, our art and knowledge of history, dreamtime stories, how to fish and hunt, dance the ways of Aboriginal people, so she can pass down to the next generation."



"I am also inspired when I get to share my journey with others – teaching them of the Aboriginal culture, my Aboriginal artworks in the community, showing the community the beautiful ways of Aboriginal people."

The theme "For Our Elders" acknowledges the importance of our Elders.

History Highlight: Padstow Senior Citizen's Centre

We've seen many birthdays, functions and special days celebrated at the Padstow Senior Citizen's Centre.

One special group, the Embroiders Guild has been running their program at the facility for 51 years! They meet three Mondays every month to do embroidery, crochet, knitting, patchwork and lace making.

The group started in the Padstow Progress Hall during the 80s and have been meeting at Padstow Senior Citizen's Centre since 2006. One member, Maureen, has been with the group since the very beginning!
















The Embroiders Guild are always looking for new members and there are plenty of similar groups you can join through our Library and Knowledge Centres.



Find out more about our community centres at cb.city/HallsAndCentres

Contact a Councillor

Not sure which Councillor to speak to? Find out which ward you live in online at cb.city/Wards

BANKSTOWN Darani (Ghost Gum)	 Clr Bilal El-Hayek (ALP) - Mayor Mayor@ cbc.city.nsw.gov.au 9707 9522	 Clr Khal Asfour (ALP) - Mayor Khal.Asfour@ cbc.city.nsw.gov.au 0410 111 161	 Clr George Zakhia (LIB) George.Zakhia@ cbc.city.nsw.gov.au 0433 336 886
BASS HILL Bura (Kangaroo)	 Clr Chris Cahill (ALP) Christopher.Cahill@ cbc.city.nsw.gov.au 0407 948 684	 Clr Rachelle Harika (ALP) Rachelle.Harika@ cbc.city.nsw.gov.au 0418 859 353	 Clr Charlie Ishac (LIB) Charlie.Ishac@ cbc.city.nsw.gov.au 0498 141 149
CANTERBURY Budjar (Paperbark)	 Clr Barbara Coorey (IND) Barbara.Coorey@ cbc.city.nsw.gov.au 0409 754 747	 Clr Jessie Nguyen Jessie.Nguyen@ cbc.city.nsw.gov.au 0412 634 656	 Clr Clare Raffan (ALP) - Deputy Mayor Clare.Raffan@ cbc.city.nsw.gov.au 0499 790 033
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ROSELANDS Bunnarra (Blue Young Lizard)	 Clr Sazeda Akter (LIB) Sazeda.Akter@ cbc.city.nsw.gov.au 0407 910 858	 Clr Khodr (Karl) Saleh OAM (ALP) K.Saleh@ cbc.city.nsw.gov.au 0408 221 559	 Clr Bhadra Waiba (ALP) Bhadra.Waiba@ cbc.city.nsw.gov.au 0408 021 321

Bankstown Arts Centre
9707 5400

Belmore Youth & Resource Centre
9718 9848

Bryan Brown Theatre & Function Centre
9707 9404

Customer Service
9707 9000

Leisure & Aquatic Centres
Birrongo 9644 8300
Canterbury 9789 9303
Max Parker 9771 2148
Roselands 9789 9302
Wran 9726 2283

Morris Iemma Indoor Sports Centre (MIISC)
9153 0441

Sefton Golf Course
9743 9436

Library & Knowledge Centres
Bankstown 9707 9704
Campsie 9789 9405
Chester Hill 9707 9740
Earlwood 9789 9417
Greenacre 9707 9744
Lakemba 9789 9419
Padstow 9707 9747
Panania 9707 9737
Riverwood 9707 5436

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Cover feature
Photo: Uncle John and Aunty Liz

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