



# calendar of events

# your library



## January

### Kids Gone Wild School Holiday Program - January

Mt Annan Botanic Garden. Keep the kids captivated during the holidays with lots of indoor and outdoor fun. Ph. 4634 7935.

### Australia Day Celebrations - 26 January

Camden City Centre. Ph. 4645 5115.



## February

### Household Chemical Cleanout - 3 February

Onslow Park (Camden Showground), Mitchell Street, Camden. Ph. 4645 5920.

### Lovers by Lakeside - 14 February

Mt Annan Botanic Garden. Ph. 4634 7935.

### Inconcert Program, Harrowsmith Family - 23 February

Camden Library, 10.30am. Ph. 4654 7951.

### Business Clean Up - 26 February

Designed to engage Australian businesses to help make a difference to the environment. Ph. 4645 5920.

### Schools Clean Up Day - 29 February

Specifically designed to allow students to participate in Clean Up Australia as part of a school activity. Ph. 4645 5920.



## March

### Clean Up Australia Day - 2 March

Every year hundreds of thousands of Australians help clean up their environment on Clean Up Australia Day. Ph. 4645 5920.

### International Women's Day - 8 March

Ph. 4645 5050.

### Visiting Authors - 8 March

Camden Civic Centre. Ph. 4654 7951 or 4645 5039.

### Drives for Learners, Log Book Run Event - 9 March

Ph. 4645 5046.

### Harmony Day Celebrations - 21 March

Camden Council. Ph. 4645 5020.

### Free Child Restraint Safety Check - 21 March

Narellan Town Centre. Ph. 4645 5046.

### Law Week - 30 March

Camden and Narellan Libraries. Ph. 4654 7951 or 4645 5039.



## Meet your Councillors

### South Ward

**Cr Eva Campbell** 0419 638 733

**Mayor Cr Chris Patterson**

0414 559 953

**Cr Fred Whiteman** 0419 264 971

### Central

**Cr Fred Anderson** 0412 251 912

**Cr Debby Dewbery** 0438 454 955

**Cr Robert Elliott** 0407 191 452

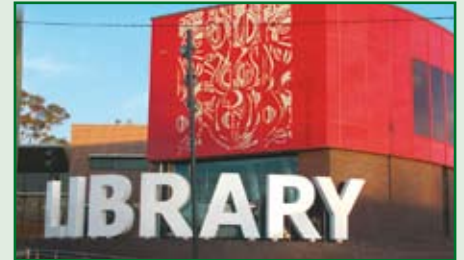
### North

**Deputy Mayor Cr Cindy Cagney**

0419 273 687

**Cr David Funnell** 0415 656 791

**Cr Peter Johnson** 0413 335 700



### Camden Library Book Discussion Group

A particular book is chosen for discussion and lively debate and dissection takes place. Meetings are held every 3rd Thursday of the month, 7.30 pm. New members welcome. For more information phone 4654 7951.

### InConcert Program

Camden Library's InConcert series of musical performances resume 23 February with a performance by the local Harrowsmith family from 10.30 – 11.30am. InConcert performances are free and are held on the last Saturday of the month. Phone 4654 7951 for more information on upcoming performers.

### Law Week

Informative Seminars and talks about all aspects of the law will be held at Camden and Narellan Libraries during Law Week, starting 30 March 2008.

### Seniors Week

Camden and Narellan Libraries will be celebrating Seniors Week, 6 – 13 April 2008. There will be a host of activities and workshops. Details of these events will be advertised on the Library's website closer to the date. Phone 4645 5039 or 4654 7951 for more information.

### The Fines Amnesty

Starting the first week of January, return your books and Camden and Narellan Libraries will waive overdue fines. In exchange for waiving overdue fines Library patrons are asked to donate tins of non-perishable food that will be donated to a local charity.



jan • feb • mar 2008

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## Australia Day

Saturday 26 January 2008



*Have an Australian Experience this year at Camden's Australia Day Celebrations! Camden Council and the Australia Day Committee have organised a jam packed day full of fun for the whole family. Celebrate our National day of pride with a Citizenship Ceremony and Civic Awards in the morning. Then head out to the flag-lined Argyle Street for the Macarthur Lions Club Parade and finish off a wonderful day at Onslow Park with live entertainment, stalls, rides, amusements and more.*

Each year thousands of people across Australia decide to pledge their honour to our beautiful country and become an Australian Citizen. This Australia Day, you are invited to come along and share the experience at 8:30am at Camden Civic Centre. Following the Citizenship will be Camden's Civic Award Ceremony, where Mayor of Camden, Cr Chris Patterson will present awards to outstanding Citizens in the Camden Local Government area.

Hundreds of people will then start lining the streets of Camden to watch the annual Macarthur Lions Club Street Parade. Doves of community groups and organisations march in the parade waving to the sea of red, white and blue face-painted, tattooed and flag-flying crowd on Argyle Street.

The day then culminates with a festival at Onslow Park that includes a market, where local businesses display and sell their best produce and goods. An International Food Hall will also be there, representing the vast assortment of cultures in our community.

This Australia Day there is something for everyone to enjoy with the entertainment ranging from the 73rd Regiment of Foot, all the way to the popular band "Family Von Trapp". There will be rides, amusements, face painters, clowns, competitions and much more. All entertainment starts at 1pm, with the day ending at 4pm. So come along and help us celebrate Australia Day in Camden. Keep an eye out in your local newspaper for a full program, visit [www.camden.nsw.gov.au](http://www.camden.nsw.gov.au) or call 4645 5115 for more information.

**Camden Council**

Phone: 4654 7777

Fax: 4654 7829

Email: [mail@camden.nsw.gov.au](mailto:mail@camden.nsw.gov.au)

[www.camden.nsw.gov.au](http://www.camden.nsw.gov.au)



## Drives for Learners in Macarthur

You and your supervisor are invited to participate in a FREE "Log Book Run" event from the Drives for Learners in Macarthur booklet.

The "Log Book Run" is a great opportunity for learner drivers to gain on road driving experience. This driving experience will contribute to the learner driver log book hours.

The "Log Book Runs" for 2008 are: Sunday 9 March, Sunday 15 June, Sunday 14 September and Sunday 7 December 2008. Starting at 9.15am (registration) until 1.30pm. Morning tea and lunch will be provided.

The drive will begin in Narellan and will include driving through the Macarthur Region Local Government Areas. Freeway, country and suburban roads are included, covering approximately 90kms.

Bookings are essential and places are limited.

Don't miss out - book early!

Ph. 4645 5046 for bookings and enquiries



## Protect Your Pet

*It's the Law that dogs and cats have a microchip implanted and are registered with Council.*

Registering your animal is a two-step process:

1. Have your Veterinarian implant the microchip
2. Take your form to Council and pay the registration fee

The cost of registration is as follows:

Not desexed	\$150.00
Desexed	
– Certificate required	\$40.00
Pensioner (pet not desexed)	\$150.00
Pensioner (pet desexed)	
– proof required	\$15.00
Registered Breeder	
– proof required	\$40.00

The benefit of a lifetime registration is to ensure that you can be located and contacted should your animal be lost or escape from your backyard.

Council should be notified, and the microchip number should be quoted when:



- the animal changes ownership (original owner is responsible)
- you change address
- your telephone number/s change
- the animal goes missing
- the animal is found
- the animal is deceased

All changes to contact details are 'free of charge' for Council to update.

Unidentified animals are taken to the pound, Renbury Farm Animal Shelter at 406 Bringelly Road, Austral (Ph. 9606 6118). Unclaimed animals may be euthanised (destroyed). Please ensure your animal is registered and your animal wears a collar with a name tag and your contact telephone number.

For more information contact Camden Council Ph. 4654 7777.

## FREE Child Restraint Safety Check

*You can have all of your child car restraints, harnesses and booster seats checked for safety and correct fit.*

Bookings are essential. Ph. 4645 5046

Please note: If raining, checking day will be re-scheduled.

**Friday 21 March 2008**- Narellan Town Centre, near the entry to Coles (car park)

**Thursday 5 June 2008**- Harrington Plaza, Harrington Park (car park)

Children's car restraints will be inspected by RTA Authorised Restraint Fitters. This is an initiative of Camden Council as part of the Local Government Road Safety Program. For more information contact Camden Council's Community Road Safety Officer. Ph. 4645 5046.

**Choose Right. Buckle Right.**



## YMCA

*“Now is the best time to start your summer exercise program.” That is the message from Joel Anderson, YMCA’s fitness guru, and Health Club Coordinator at Mount Annan Leisure Centre.*

With brighter, longer and better days now here, getting fit for summer is a priority for many of us at the moment. Some of us will want to get in better shape after a winter spent hibernating in front of the TV and gaining a few unwanted kilos. Others simply want to get out there and enjoy the longer evenings while doing some good for their bodies.

“There is no secret to losing weight and getting fit. It’s simply a matter of keeping active and watching what you eat” Mr Anderson said. “But the first 10 days are definitely the hardest! Once you’ve gotten into a pattern of regular exercise, you’ll find it much easier to get motivated.”

Joel’s tips to get started:

**Start off easy** – even simple everyday things like cycling or strolling will knock off those calories and help us lose a bit of weight. 30 minutes cycling burns off 300 calories, while 30 minutes strolling will account for about 110 calories. You may not believe it but a task like mowing the lawn also has an effect on the calorie counter, taking care of 150 to 200 calories if you use a push lawnmower.

**Try to exercise regularly** – It’s more important to exercise often than hard. We know from research that the more intense the exercise the more of a chore it becomes. The important thing is to make exercise part of your normal day to day life. You’ll probably

find that after a while you will try to challenge your self by going a little harder anyway.

**Exercise with a partner** – Studies have shown that you are less likely to stop exercising if you exercise with a friend or group. Try to find a friend to exercise with. Better still, find a Health Club that provides a good level of service, especially when you first join. Ask your instructor to write you a program that fits in with your lifestyle, even if that means outside of the gym

**Do something that you enjoy** – There is no point jogging if you hate it. Try picking an activity that’s fun but still challenging and don’t be afraid to try new things. If you’ve never been to a gym, find one that will give you a free first visit, try a YOGA class or even try some swimming.

**Be in it for the long haul** – Exercise should be part of our daily lives. Look to your exercise program as being a long-term lifestyle change, not a 6 week gym program. A well balanced exercise program will help you to be healthier and happier in aspects of your life.

YMCA Mount Annan Leisure Centre offers fitness programs for all ages and abilities. For more information contact Mount Annan Leisure Centre on 46 484830 or log onto [www.ymcasydney.org/mtannan](http://www.ymcasydney.org/mtannan).



## Musical Performance Subsidies



Camden Council provides a set amount of funding each year to non profit organisations to provide musical or performing arts entertainment within the Camden Civic Centre for the community.

The objectives for the program are as follows;

- To increase accessibility to the Civic Centre venue providing improved opportunity for musical and performance groups to use the venue.
- To enhance community awareness and involvement in performance art.
- To enhance community well being and sense of belonging through exposure to high quality cultural events and activities.

Obtain an information package by contacting the Centre on 4655 8681 or visiting [www.camdenciviccentre.com.au](http://www.camdenciviccentre.com.au).

Applications close 28 March 2008.



# our community

## Fireworks Displays And Animals Don't Mix

*The Christmas & New Year celebrations bring fireworks, which pose many risks to animal safety. Animals will do anything to get away from the sights and sounds of fireworks and sometimes injure themselves in the process.*

If you know that fireworks are scheduled at an approved event in your neighbourhood be particularly aware of the terror and possible harm that the noise of the fireworks could have on your animal. A tired and well-fed dog will be less anxious so take your dog out for plenty of exercise before the fireworks start, and then give your dog a good filling meal.

If you plan to be away from home, if it's possible, put your dog indoors, in a laundry or in your garage with some soothing music, favourite toys, familiar bedding, and food and fresh

water. This may make your pet feel more secure and less stressed. A bone or chewable toy may relieve stress. Remember to block off any view that the dog may have of the fireworks.

Never use a slip collar or choker chain to restrain your dog - it may choke itself.

Cats, rabbits and other caged animals should be kept indoors even if they're usually kept outdoors. Cats will find somewhere dark to hide away and caged animals should feel more secure away from the sight and sound of fireworks eg. In a laundry or garage with sufficient ventilation.

Ensure your animal is microchipped and wearing a collar with a tag showing the name of the animal and a contact telephone number. Once the collar is fitted on your animal, you should be able to slip two fingers underneath it.

If you are aware that your animal is affected by fireworks you may prefer to place it in a boarding kennel, cattery, or Veterinary hospital for a few days.

Fireworks may affect livestock too. If possible, place horses in a stable and ensure all sharp objects are removed to minimise harm to the animal.

If your animal goes missing over the Christmas period:

- Contact your local Veterinary Hospital and/or our Pound, Renbury Farm Animal Shelter on 9606 6118;
- Contact Council to report the dog/cat as 'missing' on the NSW Companion Animals Register;
- Place signs on Community Notice Boards;
- Don't place signs on telegraph poles, in roundabouts, or on Council land. If you do you may receive a fine for \$330.00.

## Disability Action Plan – Update on Expenditure

*Did you know that Council allocates \$30,000 each year through the Disability Action Plan (DAP) to improve access to community facilities and services across the Local Government Area?*

Below are some of the highlights achieved as part of the implementation of the DAP in 2007:

**Purchase of Accessible Resources for Camden and Narellan Libraries.** This included purchase of 59 large print books and 47 audio books. The accessible resources are heavily used by patrons in the library and by those receiving Council's Home Library Service

**Access improvements to Curry Reserve, Elderslie.** Improvements include installation of two additional concrete paths improving connectivity between the toilet facility and the bike path/playground. There is also an

addition of several synthetic soft-fall pathways/pads in the playground leading to the accessible play equipment.

**Disability awareness training for Council staff.** During May and June all Council staff undertook compulsory disability awareness training. Specific training was also provided for Council's library and customer service staff.

If you are interested in working with Council to improve access issues in your area you can become a member of Council's Access Community Advisory Group.

The group meets on the first Thursday of each month at the Camden Civic Centre to discuss issues and work on actions to improve access for Camden's residents and visitors. Members include local people with a disability, carers of people with a disability, disability service providers and Council staff.

For further information please contact Tina Britton, Community Project Officer on 4645 5050.



## Don't Let The Summer Food Bug Bite

*Summer is well and truly upon us and with it our eating habits change. We eat outdoors more regularly, have more BBQs and why not? We have a great climate so lets enjoy it! Getting together with family and friends for birthdays, parties and or social events are all great, but there's one unwelcome guest you don't want stopping by – food poisoning.*

Warmer weather is a breeding ground for many bacteria that live in our foods, especially raw meats and poultry, so it is essential that we store, prepare and cook our foods correctly. Below are a few tips suggested by NSW Food Authority that could help save us from a nasty case of tummy aches.

- Food poisoning cases usually increase when the weather is warm.
- Bacteria grow faster during warmer weather.
- Don't leave raw or ready-to-eat foods out of the fridge for long.

- Don't let raw meat and juices contaminate cooked meat or fresh salads.
- Don't pour raw juices over cooked meat.
- Don't let salads become warm for longer than 2 hours total.
- The average home kitchen isn't designed for large volume cooking. Usual good practice can be neglected. There can also be leftovers.
- Don't prepare foods too far in advance.
- Ensure you have plenty of fridge and freezer space. Overloading the refrigerator reduces cooling efficiency.
- Don't leave foods in the temperature danger zone for longer than 2 hours.

For further information, visit NSW Food Authority's web site on [www.foodauthoritynsw.gov.au](http://www.foodauthoritynsw.gov.au) or contact Council's Environmental Health Unit on 4654 7777 and don't let the food poisoning bug bite you this summer.

## Bush Regeneration Gang



The Camden Bush regeneration gang replacing non-indigenous weeds with indigenous plants and trees.

Overseas visitor Pat Solly said he was welcomed with open arms by Camden Council.

## Removal Or Lopping Of Trees In The Camden Council Area

*Residents are reminded that Camden Council has a Tree Preservation Policy in place which requires that before any person arranges for the removal or lopping of a tree, they should first ensure that permission of Council has been obtained.*

The definition of a tree under the policy is "any tree, sapling or shrub which is 3 metres or more in height; has a girth of 300mm or more at a height of 1 metre above natural ground surface; or has a branch span of 3 metres or more".

Clearing of vegetation (including native vegetation) also requires Council consent, and is defined as "killing, destroying, removing or burning vegetation, severing or lopping branches, limbs, stems or trunks of vegetation, or substantially damaging vegetation in any other way".

Heavy fines may be imposed for the illegal removal of any tree/s or clearing of land, and therefore residents are advised to liaise with Council and ensure their garden contractors work within the legislation as ultimately the land owner is responsible for work on their land.

An application for removal of tree/s or vegetation can be obtained from Camden Council's Customer Service counter at Camden or Narellan. If you should require any further information, please ring on 4654 7777.



# hot off the press

## Camden Civic Centre Events

For more information call  
4655 8681

### 23 January - Cinderella

Loads of interactive, sing-along fun and dancing with the adorable Cinderella, her wicked step sisters, magical fairy godmother, handsome Prince and of course the lovable silly Prime Minister Dandino. The kids are invited to get involved in Cinderella's adventure and come dressed as fairies and princes. Tickets \$9.90.

### 26 January - Civic Awards and Citizenship Ceremony

The Civic Awards is a chance to nominate a member of the Camden Community for their contributions to their community and its people. For further details phone 4645 5029.

### 1 February - African Aids Foundation Variety Concert

Watch some fantastic entertainment for a great cause. Featuring Danny Elliott winner of the 2007 MOE Award and other local entertainers.

### 9 March - Camden Bridal Expo

See page 7 for details

### 18 March - Australian Decorative & Fine Arts Society

Evening lecture: Europe's Best Kept Secret: The Painted Monasteries of Bulgaria. Presenter: John Osborne M.A Cantab. NADFAS. Admission fees apply.

### 28 March - Applications close for Camden Civic Centre Musical Performance Subsidies

See page 3 for details

### Bridal Open House 10am -12noon

The perfect opportunity for prospective brides and grooms to view the intimate Ferguson Art Gallery and Macarthur room in full bridal layout and discuss their package requirements with our Wedding Coordinator. January 5, 19 & 26, February 2 & 16, March 8, 15 & 29 from 10am-12noon. Appointments Essential.

## Group Fitness Classes Now At Mount Annan Leisure Centre

*Mount Annan Leisure Centre has recently launched a NEW Group Fitness timetable, offering a range of classes to cater for the first timer to the advanced.*

Classes are conducted by experienced trainers who try to get you fit but also want you to have fun. Mount Annan Leisure Centre not only offers freestyle classes but has also introduced 'Les Mills' classes as well. Group fitness is awesome for those



wanting a high calorie burner in a 45 minute class, so it's perfect for those who work.

Phone 4648 4830 for more details or visit [www.ymcasydney.org.au/mtannan](http://www.ymcasydney.org.au/mtannan).

## Teen Gym Now At Mount Annan Leisure Centre



*November saw the launch of TEEN GYM program, at Mount Annan Leisure Centre. Teen Gym is designed to give young teenagers aged between 11 and 14 a chance to exercise under the direct supervision of experienced trainers. Participants are provided with an initial fitness and health assessment and their own personalised training program.*

Helping young people into active and healthy lifestyles is a key priority of the YMCA, an organisation with a long and proud history of working with young people.

Teen Gym helps develop positive exercise habits for life, as well as helping young people to grow in confidence and self-esteem. It's fun to exercise with your mates as well!

YMCA health and fitness instructors are specifically dedicated to be 'on the floor' for members during Teen Gym hours – 3-5pm Monday to Friday as well as set hours in school holidays.

All interested participants are encouraged to come down for a visit and free fitness consultation with a trainer. Call 4648 4830 for more details or visit [www.ymcasydney.org.au/mtannan](http://www.ymcasydney.org.au/mtannan).



## International Women's Day



*International Women's Day is held on 8 March each year to acknowledge and celebrate the achievements of women and bring attention to the issues that still face women today.*

Each year Council hosts an event or activity with funding from the NSW Premier's Department – Office for Women. Last year Council facilitated the inaugural women's awards program called 'Camden Champions' which recognised the remarkable achievements of local women from a range of diverse backgrounds. It is hoped that this year's awards will be even more successful.

The theme for activities to celebrate International Women's Day for 2008 is '100 years of active women in paid and unpaid work'. This recognises the countless contributions that women in NSW have made towards improving workplaces and working conditions, as well as their tireless volunteering work which has contributed to the growth of more vibrant and robust communities.

If you would like to be involved in International Women's Day or would like to receive further information please contact Tina Britton, Community Project Officer on 4645 5050.

## Visiting Authors



On Wednesday 8 March 2008 Bruce Venables and his wife Judy Nunn will be speaking about their new books.

The event will be held at Camden Civic Centre at 6pm. Cheese, fruit and wine will be available. The evening will officially start at 6.30pm. Tickets will be available at Camden and Narellan Libraries from February.

## Camden Autumn Bridal Expo

**Sunday, 9th March 2008**  
**10am - 2pm**  
**FREE Entry & Parking**

There's no better time than now to start planning the perfect wedding or finalising those last minute details. Camden Bridal Expo is fast becoming one of Macarthur's leading expos. With fresh exhibitors and new concepts, it's one of the simplest and most time-efficient methods for planning your special day.

The Expo features over 50 wedding specialists from a variety of services including stationers, photographers, car companies, cakes, fashion and jewellery, venues, celebrants, gift registries, beauticians, entertainers and honeymoon destinations all in the one convenient location. A detailed guide will assist those with a limited window of time available, in accessing those services most relevant.

Be one of the first 150 brides on the day to receive a complimentary sample bag containing the hottest In Macarthur Weddings & Functions Annual 2008 and other sought after wedding publications, go in the draw to win some fabulous lucky door prizes and be eligible for the many 'on the day' special incentives offered by exhibitors.

For further information phone our Function Coordinator on 4655 8681.