



Established 86 years

This is Lugarno

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www.mylugarno.com

www.nsw.nationaltrust.org.au/historylugarno.html



Priceless

March 2009

President's report - Rob Clarsen

A huge thank you to those who helped with the clean up of Lugarno at the recent Cleanup Australia Day. A considerable amount of rubbish was removed (including a toilet pan, complete bathroom screen and tiles), helping provide a cleaner environment for our community. The following is taken from a letter sent to us by Hurstville Council in appreciation of the efforts of our community:

"Once again Clean up Australia Day has been a huge success across the whole nation and the local efforts of Hurstville Council volunteers have certainly helped contribute to that great success. We appreciate that you give freely of your time. Clean Up Australia Council, Hurstville Council & Lugarno Progress Association has once again been able to offer residents the chance to participate in an important local event that encourages community pride. Without the help of the community the event could not be possible." *Margaux Park, Waste Project Coordinator*

Thank you Margaux it was a pleasure.

Victorian bushfires donation

Lugarno Progress Association voted to donate 50% of membership subscriptions to support the Victorian Bushfire Appeal. On Saturday 14 February, a membership drive at Chivers Hill shops provided membership subscriptions and donations which allowed us to send a cheque for \$1000 to the Red Cross (for the bushfire appeal) on behalf of the residents of Lugarno. As we all know, the need for funds will continue for some time so you can still contribute, either through joining the LPA or making a donation, at Lugarno Hardware, enabling us to make another contribution to help so many that have lost so much.

Next LPA meeting 6 April

The Georges River is a vital part of Lugarno's past and present. It provided a living for many early settlers and linked Lugarno to Como where mail, food and supplies were collected and where a railway gave access to Sydney. It carried valuable stone from Lugarno quarries to Sydney town on barges, and later children came by boat along the river to school at

Lugarno. Now many thousands enjoy its beauty for leisure and relaxation.

The SMCMA is a NSW Government agency responsible for the coordination and management of Sydney's natural resources including land, estuaries coastal systems and rivers, including Georges River. Its role is diverse, delivering natural resource management projects in the five key areas: Biodiversity Community, Estuary (Coastal and Marine), Land development and Water.

Philip Sansom is the Interim Chair of the SMCMA and Deputy Mayor of Hurstville Council. He will be the guest speaker at the next meeting of the LPA. Join us at St Stephen's Anglican Church hall at 8pm and learn more. Here is an opportunity to ask questions about the river, the work of the Authority or questions concerning Hurstville Council.

Free workshops

St George Councils are offering a series of free workshops for residents to help assist them in making lifestyle choices that can help create a healthier planet. Light refreshments will be provided and there will be door prizes.

Places are limited so book early by contacting Council's Waste Project Coordinator on 9330 6222 or for more information.

Natural Cleaning - Detox Your Home

Wednesday 22 April 2009 - 6.30 pm - 8.30 pm

Worm Farming and Composting

Saturday 16 May 2009 - 10.00 am - 12.00 pm

BASIX & Green Home Renovations

Wednesday 17 June 2009 - 6.30 pm - 8.30 pm

Help green Lugarno

Hurstville City Council's annual tree giveaway will be held at Mortdale Memorial Park, Boundary Road on Sunday 19 April 2009 between 9:00 am and 3:00 pm. Residents and ratepayers simply need to show a rate notice to receive two native seedlings to plant in their gardens. The St George Central Rotary Club will cook a free barbeque provided by Council on the day. So please come along and take the first step to encouraging local birds back to our area.

Delivery of "This Is Lugarno" is generously sponsored by:

Richardson & Wrench Real Estate of Mortdale

Contact Peter Bennett on 9570-2777 for all your Lugarno real estate needs

Chemical clean out time

It's almost time to start sorting through the unwanted chemicals in your garage, shed or house for the annual Chemical Clean Out, from 16-17 May 2009.

Chemical Clean Out, a Department of Environment and Climate Change initiative, enables residents to dispose of unwanted chemicals in a safe manner and avoid the temptation to pour them down a drain, which can cause untold environmental damage. You can deliver your old paints, motor oils, fluorescent tubes, gas bottles, batteries, household cleaners and other chemicals to Hurstville City Council's Works Depot (entry off Depot Road, Mortdale) on the Saturday or Sunday, between 9.00am and 3.30pm. For more information, visit www.cleanout.com.au or telephone 131 555.

Keep fit

Exercise helps to prevent disease. An active person is less likely to develop cardiovascular disease, type 2 diabetes and osteoporosis, have a stroke or get certain types of cancers, such as colon and breast cancer.

New research shows that sitting around for long periods of time can increase your blood glucose levels. Exercise can also be an effective treatment for anxiety and mild depression.

Short-term benefits of exercise include

- Reduced cholesterol level
- Reduced blood pressure
- Maintenance of healthy weight
- Increased endurance
- Healthier muscles, joints and bones
- More energy
- A sense of well-being and stress reduction
- Improved cardiovascular fitness

The National Physical Activity Guidelines for Australians recommends at a minimum 30 minutes of moderate physical activity – like walking – on most days of the week. Whatever your age, keeping fit and healthy is something you can do for yourself and it

need not cost money. To keep exercise fun, exercise with a friend or join a group. Walk or cycle as a family. Help your children develop the exercise habit early in life. Enjoy Lugarno as you get fit!

Exercise groups in Lugarno

Strengthening for over 60s – Grandviews Bowling Club – details from *Department of Aged Care* St George Hospital Ph: 9113 1397

Tai Chi for Health and Arthritis – Grandviews Bowling Club – Tuesday, morning and evening classes. Dr Paul Lam designed this programme especially for people with arthritis. Sponsored by arthritis foundations worldwide – Contact Kristie 0410 704 413 or email kristie.taichi@hotmail.com

Fun Aerobics – Lugarno Uniting Church, Thursdays 9:30 am \$5

If you know of other exercise classes or walking groups in the Lugarno area, please let us know as we seek to compile a comprehensive list of activities in Lugarno. (Ph: 9580 1422 with detail)

Diary Dates

Next LPA meeting

Due to the public holiday on 8 June, the June meeting will be held on Monday 1 June.

Hurstville City Council meeting

4th Wednesday of every month, Hurstville Civic Centre Council Chambers 7 pm. Please check the website for further details www.hurstville.nsw.gov.au.

The Lugarno Evening View Club

Meets at 7 pm on the 3rd Monday of every month at Victoria House, 496 Forest Road, Bexley. All welcome. Please contact Helen on 9570 4294 for further details.

Oatley Flora & Fauna

Meetings are held on the fourth Monday of each month at 7:45 pm in the Uniting Church Hall – corner of Fredrick and Letitia Streets, Oatley.

Join the Lugarno Progress Association – support the community and help the Victorian Bushfire Appeal
LPA Membership - \$10 per family or household

Name:

Address:

Enclosed \$10 membership: ☐ Or donation: ☐ \$.....

Cheques should be made payable to Lugarno Progress Association. Please hand this slip with money in an envelope to Yates Newsagency or Lugarno Hardware. Receipts will be issued. Thanks for your support!

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Crime Stoppers 1800 333000	Police Assistance Line: 131444	Hurstville Police: 9375 8599

