

LIVE.WORK.PLAY.

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For the full online magazine go to www.ryde.nsw.gov.au/LiveWorkPlay



MAYOR'S MESSAGE

A MESSAGE FOR CITY OF RYDE



Welcome to the Summer edition of Live.Work.Play – City of Ryde's community magazine.

I am so privileged to represent our community as Mayor, having been elected by my fellow Councillors in December. I would like to thank outgoing Mayor Cllr Jordan Lane for his outstanding leadership over this year.

It's summertime and a good time to relax and catch up with friends and family. Our beautiful City has plenty of fun spaces, place and activities for local families and children to enjoy, from our stunning parks and playgrounds to our vibrant town centres and many events being held for all ages.

With the school holidays in full swing, check out the range of events run by our libraries around the theme of Sun Sustainability Fun, including workshops, storytime and craft sessions.

Australia Day is almost here on Thursday 26 January. The day is an important opportunity to reflect on our beautiful and multicultural society. The City will hold an Australia Day event at Meadowbank Park, Ryde, which will include fun activities such as a BBQ, cricket games, live entertainment including roving kangaroos, food trucks and fireworks.

The excitement is set to continue with Eastwood's Lunar New Year Festival to be celebrated on Saturday 4 February. This event is always special and will include live performances, amusement rides, stalls, delicious food and will end with a fantastic fireworks display to celebrate the Year of the Rabbit. It will be a brilliant festival.

I cannot wait.

And what better way to cool down this summer then to take a dip in the pool at our Ryde Aquatic Leisure Centre! Open every day, the centre boasts an extensive range of water-based learning programs and activities, as well as a wide variety of junior and senior sporting programs held at our indoor stadium. Check out our water safety tips on page 6 to stay safe in the pool.

I look forward to all that 2023 has to offer and wish everyone a wonderful year.

Sincerely,

Clr Sarkis Yedelian OAM - Mayor
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NEWS

CLR SARKIS YEDELIAN OAM ELECTED AS CITY OF RYDE MAYOR



Clr Sarkis Yedelian OAM has been elected as the new City of Ryde Mayor following an Extraordinary Council Meeting held on 13 December 2022.

A Central Ward Councillor, Clr Yedelian was first elected to City of Ryde Council in 2004 and is currently the longest-serving Councillor. He has served as Deputy Mayor three times and in 2009 he was awarded an Order of Australia Medal for his services to the community.

Clr Yedelian OAM is focused on working to create a clean, green, safe, inclusive and efficient City.

Outgoing Mayor Clr Jordan Lane will continue in his role as Councillor for East Ward.

City of Ryde leaders sign pledge to prevent partner violence



The City of Ryde's male civic and community leaders met in Gladesville in November 2022 to sign a pledge to support an end to violence against women and girls. The meeting was part of the 16 Days of Activism, which is an annual international campaign to prevent and raise awareness of gender-based violence. The campaign includes a focus on male leaders as part of a broad push to make women's safety a men's issue too.

Representatives from the City of Ryde, Ryde Police Local Area Command, Community Migrant Resource Centre's Multicultural Ambassadors and business communities joined together to sign the pledge. The pledge includes a responsibility to stand together to prevent men's violence against women.

The City of Ryde has also become a White Ribbon accredited workplace. The accreditation has involved the Council taking active steps to prevent violence against women. The actions have included introducing domestic violence policies and training, implementing 10 days of paid domestic violence leave and introducing discussion of domestic violence policies in the Council's staff induction training.

Community members can show their support to end domestic violence and abuse by ordering a free sticker for their bin.

For more information on this and Council's initiatives, events and resources for domestic violence and abuse visit www.ryde.nsw.gov.au/dv

City of Ryde

SAVE *our* OPEN SPACE

TG MILLNER FIELDS



Show your support to save this precious open space

FOR MORE INFORMATION VISIT



SUMMERTIME IN THE CITY

RYDE'S BACKYARD BBQ 4 – 9pm, Thursday 26 January, Meadowbank Park



The City of Ryde Australia Day event for 2023, fondly referred to as “Ryde’s Backyard BBQ”, will be held on Thursday 26 January 2023 from 4.00 – 9.00pm at Meadowbank Park, Constitution Road, Meadowbank.

The event will include a free BBQ for the first 1,500 people, cricket games and sporting activities for the whole family, roving entertainment including bubble lady and giant bouncing kangaroos, free craft activities, a stage with live entertainment, food trucks and the night will end with a fireworks spectacular. Kids will be able to enjoy the Meadowbank Regional Park Playground or can bring along their bikes and skateboards to try out the skate park and take part in the skate workshops. For more information visit ryde.events/AustraliaDay

LUNAR NEW YEAR FESTIVAL 3 – 9pm, Saturday 4 February, Eastwood Oval



We look forward to celebrating the Lunar New Year on Saturday 4 February 2023. This family friendly event is sure to excite all ages with special Lunar New Year performances, amusement rides and a variety of stalls and food trucks at Eastwood Oval between 3.00 and 9.00pm.

A spectacular display of fireworks will close out the night to celebrate the Year of the Rabbit! Visit ryde.events/lunar for more information.



KEEPING COOL

Smart ways to keep your home cool in summer and reduce your home cooling costs



Take a look at these tips from City of Ryde Home Waste & Sustainability Officer, Elizabeth, to help you keep your home cool.

1

Good insulation and sealing

A well-insulated and sealed home keeps the cool air in and the warm air out on a hot summer day. Check your roof for a R-value of at least R4.1 and preferably R5.0 – this alone can reduce your home cooling and heating costs by hundreds of dollars a year.

2

Block out the summer sun

Stop hot summer sun radiating into your home by blocking it from your windows. North facing windows can be shaded by horizontal structures that stop the high summer sun from hitting the glass. Vertical shading such as external blinds and awnings are best for East and West facing windows which need protection from the low summer sun. If you live in an apartment, choose well-insulated curtains and blinds.

3

Double glaze your skylights

Single-glazed skylights can contribute a large amount of heat. To reduce this impact on your home, install double glazing or skylight blinds, or close off rooms with unprotected skylights.

4

Grow plants and trees

Plants and trees absorb an enormous amount of heat. Plant deciduous trees with high spreading crowns to the North and lower growing trees and shrubs to the west for maximum summer protection. Hardy leafy potted plants can help a lot on balconies and in paved courtyards.

5

Help your air conditioner run optimally

Take your air conditioner's filters out and gently wipe or wash for maximum air conditioner efficiency. Clogged filters make your air conditioner work harder and require more energy to run. If you have ducted air conditioning, take a moment to test your ducting pressure for leaks and holes. Otherwise, you could be pumping cold air into your roof space rather than your living area.

Don't forget to run the air conditioner at the optimal summer temperature setting which is between 23°C and 26°C. Use air conditioner timers to your advantage. Don't blast your air conditioner for a quick cool down. Plan ahead, use a timer and cool down your home over a longer timeframe at the optimal temperature setting for greater energy efficiency and cost-effectiveness. If you can, use a fan rather than an air conditioner as this will cost you a fraction of the price to run.

When the air outside cools in the evening, remember to switch off the air conditioner and ventilate any built-up heat within the house.

Learn more

Do you want more tips? Sign up for a free sustainability assessment with Elizabeth and receive recommendations tailored for your home. All City of Ryde residents including owners and tenants living in a house or an apartment are eligible. To book a free assessment, visit www.ryde.nsw.gov.au/hwsa

SUMMERTIME IN THE CITY

SWIM INTO SUMMER



Summer Swim Safe Tip

By Marina, Ryde Aquatic Leisure Centre (RALC) Swim Instructor



Have you heard about the colour visibility test?

While nothing can trump close parental supervision, the colour of a child's swimsuit, rash top or Personal Flotation Device (PFD) can make a big difference to their visibility in water.

As the weather heats up and families head to the pool and beaches to cool off, considering the colour of a child's costume may have never crossed your mind, but when it comes to preventing childhood drowning, it can play a critical role.

In a recent test study, a Californian-based company that specialises in aquatic safety put swimsuit colours to the test to see their visibility in both pools and open water.

The verdict...

Avoid white or light blue swimmers as a child will virtually disappear under water. Instead, stick to bright neons where possible, particularly neon pink and neon orange. This summer choose bright over design to maintain the highest level of water safe visibility. And remember, the benefits of regular swimming lessons and constant adult supervision when children are in and near the water should never be underestimated.

For more information about the colour visibility test, scan the QR code.

Here's to safe swimming this summer,

Marina



RALC School Holiday Fast Facts

Did you know?

- Ryde Pool is open every day during the school holidays.
- Ryde Pool is open on the Australia Day public holiday from 9.00am – 5.45pm.
- The wave pool operates during school holidays from 10.15am – 4.40pm.
- The giant slide operates during school holidays from 10.00am – 5.00pm.
- The inflatable obstacle course operates during school holidays from 10.00am – 3.00pm.



Teen Active Swimming Program

Teen Active is a program for swimmers aged 12 years and over and is designed for those who want to improve endurance and fitness, or just swim for fun. It's perfect for teenagers who want to continue swimming without focusing on competition, or for those who cannot commit to multiple training sessions per week. It's also a great way to make new friends in a relaxed environment.

The Teen Active program is one hour in duration and bookings are available Monday to Saturday.

For more information or to book, phone Ryde Aquatic Leisure Centre on 8878 5111.

Swim School Enrolments

Session 1 starts the week commencing Monday 30 January through to Sunday 28 May (15 weeks).

All levels and ages are available to book. Call 8878 5111 for bookings.

OUT AND ABOUT

Your guide to the best open spaces around Ryde

The big guy in the red suit has been and gone. Now it's time to get the most out of those great gifts! Here's our guide to the best spots in the great outdoors to use your new Christmas gear.



Best Bike and Scooter Tracks

New bike or scooter? Grab that helmet, get on 'ya bike and check out one of our child-friendly loop tracks in Tuckwell Park (Macquarie Park), Jim Walsh Park (Eastwood), Waterloo Park (Marsfield), Morrison Bay Park (Putney), Blenheim Park (North Ryde) and Meadowbank Park (Meadowbank). Kids can also learn some road safety skills at purpose-built scooter track at Ryde Park (Ryde).

Tweens, teens and adults with good riding skills can take a ride on the shared user paths along the Ryde River Walk (Putney to Melrose Park), Shrimptons Creek (starting at Santa Rosa Park) or for something more challenging, meander through the gum trees in Lane Cove National Park down to Browns Waterhole and back up again (start at end of Vimiera Road, Marsfield).



Best Skate Parks

For the skater boys and girls, strap your helmet and pads. Drop in at the skate park at Meadowbank Park (Meadowbank) and Lachlan's Line (Macquarie Park). Can you master an ollie or a kickflip these holidays?

Best RC Track

For those lucky boys and girls (or Mums and Dads!) who scored a remote control car, time to lean on the throttle, push the RPM and head to our purpose built RC track at Blenheim Park (North Ryde).

Best Basketball Courts

For all the wannabe Jordans out there, pull on the high tops and dribble that new basketball to one of the free courts at Kings Park (Denistone East), Tuckwell Park (Macquarie Park), Ryde Park (Ryde), Lions Park (West Ryde), Waterloo Park (Marsfield), Morrison Bay Park (Putney) or Blenheim Park (North Ryde). Let's shoot some serious hoop. Alley-oop!

Best Spots for Tennis

New racquet for Christmas? Time to serve it up at Meadowbank Park (Meadowbank), Olympic Park (Gladesville), Kotara Park (Marsfield), Kings Park (Denistone East) and Tennis World (North Ryde) - (paid court facilities available to hire). There's also an ace hit-up wall at Lyons Park (West Ryde). Tie-breaker, anyone?

Best Playgrounds

Do the kids need a break from their new electronic devices? Swing into one of the many playgrounds to burn some energy. Meadowbank Park (Meadowbank), Kings Park (Denistone East) and ELS Hall Park (Marsfield) feature recently upgraded equipment. Climb, jump, slide and spin at Elouera Park (Macquarie Park). Explore nature at Memorial Park (Meadowbank). Everyone can play at the all-ability playgrounds in Yamble Reserve (Ryde) and Meadowbank Park (Meadowbank). For those who are brave enough, conquer the enclosed slide at Putney Park (Putney). Take a splash and cool off at the water play features at Putney Park and Meadowbank Park.

Best Nature Experience

If those new walking boots could talk, they'd tell you to check out the Field of Mars Reserve boardwalk (entrance on Pittwater Road, East Ryde), and for the more adventurous walker, step off into nature along one of the various walking trails around East Ryde. For those with kids in toe, consider one of the easier walks along the Ryde River Walk (Putney to Melrose Park) or Shrimptons Creek Green Link (Santa Rosa Park to Waterloo Road, Macquarie Park) with new lighting for those twilight summer adventures. For those looking for something a little more adventurous take a bush walk along Terrys Creek Walking Track (Eastwood) to Lane Cove National Park (Marsfield).

Best Off-Leash Areas

You got a new puppy... how ahh-mazingly cute! Don't paw for a minute, grab the leash and the doggy-do bags and head on over to one of our enclosed off-leash dog parks at Denistone Park (Denistone), Ryde Park (Ryde), Blenheim Park (North Ryde) or ELS Hall Park (Marsfield) for some serious paw patrol action. Woof, woof!

WHAT'S ON FOR SENIORS

The NSW Seniors Festival is the largest celebration for seniors in the southern hemisphere. Kicking off on 1 February, we thought it was the perfect opportunity to highlight some of the services, activities and events being run by Council for our seniors.

ACTIVITIES



Heart and Move It exercise program

Seniors and retirees can meet new friends over gentle exercise through the Heart and Move It program. This low-cost exercise program offers low to moderate intensity physical activity and is designed to be safe for people with stable long term health conditions such as heart disease, diabetes, or obesity. It is conducted indoors in a small group and is delivered by an accredited and experienced Trainer.

Aqua Exercise Program

Stay fit with our Aquatic Exercise Program, a low-cost, low-impact exercise program for seniors and retirees. This program offers low to moderate intensity physical activity and is suitable for seniors/retirees with stable long-term health conditions. Classes are conducted in an indoor heated pool in a small group.

Uplift

Uplift is an exercise class for older adults or retirees that includes a mix of aerobic, balance, strength and speed training elements at each outdoor class. Participants will improve strength, endurance, mobility and agility to help conquer your daily routine, in a fun and social environment.

Yoga

Yoga is for seniors who are looking for a safe, effective way to enhance their physical health and overall wellness, the stretching, breathing, and meditation practices of yoga can be a great solution.



Knitting Groups

Join fellow knitters and crocheters in making squares and blankets for charity – everyone is welcome. The knitted and crocheted squares and rugs go to the 'Wrap for Love' campaign.

Our Knitting Groups meet at Eastwood, Gladesville, Ryde and West Ryde libraries each month. Please contact the libraries for dates and times.

Author's Platform

Dive into the lives and works of popular Australian authors at this informative and entertaining author talk series - this event is hosted at various locations across City of Ryde libraries.

Musical Mornings

Musical Mornings are held on the second Monday of each month. Performances take place at Ryde Library at 10.30am, in the area in front of the grand piano.



Tech Savvy Seniors

The Tech Savvy Seniors digital literacy training program was designed to help seniors develop the skills and confidence to get connected and participate in the online world.

Tech Savvy Seniors training courses are available in English and several other languages at beginner level. The program aims to provide introductory training on the use of computers, smart devices, and online services such as email, social media, online shopping as well as cyber safety. For more information on this program visit

www.ryde.nsw.gov.au/TechSavvySeniors

Safer Driving for Seniors

Learn how to be a low-risk driver at our free workshops, which cover:

- The latest changes to road rules (especially roundabouts and merging)
- What to expect from the Aged Driving Test
- New vehicle technologies and how to use them.

Events, programs and workshops are held throughout the year. For more information or to book visit www.ryde.nsw.gov.au/EventsListing



SERVICES

Home Library Service

Are you a keen reader but unable to make it to the library?

Our Home Library Service is a free home delivery and collection service for City of Ryde residents who are frail, elderly, recovering from injury or surgery, carers or have a disability living with disability. Eligible seniors can borrow from a large range of library resources from books, large print books, audiobooks, DVDs and more.

This service is also available to institutions in the area such as retirement villages and respite/day centres.

For more information, visit

www.ryde.nsw.gov.au/homelibraryservice

Home Modification and Maintenance Service

Are you a senior who wants to remain living in your own home? You may be eligible for the Ryde/Hunters Hill Home Modification and Maintenance Service (HMMS), which provides a subsidised modification and maintenance service for eligible people living in the Ryde and Hunters Hill Local Government areas.

For more information and eligibility criteria, visit

www.ryde.nsw.gov.au/hmms



City of Ryde Seniors Festival 'Let's Celebrate'

Let's celebrate this February at the City of Ryde Seniors Festival! Enjoy a rich program of events celebrating the valuable contribution seniors make to our community.

Designed especially for seniors, the program will consist of a wide variety of events, most of which are free. Don't miss out on this fantastic opportunity to learn about the local services, try new experiences and meet others within the community!

To view the full program visit

www.ryde.nsw.gov.au/SeniorsFestival

CITY OF RYDE AWARDS

SUSTAINABLE WASTE 2 ART PRIZE

A peacock made out of computer parts, intricate dresses made out of garbage bags and a metal cow.

The field for the 2022 Sustainable Waste 2 Art Prize (SWAP) was definitely fierce.

The City of Ryde recently announced the winners for this year's SWAP event.

The SWAP awards are a great chance for artists to express their creativity through re-purposing rubbish and recovered materials. The awards provide an opportunity to learn new skills, explore the artistic potential of recycled items and improve awareness of environmental issues currently facing our society.



The winners for this year's awards are listed below:

Schools Participation Award

- Winner - St Michael's Catholic Primary School Meadowbank (18 entries)

Functional Award

- Winner - *A Thing of the Past* - Stephanie Powell
- Runner Up - *Beachwear But Better* - Jocelyn Zhou

Junior Category Award (10-13 years)

- Winner - *Lady Nutmeg* - Jess Friar
- Runner Up - *Reclaimed Bloom Delight* - Helena Fitzgerald
- Highly Commended - *"Just Junk" Showroom* - Henrietta Robinson
- Highly Commended - *War On Waste* - Maximillian Young

Youth Category Award (14-17 years)

- Winner - *Vitrum Fungi* - Chelsy-Lee Ordonez De Cross
- Runner Up - *Mourning Birds* - Artroom Handmade Students
- Highly Commended - *Snagged* - Henry Thomas
- Highly Commended - *The Town of Tabula Rasa* - St Lucy's School Senior Students Collaboration

Open Category Award

- Winner - *Gathered* - Nicole de Mestre
- Runner Up - *Angel of Music* - Adam Galea
- Highly Commended - *Glimmer* - Leanne Cowie
- Highly Commended - *The Horn of Empty* - Nichola Bryan

People's Choice Award

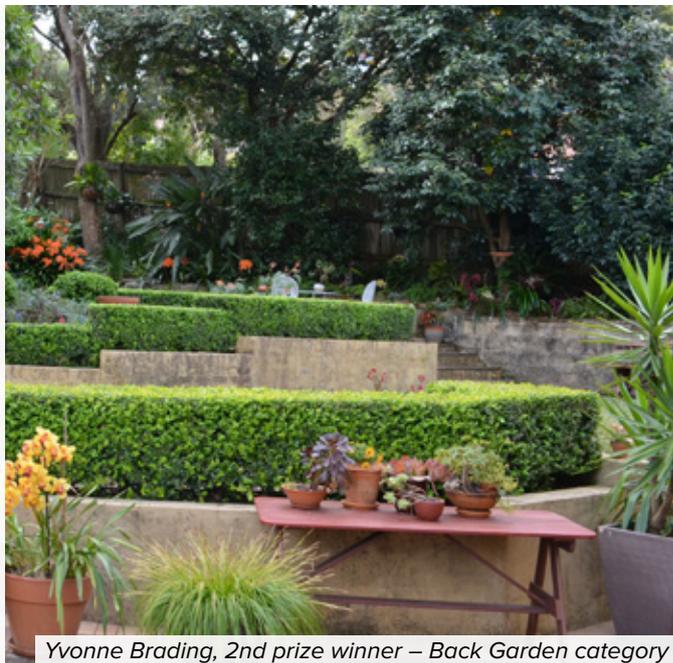
- Winner - *A Thing of the Past* - Stephanie Powell
- Congratulations and well done to all the talented artists that contributed to this year's event.

SPRING GARDEN COMPETITION

Congratulations to all the talented green thumbs who took away awards in this year's Spring Garden Competition.

The City has a long and proud history of conducting the Spring Garden Competition. This established community event has been held annually for more than thirty years. Judging for the event is based on three key factors:

- **Maintenance** - the lack of elements such as dead and diseased plants, well presented lawns and clipped shrubs, considered water usage and overall attention to detail
- **Design** - aspects such as layout, colour, use of line, form and texture, plant use and once again attention to detail within this context
- **Intent** - the active participation of the entrant, level of knowledge and enthusiasm and extent of third-party assistance.



Yvonne Brading, 2nd prize winner – Back Garden category

The Local School Gardens Award this year went to North Ryde Community Preschool. This beautiful garden involved a wooden tent feature, as well as palm trees and beautifully maintained plants. The second prize went to West Ryde Public School and third prize went to Gladesville Public. This award involved teachers and students working together to achieve outcomes.

The Native and Habitat-Friendly Gardens Award, for gardens which feature Australian native plants, first prize went to David Thomas for his garden which included many healthy trees and ferns. The second prize went to Pamela Ward at The Habitat and third prize went to Cathy and Chris. The Community Engagement and Sustainability Award this year went to Paul Sanders.

The Front Gardens Award, for gardens adjacent to the street, first prize went to Sue Kennedy for her beautifully maintained garden which included a plant-based wall feature and carefully manicured hedge. The second prize went to Sarvnaz Karimi and third prize went to Mitchell Brown.

The Community Gardens Award, for garden projects where the local community, groups or community organisations have worked together, went to The Habitat. This beautiful garden featured rustic timber boxes and circular tin water tank style garden beds.

Other key winners at this year's Spring Garden Competition included:

Back Gardens Award

- First Prize - Rae Roy
- Second Prize - Yvonne Brading
- Third Prize - Erica Goldfinch
- Professional Designed Garden - Grace Pestonji

Courtyard or Balcony Gardens

- First Prize - Sue Kennedy
- Second Prize - Cathy and Chris
- Third Prize - Julie Broadhead

Bushcare Sites

- First Prize - Kittys Creek - Libby, John and Len
- Second Prize - Waterloo Park - Peter Barrett
- Third Prize - Cemetery - Field of Mars - Phil Ward

Edible Gardens

- First Prize - Alexander Djerdjev
- Second Prize - Erica Goldfinch
- Third Prize - Ying Shi
- Encouragement Award - Jayden Wang

Commercial Gardens

- First Prize - Living Choice
- Second Prize - Colliers

Congratulations to all the people and organisations that took part in this year's event. Fantastic work.

EVENTS AROUND YOUR CITY

It's been an action-packed few months for our community events. Thanks to all those who joined in the fun!



Community Christmas Celebration



Granny Smith Festival



FIFA World Cup Live Screening



Granny Smith Festival



Remembrance Day



Mac Park Social



Granny Smith Festival



Mac Park Social



Community Christmas Celebration



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