

Seniors Encouraged Off The Couch

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City of Ryde will celebrate NSW Seniors Week in March, with a festival of events designed to encourage seniors off the couch and into new activities.

Special events will highlight health and wellbeing, services, exercise, entertainment, technology, recreation and more.

City of Ryde Mayor, Cllr Bill Pickering, said: "Seniors Week offers a great opportunity for older members of the community to try new activities, get out and meet new people or take up a hobby which may have held a fascination for them.

"The traditional image of seniors as sedentary or homebound individuals is changing. Many seniors are still in the workforce, while others are keen volunteers."

2017 Seniors Week Special Events

Aged Care: It's changing - what you need to know | Tuesday 7 March

Learn about the Australian Aged Care system and what supported services are available to residents living independently. RSVP essential by Friday 3 March.

Talk - Retirement Living Options | Wednesday 8 March

Join us at Ryde Library for this free talk presented by Centrelink Financial Information Services.

Guided Walk - Seniors Week at Glades Bay | Thursday 9 March

Enjoy the remnant bushland of Glades Bay Reserve and learn about the local and indigenous history of the area. Book online early as places are strictly limited.

Senior Health and Wellbeing Expo | Thursday 9 March

Join the Chinese Christian Community Service Centre as they host their annual expo aimed to empower seniors to live healthily and happily.

Scratch Junior Coding Cross Generation Workshop | Saturday 11 March

Bring your own iPad or Android and learn how to program an interactive story or game alongside your grandchild or child. Book early as there are limited places available.

Musical Morning Tea - The Sydneysiders Barbershop Chorus | Monday 13 March

A highlight of Seniors Week, the awe-inspiring *Sydneysiders Barbershop Chorus* will be performing at Ryde Library.

Tea Dance with North Ryde Community Aid | Thursday 16 March

Revisit your youth, celebrate your past and present at our Trocadero-style dance hall featuring the *Palm Court Orchestra*.

Strength Training 'Come and Try' Session with Healthy Lifestyle | Thursday 16 March

Come and try strength training exercises to improve your muscle strength with Healthy Lifestyle.

Stretch and Tone 'Come and Try' Session with Healthy Lifestyle | Friday 17 March

If you would like to maintain flexibility and muscle tone then come along and try a Stretch and Tone class with Healthy Lifestyle.

For full details and to book go to www.ryde.nsw.gov.au/seniors

Ryde Mayor Disappointed with State Government Decision

Published on 14 February 2017

City of Ryde Mayor Bill Pickering has expressed his disappointment with the announcement by Premier Gladys Berejiklian that her Government will proceed with forced mergers for metropolitan Sydney.

Mayor Bill Pickering said the decision meant the amalgamation of Ryde, Hunters Hill and Lane Cove Councils was still on the agenda pending current legal challenges and despite community opposition.

“We’re back to square one. The new Premier gave us a glimmer of hope recently when she stated she would be open to public concerns about forced amalgamations, but now it appears that the only change that will occur will be with country and regional councils.

“A forced amalgamation will initially mean an Administrator will be put in charge of a merged entity and the community will lose their voice through their democratically elected representatives,” Mayor Pickering said.

“There is a better solution. I urge Ms Berejiklian and her peers to look more closely at the Joint Regional Authority (JRA) model as a way of improving the three councils’ operations. This allows our local councils to remain independent and provide regional cooperation.”

The Joint Organisation Model was first recommended by the Independent Local Government Review Panel and unanimously recommended by the NSW Legislative Council 2015 Inquiry into Local Government as a “co-operative and consensus model for local council reform in Metropolitan Sydney.”

The Hunters Hill and Lane Cove Council's Directions Hearing for their appeal is listed for Wednesday 22 February 2017.

ELS Hall Field No. 1 Gets \$3 Million 'Cool' Upgrade

Published on 10 February 2017



A new multi-purpose synthetic grass using 'cool' cork technology is the latest project to be completed in a multi million dollar upgrade of ELS Hall Park, North Ryde.

Part of the City of Ryde's ongoing Synthetic Sports Surfaces Implementation Plan , the Council's \$3 million investment will extend the usability and safety of the ground that is enjoyed by an estimated 10,000 players per year from local sporting clubs, social sports and schools.

City of Ryde's Mayor Clr Bill Pickering said: "ELS Hall is deemed a regionally significant sporting fixture and this upgrade is part of Ryde Council's commitment to provide high quality facilities that meet current and future needs of sporting groups.

"The synthetic grass product used not only delivers a year round consistent playing surface, its organic cork infill provides a surface that is up to 20°C cooler on the hottest days when compared to other infill material. It is a natural, recyclable product and ELS Hall Park is the first field in Australia to utilise this new, 'cool' cork system.

"This upgrade is a real game-changer to future-proof ELS Hall Park for generations to come. Particular thanks must be given to Clr Roy Maggio who initiated discussion more than four years ago about the need for synthetic sports surfaces to cater for an ever-increasing demand for sports field usage locally," the Mayor added.

A recent study commissioned by the City of Ryde identified a shortfall of three playing fields to meet the current demand for winter sports training. The ELS Hall Park Synthetic Sports Field Project is part of Council's response to this issue.

The three-year ELS Hall upgrade includes:

\$3M - Field No. 1 upgrade

- New synthetic turf surface using a 100% cork infill system with shock and heat absorbing properties for player safety
- A synthetic cricket pitch that can be manually raised and lowered
- New 1.1 metre high chain mesh perimeter fencing with improved field access points
- 1.5 metre wide perimeter path with seating and fitness station.

\$120K - Lighting installation (completed April 2016)

- Lighting level of 100 lux for night games
- Lighting level of 50 lux for training

\$536K - Amenities Block Fields 1 & 2 upgrade (completed May 2016)

- Four new change rooms with shower facilities
- New umpire changing room and shower
- New canteen facilities
- Refurbished public toilets
- New decking/entertainment/viewing area.

ELS Hall Park is the home base for several football codes who have contributed funds to the upgrade. They include AFL NSW/ACT North Ryde Dockers Club (\$50k), Cricket NSW (\$25k), Gladesville and Hornsby Cricket Association, North West Sydney Koalas Women's Football.

Chairman of the Ryde Sport and Recreation and Wheeled Sports Advisory Committee Clr Roy Maggio said: "Football is the most popular sport in NSW and this is a great outcome for the local sporting community and school groups.

"ELS Hall Park is a great community asset and this upgrade is a big boost to player safety, allowing codes to play right through the year. The City of Ryde is now leading the way in sport."

The new ELS Hall Park turf conforms to FIFA Quality 1 Star recommendation, as well as AFL and Cricket Australia community surface requirements.

To view time lapse video of the synthetic turf laying at ELS Hall Park go to <http://www.ryde.nsw.gov.au/syntheticproject>

A community kick-off celebration is planned for Friday, 3 March 2017.

ELS Hall Park is also home to the Ryde Community Sports Centre and is part of the Shrimptons Creek pedestrian/cycleway. ELS Hall Park provides a range of indoor

and outdoor sporting fixtures, floodlit fields, walking tracks and paths, cycle path, playground, picnic shelters, BBQ, public toilets, accessible toilet and dog off-leash.