

LOCALLY SPEAKING

The newsletter of the Lower King & Bayonet Head Progress Association
P.O. Lower King 6330 Tel. 9844 7759
July 2015

Next Meeting – Council Open Forum: If you are going to attend just one meeting this year, this is the one. We have never had such a meeting before, so please come along and show support for such a concept.

Here is your chance to have your say on any matter to the city representatives. Some questions have been handed in and these have been forwarded to the city, so these can be answered in full. We will still take questions on the night but it's better to hand them in beforehand. Your questions can be about anything that concerns the city.

Speed Limit Confusion: Once again the confusion over speed limits on Bushby and Bonaccord Roads was raised. So to clarify this we took a drive and found the following:

If you travel from Lower King Rd to Chester Pass Rd via Bushby Road the speed limit is 60kph.

If you travel from Chester Pass Road to Lower King Road via Bushby Road (same route, the other way) the speed limit is 80kph. In other words there are **two** speed limits on the same road.

We would like to see this fixed preferably to 60kph both ways as the density of housing warrants this.



Gravel/Sand Pit: As you may remember there has been quite a lot of opposition to the newly proposed pit on Bonaccord Road. The official notice we have received, is that the developer has **withdrawn** the application.

Maintenance Requests: The City does an increasing amount of its business online.

If you see a damaged footpath or you see that maintenance is required on a city owned piece of equipment then to get something done its best to contact the city via their website.

Go to the *City Of Albany* website, click on *Your Council* and go to *Customer Complaints and Requests* then fill out an email form.

Norwood Road Upgrade: Alan Hortin and Bill Hollingworth, our two councilors were very pleased to announce at our meeting, that the western end of Norwood Road between Chester Pass Road and King River Drive, will get an upgrade this coming financial year.



Guest Speaker: Our last meeting started with a talk from Peter Ghali the pharmacist at Bayonet Head, on the topic "*High Blood Pressure – The Silent Killer*". The salient points of his talk were:

1. 32% of men and 27% of women over 25 have high blood pressure.
2. High blood pressure can cause brain damage, heart damage, kidney damage and eye damage.
3. There is an increased risk if there is a history in the family, or if you have a medical condition such as diabetes, sleep apnea, high cholesterol.



4. How to relieve the condition: Stop smoking, lose weight, moderate salt intake, reduce alcohol consumption, exercise, reduce sugar intake, manage sleep apnea.
5. Medication can control High Blood Pressure, but not cure it. There are many different medicines for the condition, so don't be surprised if a friend or partner has a different medication.

Next Meeting

Monday July 20th 7.00pm

Gomm Park Hall

Positive Feedback: For some time we have been asking the city to install bollards at the Lower King Boat Ramp Park to prevent boat trailers and vehicles from parking on the grassed area. Our latest correspondence from the City tells us that they will do this work. Also they will investigate planting some trees at the northern end. This shows your association working for you and achieving a good result. That's why we need your support.

Lower King Bridge Foreshore Park: The City of Albany has recently completed works to improve erosion issues at a popular public open space area near the mouth of the King River. The Lower King Picnic area attracts a lot of visitors and is a popular spot for people to go fishing. A number of years ago the City installed a wooden retaining wall structure in an effort to control tidal erosion. However, this structure has been significantly undermined during frequent high tide events and the occasional storm. This project allowed for the replacement of the retaining wall with brush mattresses. Brush mattresses is a bio-engineering bank stabilisation technique which uses a combination of dense plantings with soft engineering materials such as coir logs and jute matting which is covered by a layer of brushing and branches. The brushing encourages natural infiltration and acts as a sediment trap as well as slowing the water movement across it while the plantings are establishing.

The construction phase of the project included:

- removal of the old hard stand structure;
- regrading the slope to a 1 in 4;
- placing rock pitching at the base of the slope;
- installing jute matting;
- planting out the slope with appropriate native vegetation and;
- the final topping of brush mattresses.

This newsletter is kindly sponsored by **Peter Watson MLA** for Albany
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Editor - Frank Ruggera - 9844 7759

Membership Subscription Form

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Single \$10 () Family \$15 ()

Post to Lower King and Bayonet Head Progress Association c/o Post Office Lower King.

Make cheques payable to the Association. Payment can now be made online. Drop in to our next meeting on the 20th July at 7.00pm.

Please note: Current members will receive a renewal notice when membership expires