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John Castrilli's Community News

John Castrilli MLA - Representing the People of Bunbury




John nominated Bunbury resident Brian Kennedy for the WA Seniors Awards, and was thrilled when he was named the Community Award winner and the overall WA Senior of the Year 2010.

Pedal power for cancer fundraiser

A \$500 donation will help local cyclists put the pedal to the metal for this year's South West Bike Week Challenge, to be held from November 22-28.

Bunbury MLA John Castrilli made the donation to Bike Challenge organiser Brian Kennedy last week, and at the same time congratulated him on being named the WA Senior of the Year.

Mr Castrilli nominated Brian for the awards and was thrilled when he was named the overall winner.

"Brian is already a local hero for so many reasons - his mentoring of at-risk youth through sporting involvement, his personal achievements and his commitment to helping others face the challenge of cancer," Mr Castrilli said. "Brian is a truly inspirational person, who throws himself into every activity

with passion and a will to succeed.

"I also admire the way he has embraced the Choose Respect initiative, incorporating it into his cycling to encourage road users and cyclists to respect each other."

"I would urge people to join Brian in the South West Bike Week Challenge, clocking up as many miles as possible to help raise funds for people to attend the Balya cancer retreat."

For details on how you can join the Bike Challenge, either as an individual or team rider, contact Brian on 9795 4940 or email briankenedy@westnet.com.au

There will also be a fun Family Cycle Day on Sunday November 28, with registration at 9am and a one-hour family ride followed by a sausage sizzle.

Community focus on mental health

BUNBURY was extremely fortunate to receive a visit last month from the Australian of the Year, Professor Patrick McGorry, and WA Australian of the Year, Professor Ralph Martins.

Prof. McGorry, a mental health expert, spoke and presented awards at Bunbury Primary School's assembly before attending a seminar at Edith Cowan University where he and Prof. Martins were the special guest speakers.

"It was a real privilege to have these two internationally regarded health experts speak in Bunbury and I think local people gained a lot from it," Mr Castrilli said.

"Prof. Martins and his research team at the University of Western Australia are making major ad-

vances in research into the early detection of Alzheimer's disease.

"And Prof McGorry is a leading international researcher, clinician and advocate for reform of the way young people are treated within the mental health system in Australia."

Mr Castrilli said Western Australia was leading the way in mental health reform, with Australia's first-ever Mental Health Minister appointed, along with the Mental Health Commission and Commissioner.

"The stand-alone budget of more than \$500 million for Mental Health shows the priority which this Government has put on improving mental wellness in our community," he said.



John Castrilli speaks with Prof. Ralph Martins after a special assembly at Bunbury Primary School.



Program's success grows

BUNBURY-based Growing Towards Wellness was again recognised for its innovative work in the community by being named the Government Organisations category winner at the WA Mental Health Good Outcomes Awards.

John Castrilli attended the awards breakfast on October 12 with program coordinator Jimmy O'Rourke and said he was delighted to see GTW receive the prestigious award.

"Our local community is extremely fortunate to have a multi-award winning program based here and achieving such significant outcomes for people with a disability or mental illness," Mr Castrilli said.

"Its impact is also growing, as the program expands its scope and continues to assist people throughout the wider community to improve their lives and boost work skills."

Pictured are coordinator Jimmy O'Rourke, front left, with Debbie Carey, Christine Emerson, Sanna Andrew, Bruce Gardiner, Gail Mitchell, and Glenn Gates, of the South West Institute of Technology.

Awareness increasing

ON October 15, John attended a community barbecue at the Big Swamp Wildlife Park as part of Mental Health Week.

The event featured raffles, fun and games, but there was also a serious side as local support agencies raised community awareness of mental health.

John said one of the things which struck him about the event was that although many people he spoke with faced difficulties in their lives, they were all aiming to be positive and were appreciative of the support they were offered,



whether through friends and family or other avenues.

"It really makes you realise that we all experience challenges in our lives, but we don't need to face things on our own," he said.

CITY PAUSES TO REMEMBER



HUNDREDS of people gathered at the Bunbury War Memorial last Thursday to pay their respects during Remembrance Day services.

Local community leaders, ex-service men and women and school students laid wreaths before the sounds of the Last Post rang out across the morning.

"During the service, I was

honoured to lay a wreath to commemorate the contributions and sacrifices made by Australian service men and women in times of conflict," Mr Castrilli said.

"The spirit and respect shown during Remembrance Day makes me proud to be an Australian, and my sincere thanks go to everyone responsible for organising the service."

Message of respect spreads

MORE than 150 people attended a community event at Carey Park Primary School last week to hear about the positive impact the Choose Respect initiative is having in Bunbury.

Guest speakers including WA Senior of the Year Brian Kennedy, along with Cliff Reeve and Nay Pearce from Radiwest, spoke about how each of us can choose to respect others and help make our community a better place.

John Castrilli said the event highlighted how everyone, no matter what their age, social background or life experience, could Choose Respect.

"We all are concerned about what we see as a rise in anti-social behaviour, a rise in bullying and a decline in what the majority of us would see as respectable behaviour," Mr Castrilli said.

"It doesn't matter whether you are young or old - each and every one of us has the ability to make a difference.

"Each individual has the power to Choose Respect in their own lives, to promote respect in their circle of friends or family, and in doing so, be part of fostering a culture of respect in our community."



Carey Park Primary School students act out an anti-bullying message, performing to Kate Miller-Heidke's 'Caught in the Crowd.'

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"Fostering a culture of respect in our community"

CHOOSE RESPECT
RESPECT IS TO TREAT WITH CARE AND CONSIDERATION