



# Let's back Anoulack

A community newsletter from Anoulack Chanthivong MP, Member for Macquarie Fields

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## Mental health matters



A community forum on young people and anxiety is being held next month in direct response to a genuine community need for information on this important public health issue.

**COMMUNITY HEALTH FORUM  
YOUNG PEOPLE & ANXIETY**

**TUESDAY 25 JULY  
7PM TO 8.30PM**

**Greg Percival Community Centre, Ingleburn  
(refreshments from 6.30pm)**



I am pleased to help facilitate this forum in partnership with our community's own highly respected mental health advocate, Sandra

McDonald, of Beautiful Minds and One Door Mental Health.

The forum will feature a number of guest speakers from One Door Mental Health and Headspace Campbelltown. Two young people with lived experience of anxiety will share their personal stories. The forum will also include a question and answer session.

Parents and carers of young people are particularly encouraged to attend the forum, to be held at the Greg Percival Community Centre in Ingleburn on Tuesday 25 July, from 7pm to 8.30pm (refreshments available from 6.30pm).

A report by the Black Dog Institute and Mission Australia released in April found that almost one in four young Australians are at risk of serious mental illness. It found the proportion of young



**With Sandra McDonald (front) and from left to right CEO One Door Mental Health Rob Ramjan, Alessandro, Bridget, Dr Ellen Marks and Ann Jewitt from One Door, Aysun Goktepe and Vicki Papageorgopoulos from Headspace Campbelltown.**

people likely to have a serious mental illness rose from 18.7 per cent in 2012 to 22.8 per cent in 2016. Research shows that 75 per cent of mental health disorders emerge before the age of 25.

It is these statistics that make the forum more relevant and important than ever.

"The forum is a fabulous opportunity to start a conversation about mental health, and specifically young people and anxiety, while at the same time raise awareness of the support services available in the local community," said Sandra McDonald.

Mental health is a genuine issue in the community and one of the key issues presenting itself in my Electorate Office on a daily basis. I look forward to working with Sandra, One Door Mental Health, Headspace Campbelltown and other partners on this important information evening.

**The event is free, however, bookings are essential. Register your interest at [macquariefields@parliament.nsw.gov.au](mailto:macquariefields@parliament.nsw.gov.au) or phone 9618 2077.**



# PHEAST to good health!

**Our diverse community is home to many Pacific families, some of which face great health challenges.**

I partnered with the NSW Council for Pacific Communities to launch Pacific Healthier Eating Active Stronger Together (PHEAST) in Minto in March. PHEAST aims to empower members of our Pacific community to improve their long-term health.

This is achieved through dedicated PHEAST ambassadors who work with the wider Pacific community, local health providers and community organisations to foster good nutrition and exercise habits and inspire others to lead a healthier life.

**For more information, contact my office on 9618 2077.**



With Marcel, MaryAnne, Masae and Mal.



Celebrating the launch of PHEAST.

# Commuters cop unfair deal

**I often meet and chat with local commuters and one issue that has prompted an angry response is the Liberal Government's decision to cut direct train services.**

Commuters south of Glenfield will be severely impacted when direct train services to Liverpool, Parramatta and Blacktown cease later this year. All T5 Cumberland and T2 South Line services will start and end at Leppington Station, forcing commuters south of Glenfield through to Macarthur to change at Glenfield.

The loss of direct services is yet another blow to commuters and is simply unfair.

The move will greatly inconvenience commuters, resulting in longer travel times and more congestion at Glenfield Station. It will also likely discourage people from using public transport, which is wrong when roads in Western Sydney are already at gridlock.

***I call on the Liberal Government to reverse its unfair decision and give local commuters a fair go.***



Local commuters deserve better. With Shadow Minister for Transport, Jodi McKay, and local resident Azad Hossain.



# Recovery operation

Several months have passed since Cyclone Debbie and the floods that ravaged parts of Queensland and northern New South Wales. However, the devastation and arduous task of rebuilding those communities is still not far from the minds of those who were deployed to assist.



**Chief Superintendent Paul Bailey (third from left) with members of the specialised operations crew in Ingleburn.**

Crew members from NSW Fire and Rescue Specialist Operations were among some of the emergency services sent to the affected areas. I recently visited the crew at their base in Ingleburn to acknowledge their efforts and hard work in assisting the rescue and recovery operation.

I'm told that the crew covered 230 kilometres and conducted 217 damage assessments, 68 chainsaw jobs (removing trees from roads), six welfare concerns/medical evacuations and two animal rescues.

They were never far away from danger themselves with snakes and crocodiles lurking in the floodwaters and a bull shark washed up in the middle of the road. But for the crew it was all part of a day's work.

# Carparking crisis – urgent action needed

**My office is inundated with complaints from commuters who are fed up with not being able to park at the train station, whether it's Edmondson Park, Glenfield or Minto. Commuter carparks are a necessity, not a luxury.**



**Highlighting the commuter carparking crisis with (left to right) local resident Sandeep Ghasti, Federal Member for Werriwa Anne Stanley MP and Mayor of Liverpool Wendy Waller.**

# Blooming marvellous milestone

**Congratulations to the Ingleburn Horticultural Society and Garden Club, which recently celebrated its 90th anniversary show.**

**The show was held in conjunction with the Macarthur Rose Society.**

Ingleburn resident, Dr Peter Benson, was only a child when he first attended the Ingleburn Garden Show. At 92 years old, he's barely missed a show and was recently awarded life membership of the garden club.

*I thoroughly enjoyed the event and even picked up a few more plants for the office!*



**Dr Peter Benson was awarded life membership of the club (above) and new plants for the office (below).**



The carpark at Edmondson Park Station is severely inadequate given the suburb's growth and, rightly, residents are up in arms. Edmondson Park highlights the acute shortage of commuter carparking along the south west Sydney rail corridor, and it's simply not good enough.

The Liberal Government makes a windfall in stamp duty from our residents, yet fails to deliver on key infrastructure. It's appalling.

Residential property transactions in Edmondson Park generated more than \$38 million in stamp duty revenue between 2015 and 2017.

***I demand that the Liberal Government urgently address commuter carparking at Edmondson Park Station and along the south west Sydney corridor, and make it a priority in this year's State Budget.***

# Chat with Anoulack...



ENJOYING  
A CUP OF TEA  
AT RON CAMERON'S  
HAIRDRESSING  
SALON.

In 1964 Ron Cameron started an apprenticeship at a hairdressing salon in Ingleburn that he would eventually go on to own. It would become one of Ron's great loves, other than family and the Ingleburn Bulldogs Rugby League Club. The Ingleburn icon recently received a Campbelltown Council Jubilee Award, celebrated his 68th birthday and says he has led a blessed life.

## HOW DID YOU GET INTO HAIRDRESSING?

I was 15 and walking home from Ingleburn High School one day when I was offered a job. I left school on Friday and started work on Monday, and never looked back. I left hairdressing briefly for a time, but realised hairdressing was a good clean job so returned to the trade. I bought the business in partnership in 1973. It was for men only in those days but the business has since diversified. By the late 1980s, I owned four salons. If I was at work, the Harley would be parked out the front.

## WHAT'S THE SECRET TO YOUR SUCCESS?

I've been fortunate to have very loyal staff and customers. Some of my staff have been with me for 27 years or more. They're not only part of my business; they're family. Together with my wife, Laura, we strongly believe in giving back to the community. We've taken on an apprentice to help support people with barriers to work. We believe in training the young ones and giving them opportunities to learn. My mantra is 'if you do the work, you reap the rewards'. Enjoy what you do because life is short.

## TELL ME ABOUT YOUR EARLY YEARS.

I moved to Macquarie Fields in the 1960s from Armidale and was adopted by my aunty and

uncle after my mum passed away when I was young. I didn't really know my dad growing up but reconnected with him several years ago. My father was a World War II veteran and the war took its toll on him. When I first started hairdressing, I would look out on to paddocks, not a suburban street. I built a house in Ingleburn in 1981, which is still my home.

## RUGBY IS ONE OF YOUR GREAT PASSIONS.

I've been actively involved in the Ingleburn Bulldogs Rugby League Club in various capacities for 45 years. I was president for 13 years and an A-grade manager. I hung up my boots two years ago. It's time for the younger generation

to take over. My eldest son played on the junior representative side for Parramatta and St George.

## WHAT DOES THE FUTURE HOLD?

I'm enjoying taking a back seat to the business and seeing it evolve with my wife Laura and daughter Tomica at the helm. I get out and do other things too, such as tend to the gardens each week at Hepworths in Ingleburn, which won me an award in Campbelltown Council's Garden Competition. I've led a blessed life and have no regrets. I have six kids and 13 grandkids. I still cut hair and enjoy talking to clients. Hairdressing has given me a rich and fulfilling life.



A TRIP DOWN  
MEMORY LANE  
— OXFORD ROAD,  
INGLEBURN 1964.  
RON IS THIRD  
FROM RIGHT.

## CONTACT ANOULACK

If you have any ideas, comments or suggestions, or wish to discuss State Government matters, please drop into the office or contact me on **9618 2077** or email [macquariefields@parliament.nsw.gov.au](mailto:macquariefields@parliament.nsw.gov.au)

