

10 good things for kids to do..... *in Capel Sound*

At the beach...

1. When the sandbanks are out play cricket, practice your dancing or gymnastics or try skim boarding
2. Snorkel or run a net through the seaweed and see what creatures you can find
3. Hire a dinghy or kayak and get out on the water
4. Take a picnic or enjoy a meal of fish and chips with your family and friends

On our foreshore...

5. Ride your bike along the bay trail and see what adventures you can find

In our reserves...

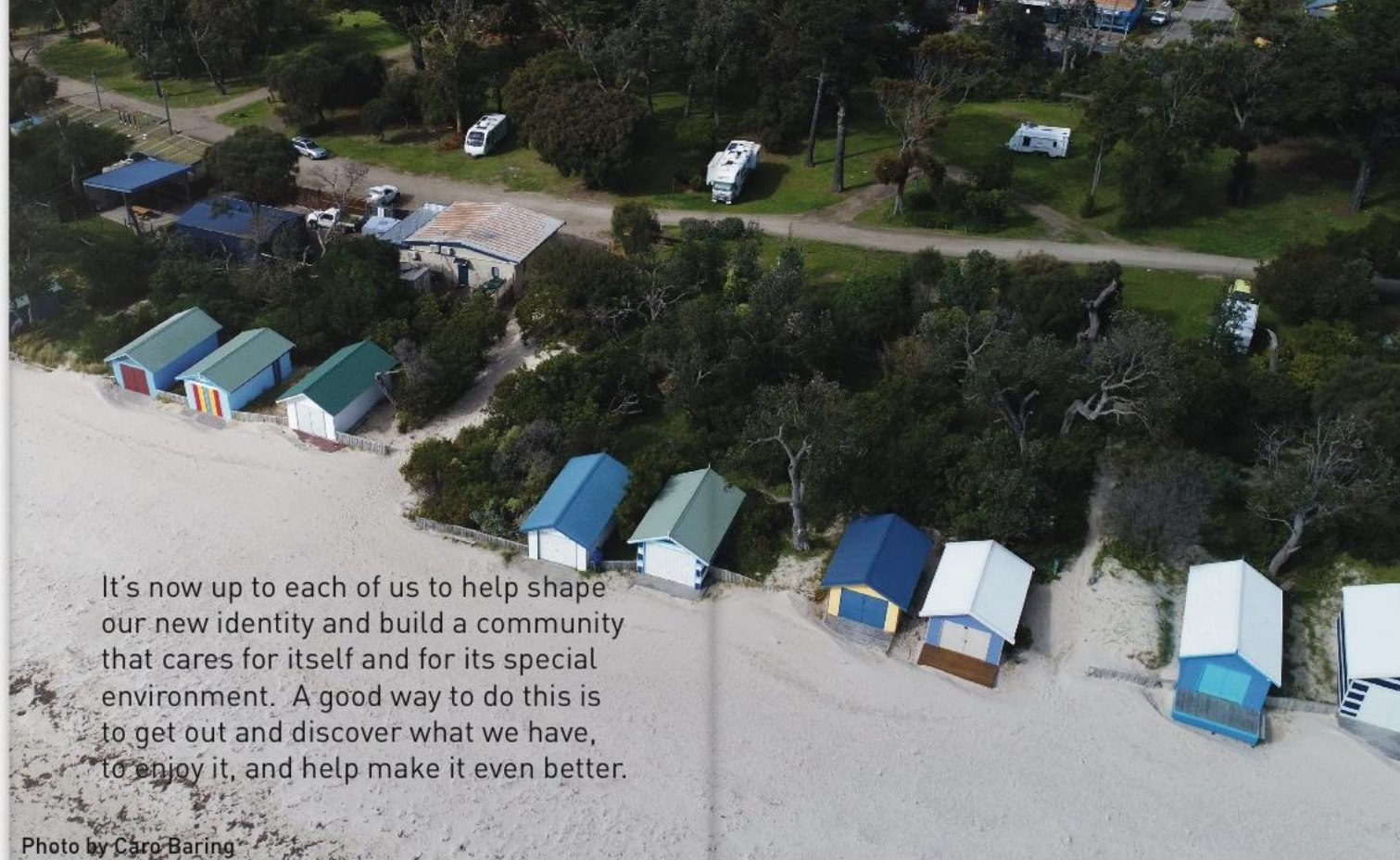
6. At the Truemans Road Reserve, join a sporting club or enjoy the playground and wide open spaces to run or kick a ball...or do whatever you want. Try the BMX track
7. At Vern Wright Reserve in Elizabeth Ave, try barefoot bowls. Even give your dog a run leash free
8. On a windy day, make and fly a kite

In the wetlands...

9. Enter from Tern Ave and look, listen and see how many different creatures you can see and hear....and how many you can identify.

At Seawinds Hub...(in Allambi Ave)

10. For Babies and Toddlers: Take Mum and join a Play Group
For Pre-Schoolers: Away from the noise of pollution of busy roads, enjoy child care or Kindergarten in a safe, relaxed environment;
For 12-20 year olds: Participate in the Youth Art Comp and enjoy having your work displayed in public



It's now up to each of us to help shape our new identity and build a community that cares for itself and for its special environment. A good way to do this is to get out and discover what we have, to enjoy it, and help make it even better.

Photo by Caro Baring

If each of us does just one thing we don't normally do Capel Sound will be a better place. Why not see how many you can manage to do?

Should you have other ideas or require more information please direct them to:

Capel Sound Community Group

www.capelsound3940.org

c/- Seawinds Community Hub (03)5982 2204

21
good things to do in
Capel Sound





Living in Capel Sound

It seems things have come a full circle. Way back in 1840 (177 years ago) the place we now live was known as Capel Sound as it was located next to a bay feature of that name.

A 'sound' is an area of deeper water where ships could find safe anchor in a storm and Capel Sound was surveyed and named in 1836. The Sound was named after the then Commander of the Royal Navy's Far East Squadron, Thomas Baden Capel.

On 15 September 2016, the Victorian Government formally changed the name of Postcode 3940 from Rosebud West to Capel Sound - interestingly, we are now the only township on the Peninsula named after a bay feature. The name change was to allow us to build an identity of our own and not be considered as merely an outpost of Rosebud. And the fact is, we are unique. Most of Capel Sound exists on a bay bar that was only formed some 5,000 years ago. For thousands of years the Tootgarook Swamp has been an important food source for Bunurong Aboriginal people on their seasonal migrations.

We're bordered by the unique Tootgarook Swamp to our south and the north facing white sandy beaches of our spectacular Bay. None of us live more than 1.8km from the beach. We have wide quiet streets, great recreational reserves and a vibrant village. The borders of Capel Sound are shown on the aerial photograph above.

21 good things to do in Capel Sound

1. Enjoy a coffee and read the local paper at one of the cafés along Point Nepean Road
2. Have a quiet drink or dance the night away to some great live music at the Sound Bar in the Village
3. Have dinner with your friends or neighbours at one of our diverse restaurants
4. Stock up on supplies from traders in the Village
5. Buy fish and chips and eat them amongst the colourful boatsheds on the beach while watching a spectacular sunset
6. When the north wind blows spend time watching the exciting and colourful kite boarders ...or sign yourself up for a lesson.
7. Enjoy a swim, fish or sail within the pristine waters of Capel Sound...or take a barefoot walk along the sandbanks at low tide
8. Join one of the local walking groups and enjoy a stroll along the foreshore, followed by a coffee with your fellow walkers
9. Jump on your bike and explore the Southern Peninsula along the Bay Trail
10. Visit Truemans Reserve and watch (or participate) in one of the many sports played there
11. Try barefoot bowls (or croquet) followed by a happy hour drink on a Friday afternoon at the Vern Wright Reserve. Or let your dog run free in the adjacent leash free reserve.
12. Volunteer to lend a hand at:
 - Seawinds Community Hub
 - Eastbourne Primary School
 - Friends of Chinaman's Creek
 - Capel Sound Foreshore
 - Rosebud Hospital
13. Help Cameron and Jessica save our unique wetlands by joining, donating or supporting their team at www.savetootgarookswamp.org
14. Get involved in shaping Capel Sound by joining the Capel Sound Community Group www.seawindscommunityhub.com.au
15. Visit Seawinds Community Hub and be amazed at the services and facilities you can access

16. Witness the great innovations that have been pioneered at Eastbourne Primary School
17. Look up, and watch the regular overhead flight of the swans, ibis and pelicans. Ponder where they've come from, where they're going... and why?!
18. Pick up some stray rubbish and bin it properly
19. Collect seeds from indigenous shrubs, trees and grasses and germinate seedlings to plant in your gardens and nature strip. This will create a place that makes people feel good while providing habitat and green corridors for our birds and animals
20. Grow some veggies for you and your family...and some to share with your neighbours. Or share something you have baked
21. Look in on a neighbour and see how they're doing

visit www.capelsound3940.org

