

UNITE!

NEWSLETTER

ISSUE 22 | MARCH 2020
AUTUMN EDITION

CDC VICTORIA'S QUARTERLY NEWSLETTER FEATURING UPDATES, DEVELOPMENTS AND THE PEOPLE WHO DRIVE THE BUSINESS.



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FIRST CAMPAIGN**
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UPCOMING EVENTS

MARCH 2020

- 4** Virgin Australia Melbourne Fashion Festival
- 5** International Women's Day Rally
- 7** Melbourne Holi Festival
- 7-9** Ballarat Begonia Festival (CDC running shuttle buses)
- 15** Australian Grand Prix 2020
- 16-27** Taste of Harmony
- 19-22** Light Up Melbourne Festival
- 19-29** Melbourne Food & Wine Festival
- 21** Dreamland Theme Park Music Festival 2020 (Luna Park)
- 22** 2020 MS Melbourne Cycle + Half Marathon
- 25-29** Melbourne International Flower and Garden Show

APRIL 2020

- 10** Good Friday
- 12** Easter Sunday
- 10-13** Beechworth Golden Horseshoes Festival 2020
- 14** School resumes
- 24** Bright Autumn Festival
- 26** Sri Lankan Festival Melbourne

MAY 2020

- 1-3** Dog Lovers Show Melbourne
- 3** World Laughter Day 2020
- 9-10** Big Vegan Market
- 10** Melbourne - Mothers Day Classic
- 29-7** Melbourne International Jazz Festival

W E L C O M E

CEO'S MESSAGE



Dear team,

Happy New Year, I hope 2020 finds you well.

We had a big finish to 2019 with all depots running great Christmas functions. It was easy to see that food and cooking is a skill that our staff take great pride in and are experts at. I was fortunate to get to a number of depot functions and it was impossible to pick a winner. On top of these functions, CDC

participated in the African Music and Cultural Festival held at Federation Square. This was a great celebration of the contribution that our diverse African Australian community make to our nation. And like our Christmas celebrations, food was a big part of the festivities.

We have and are experiencing some very scary events in Victoria. Late in 2019 Victoria was hit with devastating bush fires, some of which burnt uncontrollably for many weeks. The sheer remoteness and the roughness of the terrain made it impossible for firefighters to get to some of these fires let alone get them under control. The stifling heat wave and vicious north winds added to this very dangerous situation. Gippsland and North East Victoria bore the brunt of this devastation and had it not been for the selfless acts and bravery of the our emergency services including the CFA and SES, the impact of these fires on people and property would have been much worse - for which we are so grateful. At CDC we are very pleased to report that several of staff members are active members of the CFA and SES and participated in the efforts to save lives and property. Thank you. I am personally very proud that our company made a significant donation to create a fund to support those affected by the bushfires. The community spirit lives strong in CDC.

From bushfires to a flu-like virus our community is being tested. Coronavirus is not new but has been known for many years and has been present in some animals for even longer. The current outbreak is having a tragic effect across many countries. We are monitoring the situation very closely and are distributing the most up-to-date information available from the Department of Health. Australian authorities have been very proactive to criticism from others, in trying to stop the spread of this virus. The spread and impact of this virus is slowing and this is a credit to the early intervention of health authorities across the world.

Please be diligent and take the advice posed on the boards. The most significant action you can take that will stop the spread of many forms of any virus is hand hygiene, hand hygiene and hand hygiene. Hopefully we are not too far away from finding a vaccine that nullifies the Coronavirus and in the future we are referring to the Coronavirus in the same manner we now refer to the SARS virus.

We have a big year ahead! The start of another school year and thousands of children across our network rely on our great

service each and every day. We are being challenged by roadworks and traffic congestion on many of the routes we service. Please be patient, be safe and just do the best you can in the circumstances. We understand at times that we will not be able to make all off our timing points however every one we make is a positive and helps us to meet our contractual obligations. Our community is dependant on our service and your efforts are greatly appreciated.

In March we will be celebrating our cultural diversity by participating in 'A Taste of Harmony', coinciding with our first 'Cultural Census', where we will seek some information from you as to your cultural background. We are incredibly lucky to have such a diverse workforce and community and can't wait to hear more about it from you all. Looking at previous years photos, I can't wait to see the colourful cultural attire getting around and servicing our community. Please be engaged and share your story, your passion and of course, your recipes.

There is a nice spread of articles for you to enjoy in this edition. Thank you to all that contributed. It is great to see the CDC brand hit Mildura. The CDC depot and buses are really popping in Sunraysia!

Until the next edition please keep safe, please keep healthy and keep happy because the world of buses is a wonderful world.

Sincerely,

Jeff Wilson
Chief Executive Officer – CDC Victoria

WELCOME ONBOARD TO ALL OUR NEW EMPLOYEES

Daryl Tzavaras, Alf Royle, Paul Camilleri & Odysseas Karapidis (BALLARAT), **Jordan Psathias, Shaun O'Brian & Elizabeth Scieberras (SUNSHINE)**, Naeim Taherzadeh, Biljana Cavic, Milan Matic & Nolan Quilonio (OAKLEIGH), **Sam Salvanthan (formerly from Tullamarine), Ondi Rusli, Ragawa Maruti, Van Chien Truong, Apo Afoa & Kerry McCartney (WYNDHAM)**, Ben Ryan, Gordon Mayne (previously from Ballarat), Rod Seymour & Mandeep Singh (GEELONG), **Warren Moss (TULLAMARINE)**

FROM YOUR SERVICE DELIVERY MANAGERS

GEELONG

Once again it has been a busy start to the year. We have welcomed a number of new drivers to our team and I hope they are enjoying their time with CDC.

We were recently advised of the outcome of the Geelong Grammar School tender, which included their commuter buses and charter services. Some of our services have changed but we have managed to hold on to some while gaining others. The nett effect for us is the same number of buses and drivers however some of the routes we operate will be shorter. For us this is still a positive outcome in a very competitive environment and will secure this work for the next 5 years. We should also continue to operate the majority of their charter services and expect an increase in some of these areas. Thanks to everyone who assisted in this project. We have also negotiated an extension of our Ford contract, which will secure this extended service for another 12 months.

We are currently planning for a minor roster change for the beginning of Term 2 to coincide with the Geelong Grammar changes. A new roster committee will be established to assist with this process. The Department of Transport have advised that we should still expect a timetable change later this year which will require a more significant roster change.

As we prepare for a new incentive-based contract (similar to our metro depots) you will continue to see an increased focus on our performance. The Geelong depot currently operates at around 83% on time running, which is lower than our target of 90%. We also continue to have an issue with early running, which hovers around 8%. We will need to work hard to focus on lowering this as it will have a significant impact on our performance levels.

By the time you read this, there will be a new Service Delivery Manager in Geelong. I would like to take this opportunity to thank all of the depot staff for your help and support over the past 4 years. There are many people and things about the Geelong depot which I will miss and I wish you all the best for whatever the future holds.

Doug Nyman, SDM at Geelong Depot



SUNSHINE

Now with 2020 in full swing, I would like to thank all of the Sunshine team for your efforts over the summer period. We have faced some challenging days with both extreme weather as well as being blanketed with smoke haze from the bush fires. We were lucky enough to celebrate the Lunar New Year with a feast provided by a fantastic group of drivers, along with this important celebration we also raised \$680 towards the bush fire relief for wildlife. This event really showcased the community spirit of Sunshine depot staff and you should all be very proud.

A big congratulations to Sunshine Workshop Forman Adam Lee and his wife for the safe arrival of a beautiful baby girl.

It has been a very busy time for Charter with our drivers covering both V/Line and Metro planned rail occupations on top of our regular school clients. We have received compliments from both V/Line and Metro for our professional service delivery. Well done to all involved as there is a huge amount of work behind the scenes to be able to supply such a high standard of service.

We continue to see a reduction in early running from timing points - again this has been a fantastic effort from all of our route service drivers. Keep up the good work! Remember an on-time service equals a happy customer.

On Thursday 19 March, Sunshine will be holding the 'Taste of Harmony' celebrations. I am really looking forward to this as this will be my first and I have only heard good things from previous events. See page 15 for poster details.

Until next time, stay safe and thank you again for all your hard work!

Shaun Lawson, SDM at Sunshine Depot

CDC MILDURA & BROKEN HILL

A step in the right direction? The end to another year and the start to a new year - our steps to take have turned into leaps and these leaps are taken with absolute positivity by all staff in Sunraysia and Broken Hill.

Mildura has seen the installation of a new shade sail for the comfort of all staff in the excessive, dry and dusty climate we face. The shade sail is bright orange as a representation of the transition that is occurring with CDC colours. It is appropriately positioned and a positive reminder of the care and gratitude CDC Victoria has for all their staff.

Kanandah Road has been confirmed as the new stomping ground for depot relocation in Broken Hill and is set for the first half of 2020. Tolerating the effects of the drought and persistent rolling dust storms, the employees have something to look forward to. This is going to drastically increase daily productivity, provide a safer working environment and comfort from extreme weather conditions.

Alongside the magnificent news of the new depot in Broken Hill, a big shift to the way communications between drivers, local Operations and the OCC has positively influenced day to day operations. Successful installation of the CDC Digital Network Radios has occurred in two town service vehicles and also the very remote and isolated Wilcannia and Menindee service vehicles.

The feedback from the drivers in Broken Hill has been very positive and provides another level of safety for them. A big thank you to CDC Victoria for taking an interest in the dynamics and safety of our staff. Well done to the IT and Network Planning Team for starting the rollout of the radio network.

Team morale and culture is growing between employees with the desire to prove the outback team has an "up and at 'em" attitude. We were also the proud winners of the \$500 2019 Staff Survey prize and are looking forward to putting the winning funds towards a valued suggestion by the employees.

Looking forward to the next quarter of deadlines, targets and challenges ahead.

Ash Loveridge, SDM at Mildura and Broken Hill Depot

WYNDHAM

I wish to start off by thanking all our staff at Wyndham for your ongoing support, patience and most importantly, resilience with traffic delays and the way we conduct our services with a high level of professionalism.

Although the number of complaints received are high (mostly late running), the positive side is that there is a decline in complaints associated with driver behaviour. All employees are performing their work tasks with enthusiasm and with an aim to ensure that the team at Wyndham is effective and efficient.

As you would be aware with the recent bus movements, all route buses are now low floor buses and very shortly our aim is to equip most of the private school runs with similar buses to increase driving comfort and enhance passenger experience.

I would like to thank Danny Nguyen for his assistance in the Operations team and would like to welcome Harpreet Singh Thind and Amit Arora to take on the challenge of executing the role of Relief Operations Supervisors.

Once again, I thank you for your efforts and look forward for your ongoing support and dedication during these challenging times where roadworks constantly cause delays and detours in our day to day duties.

**Ravneet Walia, SDM at
Wyndham Depot**

BALLARAT

Welcome to 2020 a new year and a new decade.

It's hard to believe that we're well into term one and starting to plan events in term two.

Ballarat Begonia Festival in March and AFL matches returning to Ballarat will create some excitement and charter opportunities.

It is with sadness that we said farewell to Ballarat depot SDM Glenn McKenzie in January. Glenn headed up the Ballarat team for 10 years and was instrumental in the successful transition to the network upgrade in 2017 which saw a significant increase in drivers at the depot. We all owe Glenn a debt of gratitude for the opportunities he has given us all and wish him well in his new venture.

Our fortnightly BBQ continues to raise money for charitable causes and this quarter the SPaRCQ committee donated \$600 towards the Bushfire appeal. To those drivers who are also members of their local CFA, we pass on our sincere appreciation for what is at many times a thankless task.

Welcome to our new team members and a big thank you to all for a seamless start to the year.

**Roger Henstridge, Operations
Coordinator at Ballarat Depot**

TULLAMARINE

I can't believe it has been 3 months since we last communicated. The months and weeks simply fly by. We have seen a few changes over the past month and I welcome everyone at head office to their new positions. It may be challenging but hopefully will also be rewarding.

CDC Tullamarine have had some new shifts to contend with recently and we have tried to address some fatigue issues. We keep trying to improve problematic areas and we have more changes targeted for the 31st May with some increased services. Hopefully, it will all run smoothly.

We have 'Taste of Harmony' coming up soon. I was so pleased to learn we have at least 15 different nationalities and heritages to celebrate at Tullamarine. I love the smells of the lunchroom at times and this will give us all the opportunity to share a dish from our country and our heritage. Can't wait to try some amazing dishes!

We will also be celebrating Easter soon. To those who celebrate this special time in our calendar, Happy Easter. Enjoy the day with family and friends but most of all stay safe and take care.

**Frances Ross, SDM at
Tullamarine Depot**

OAKLEIGH

We're now well into 2020 and for those of you who have since returned from planned leave I welcome you back and hope you had a safe and refreshing holiday. For those who worked during the holiday period I thank you for persevering throughout this busy and hectic time.

2019 was certainly an exciting and progressive year for all as we introduced new Hybrid and Diesel buses, launched the 'Respect our Driver' campaign and secured the vacant block behind the workshop in order to park our buses - consequently reducing the risk associated with moving vehicles in a congested area.

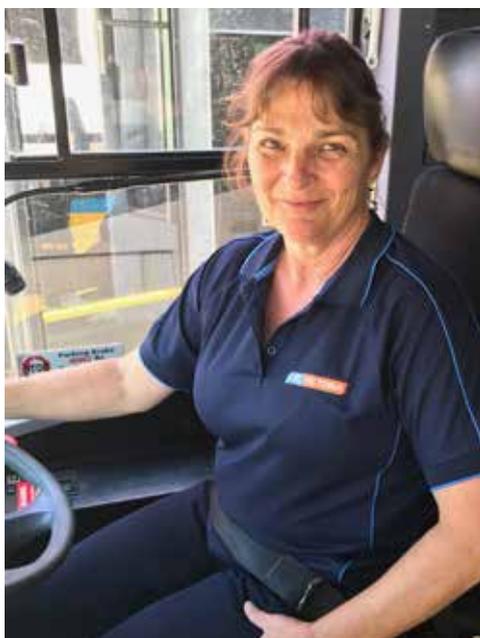
We finished the year on a high by successfully delivering the Chadstone S.C staff shuttles, the Chadstone - Oakleigh Shuttle and assisted with major rail occupations. Such tasks could not have been achieved without all of your hard work and determination and I specifically want to acknowledge our Supervisors, Gaylene Smith, Yograj Shilu and Gary Donaldson who continued to smoothly run our operations throughout this extremely busy period. Well done, guys!

2020 is already shaping up to be another exciting year with the 601 Artic bus coming into service soon, an adjusted route and

timetable for Route 605 commencing in late March and the expansion of our depot commencing later in the year.

As we focus on continuous improvement projects, it is imperative we do not lose sight of our SPaRCQ values and collectively work these values which will ultimately improve our safety record, customer experience and overall performance. I look forward to working with you all throughout this exciting year and wish you all a safe and successful 2020.

**Kaz Abdulrahman, SDM at
Oakleigh Depot**



CDC MILDURA AND CDC BROKEN HILL

We are pleased to announce that with effect from 1st March 2020, Buslink Sunraysia and Buslink Broken Hill have now been officially renamed CDC Mildura and CDC Broken Hill accordingly.

We are also pleased to announce that the transition of the bus fleet has commenced and some of the fleet is already in the new branding and this process will continue progressively.

More exciting changes will soon follow with new uniforms for all staff to be rolled out soon.

Timetable information for CDC Mildura is available on cdcvictoria.com.au and information for CDC Broken Hill will be housed on CDC NSW website at cdcbus.com.au.

AFRICAN MUSIC FESTIVAL



On the 14th of December 2019, CDC Victoria was pleased to collaborate with our associated business NPT at the 6th African Music and Cultural Festival (AMCF) at Federation Square. The AMCF is the largest annual African festival in Australia showcasing an amazing array of vibrant music, dancing, diverse arts, cultural performances and authentic African food.

This was the second time CDC supported this event and it was great to have NPT along for the ride. The free one-day event was a fun, family friendly affair with non-stop entertainment ranging from cultural performances, catwalk fashion shows, artists in traditional costumes and iconic drumming – all creating a memorable and unique experience that promotes cross-cultural awareness and understanding

of African culture in Australia. The hugely successful event involved over 35 African Australian communities and organisations attracting a crowd of over 40,000 people including representatives from the three tiers of government, non-governmental organisations.

For the purpose of the event, CDC's Promo Bus was converted into a Health hub for the day where NPT staff – Carolyn, Sue and Anne offered Free Health checks to the community. Over 110 people stopped for a health check and it was a great day for the various teams to engage with the crowd. NPT staff also promoted their non-emergency patient transport services and training courses. The atmosphere was buzzing and it was great to see CDC and NPT staff working so well together.



NEW HYBRID STICKERS



SAFETY FIRST

A new 'Safety first' campaign is being launched on our social media channels to address the top 10 safety issues on board our buses. The campaign addresses themes such as "holding onto the handrails, staying alert while on board, keeping children secure, respecting our drivers" etc.

The new campaign is scheduled to run in March on our Instagram, Facebook and Twitter channels. The aim of the campaign is to remind passengers and the general public to put safety first because many accidents can be easily avoided.

If you haven't already followed us on Social media, please follow us here.

[f cdcvictoriabus](#) [i cdcvictoria](#) [t @CDCVictoria](#)

Follow us on Facebook, Instagram and Twitter and stay connected.



As you are probably aware, CDC Victoria purchased the largest fleet of hybrid buses in Australia to date. 33 of the 50 buses are currently in operation and we have received lots of great feedback from passengers that the buses are quiet, smooth and make a huge difference to their usual journey. We also received some feedback that passengers were unaware that they were on a hybrid because only six of the buses received the full hybrid wrap. In order to distinguish the hybrids from the normal diesel buses, CDC worked with the Department of Transport to design some new hybrid stickers for our bus bumpers and the driver cabin. We love that the front bumper stickers really capture the attention and ensure our passengers know they will be travelling on an eco-friendly bus, while the driver door stickers help to reinforce this messaging.

FIREFIGHTERS AMONG US



Showcasing three CDC employees who were on the front line during the recent bushfires that rocked our nation.

The recent bushfires in East Gippsland and beyond really affected our nation and brought heightened media attention to the plight in Australia. Thankfully most of our staff and their families in Victoria were kept safe but the effects of the bushfires were certainly felt nationwide.

As a company, we were pleased to receive word that a \$250,000 Bushfire relief fund had been set up very quickly to provide assistance and support to communities and our staff in Australia.

In Victoria itself, we rallied together with many staff organising fundraising activities in aid of the Bushfire appeal.

In this issue of Unite, we speak to three brave souls who work for CDC and also volunteer their time as firefighters. They were all deployed in various parts of Australia during the most recent bushfires and they share their experiences with us.

MATT CAIN

First up, we have Matt Cain, our OCC controller - who decided to become a volunteer firefighter as he always had an interest in the emergency services. Matt says he wanted to be able to make a positive impact in his community and be there for people in their time of need.

Matt has been a part of the Caroline Springs CFA for almost

4 years now and is a Firefighter, Crew leader and also the Community Safety Coordinator. This means he is also responsible for delivering fire safety messages in the community, organising fundraising, community events, school / kinder visits, open days and more.

In the recent bushfires, Matt was deployed by bus to Buchan in East Gippsland with four other members of his brigade to help with the bushfires. They were there for 4 days and were tasked with doing assessments of peoples' properties as well as active firefighting and extinguishing hotspots. Matt says that this was a fantastic experience but was also quite confronting to see people who had lost everything.

Aside from the bushfires, Matt recalls one experience that has stuck with him most. Matt recalls being called out to a car accident on Greigs Road in Rockbank. He was in the first truck on scene and they were confronted with a car which had been ripped in half. One half of the car was still on the road and the other half was upside down against a tree with a lady trapped inside. At this job, Matt was inside the upside down section of the car providing reassurance and supporting the female drivers head to help reduce the risk of spinal injury.

"I was holding her head for the 50 minutes it took for the rescuer to cut her out and then assisted in loading her into the ambulance. She had quite severe injuries and to this day, I don't know if she pulled through or not," said Matt.

Matt agrees that sometimes, it can be a bit difficult juggling work and volunteering however, he puts his employment first and commits to the volunteering in his own time.

"CDC has definitely supported me in my volunteer work and this was something which I discussed in my interview when I first applied to work with CDC. My manager allowed me to have a week off work at not much notice to go to Gippsland," added Matt.



IT HAS BEEN A TERRIBLE TIME FOR THE STATE AND I JUST KNEW I HAD TO DO MY BIT FOR THE FIREFIGHTING EFFORT.



ADAM JONES

Adam Jones is a Workshop Foreman at Tullamarine depot and has been volunteering with the CFA for the last 26 years. Adam started his volunteer work at Barwon Heads CFA in 1994 and has moved around to various

brigades but has been with Anakie Fire Brigade for the last 5 years.

In the recent bushfires, Adam was a driver on the District 7 Strike Team. Adam worked 3 nights doing asset protection in the Township of Omeo and recalls the most memorable moment when Emergency Management Victoria (EMV) made the decision to evacuate the residents there.

"Five helicopters were sent in and landed on the Omeo Sporting oval (2 Australian Army Chinook Helicopters, 1 Australian Army Blackhawk Helicopter, 1 Royal Australian Navy MRH-90 Helicopter and 1 Victoria Police Helicopter). It was quite a sight!"

"It has been a terrible time for the state and I just knew I had to do my bit for the firefighting effort," added Adam.

Adam says that CDC has been very supportive by providing Community Service Leave and SDM Frances Ross has been very supportive as well.





SHAYNE BEASY

Shayne Beasy is one of our CDC Mildura drivers who first joined the CFA at the age of 18 whilst living in his hometown of Maryborough. After moving around to a number of brigades he is now stationed at Irymple fire brigade and has been for the last 12 years.

“As soon as I turned 18, I told my father (who was a member for 50 years) that I wanted to join the CFA. He asked me why and I told him that I have been awakened during the night for the last 18 years so I might as well get up and go with him.”



WHAT HAS KEPT ME GOING IS KNOWING THAT WHAT I DO HELPS PEOPLE AND ANIMALS IN REAL NEED.



Shayne has been volunteering with the CFA for the last 25 years.

Shayne was deployed to Mt Hotham in the recent bushfires and his role was Crew leader of five in the strike team. His duties included fighting out of control blazes and some back burning.

“Because I have had a lot of years fighting fires and have been deployed to many - like black Saturday (Marysville), Jamieson, Ash Wednesday, Maryborough - just to name a few, I’ve unfortunately experienced devastation everywhere.”

“It’s something you can never get used to but you just learn to deal with it, otherwise you couldn’t do what we do,” added Shayne.

Shayne always puts work before firefighting and agrees that the CFA would not want their members to jeopardize their employment either. He feels he’s been lucky enough over his CFA years to be employed by employers that always allowed him to help and continued to pay his wages including CDC.

“It creates great shortage in the CFA to find crews without this generosity so I guess it’s the companies contribution to fighting fire,” added Shayne.

Shayne has never been afraid of fighting fires and thinks that it might be because firefighting goes back generations in his family and is in his blood.

“What has kept me going is knowing that what I do helps people and animals in real need.”

We are amazed at the amazing demonstration of courage and community spirit each one of our volunteer firefighters demonstrates. We are so grateful for your servitude and cannot thank you enough for the amazing work that you do!



COMMUNITY
Living our SPaRCQ values

If you would like to volunteer as a firefighter, visit the CFA website www.cfa.vic.gov.au for more information.

NEW YEAR, NEW LIFESTYLE

These four CDC employees have one thing in common – they’ve all successfully changed their lives in the name of health. We chat to them about their lifestyle changes that have inspired us to take stock of our own choices.



BERNARD GUTU

Driver, Bernard Gutu from Oakleigh depot started walking and running in 2004 and added cycling to his list of preferred exercise regimes after his doctor diagnosed him with diabetes and high blood pressure. Bernard was 98kg then and was advised to do some exercise to help his condition.

He remembers that it was very difficult to change his behaviour when he first started but knew he had to make drastic changes

to get his health back into balance. Determined to make a difference, Bernard lost 18kgs (in 2 months) from walking and running and brought his blood sugar levels back to normal.

In order to fit regular exercise into his daily routine as a bus driver, Bernard cycles to and from work (32kilometers) four days a week. He varies this by running to work and back once a week as well.

“It wasn’t easy to begin with but I slowly built myself up and I am now free from common diseases like high blood pressure and diabetes,” said Bernard.

“I also watch what I eat and drink at least 2 litres of water every day,” added Bernard.

His family is so pleased by his results and on weekends, they all take walks together.

PROFILE

EBANEY ESPINOZA

Ebaney Espinoza is the Charter Services Representative at CDC Geelong. We wanted to share Ebaney's success story because we are so proud of her for losing 32 kilograms and maintaining it over the last 2 years.



Thirty-seven year old Ebaney first made the decision to be healthier 2 years ago because she didn't feel healthy and wanted to be a better example for her children.

Ebaney followed a strict Keto diet to start with. The Keto diet put very simply is low carbohydrate, high protein and high fat.

"After doing a bit of research online I found a simple meal plan online and started to follow it. I saw immediate results and decided to stick with it – now it has just become my new normal," said Ebaney.

Ebaney actually didn't start exercising in the gym right away and remembers that it was probably 12 months into her journey after she had already lost 15 kilograms that she found that she had excess energy to burn so she started working out.

"Sticking to the gym can be so hard especially when you're tired but these are the times you should push yourself to go just to prove to yourself you can do it," said Ebaney.

"I never regret training as I always feel so good afterwards – but I do regret it sometimes when I choose not to go," she added.

Ebaney now trains twice a week after work and brings her kids with her, if her husband is stuck at work and can't mind them. Ebaney actually loves working with weights in the gym and is not the biggest fan of cardio.

"Everyone's journey is different and what works for me, may not work for others – just find something that works for you and persevere with it," added Ebaney.



EVERYONE'S JOURNEY IS DIFFERENT AND WHAT WORKS FOR ME, MAY NOT WORK FOR OTHERS – JUST FIND SOMETHING THAT WORKS FOR YOU AND PERSEVERE WITH IT.



YIGZAW TIKU CHEKOL

Our last health ambassador to be put in the spotlight is Sunshine based driver, Yigzaw Tiku Chekol. Yigzaw began his lifestyle change in October 2019 and looks like a completely different person now.

He actually admits joining the Ultimate You 9-in-6 challenge with his wife to encourage her to change her lifestyle habits.

He also recalls putting on lots of weight and having pains in his back and legs as a result of weight gain.

Yigzaw trained four times a week fitting in gym sessions before or after work and stuck to a very strict diet that was provided by the gym.

"I actually joined the challenge to support my wife but in the end I lost 14 kilograms and broke the record for the amount of weight I had lost at this challenge."

PROFILE

ALEKSANDAR BIRTASEVIC

Forty-five year old Aleksandar Birtasevic from Sunshine depot started his journey 2 years ago as well because he wasn't happy with the way he looked and felt for a long time. Aleks used to be in the special forces in the army when he was younger and has a brown belt in Karate so he really could tell the difference with all the excess weight he was carrying. He also wanted to have more energy to keep up with this growing girls who are 10 and 14 now.

Aleks works out three times a week in the gym for about 2-hours per session. On the other days in the week, he also does cardio workouts and walks.

"I try to eat very clean where I count calories in my daily intake and balance my protein with carbs and healthy fats and I also fast," said Aleks.

To be honest with you, if you have the will, you will find time to work

on yourself, Everything else is just an excuse," added Aleks who has successfully lost 30 kilograms since he started his journey.

We're so impressed by his journey and according to Aleks, he feels, "amazing, limitless and full of energy these days."

Aleks is so determined to stick to a healthy lifestyle that he has plans to go on stage in an amateur bodybuilding competition in a few years.

Aleks does recognise however that it was really hard in the beginning and he struggled with bad habits and lots of ups and downs.

He feels so grateful to his family and especially his wife, for being his rock and for her constant support during his journey.

"I would like to encourage everyone to try to be a better version of themselves...the only

obstacle in your life is you and your mindset," said Aleks.

"You also need to be patient on your journey because real results take time and consistency is the key to success," added Aleks.



I ENCOURAGE ALL DRIVERS TO DO EXERCISE, EAT HEALTHY FOOD AND SLEEP WELL IN ORDER TO KEEP OURSELVES HEALTHY AND FIT.



He recalls that it was very hard for him to avoid all the sweet foods and change his eating habits but he is so happy and proud that he has seen such results now. He's also very proud of his wife for sticking with the program as well and would like to encourage more of his colleagues to think about changing their lifestyle choices as well.

"I encourage all drivers to do exercise, eat healthy food and sleep well in order to keep

ourselves healthy and fit," said Yigzaw.

Definitely words of wisdom we could all include in our daily lives. We are grateful for these role models who have paved the way and shown us that if they can change their lives, we can too!

We look forward to monitoring their success and cheer them on as they continue with the amazing work they've done since.



CDC trainers get a reality check experience by facilitating an orientation session for a local vision impaired client



OPERATION ORIENTATION

On the 10th December 2019, our trainers at Wyndham depot facilitated a special orientation session with vision impaired client, Huia Patena and her Orientation and Mobility Specialist from Guide Dogs Victoria, Jenny Black.

The one-on-one orientation session came about when Jenny reached out to us to try and help Huia (pronounced Ho-ya) achieve her goal of "becoming more independent while safely catching buses in her local area of Manor Lakes and Werribee."

Huia explained that she had not had a great deal of experience catching buses and because of her recent stroke which caused her to lose her eyesight, she was a little anxious at the thought of taking a bus independently.

What we also learned from Huia on the day (which you wouldn't otherwise know) is the stroke also affected her brain so cognitive function is delayed for her. This means that her brain processes things much slower than before and she can seem to be delayed when she is speaking or moving around.

We were so pleased to be able to facilitate this session with Huia and Jenny and learnt so much more about her accessibility issues and how we can better support brave people like her.

In the session, Huia was given practice with boarding and alighting the bus, priority seating, stop buttons, myki readers and emergency exits.

Our trainers also reassured Huia that our drivers were trained to assist passengers who may have additional needs and we are

grateful to have been able to learn more about accessibility issues from Huia.

"Even though we were facilitating the orientation session and helping Huia to become more confident to travel on our buses, we learnt so much more from her," said trainer, Neville Dewhurst.

"This experience has impacted our team so much and made us aware that sometimes there is more than meets the eye and not all disabilities are that obvious," added Neville.

If you know someone who might need a personal Orientation session at one of our depots, please help them reach out and we will assist as best we can.

Our website www.cdsvictoria.com.au has all our depot contact numbers.



A TASTE OF HARMONY

What cultural attire will you be wearing?

What dish will you be bringing?

Come to work in your Cultural Heritage attire or bring a dish to share with your colleagues & celebrate our multicultural identity with us.

| DEPOT | DATE | TIME |
|-----------------------|---------------------|------------------|
| Wyndham | Wednesday, 25 March | 11:00AM - 3:00PM |
| Tullamarine | Tuesday, 17 March | 11:00AM - 3:00PM |
| Sunshine | Thursday, 19 March | 11:00AM - 3:00PM |
| Oakleigh | Friday, 20 March | 11:00AM - 3:00PM |
| Geelong | Wednesday, 18 March | 11:00AM - 3:00PM |
| Ballarat | Thursday, 26 March | 11:00AM - 3:00PM |
| Mildura / Broken Hill | Tuesday, 24 March | 11:00AM - 3:00PM |
| Head Office | Friday, 27 March | 12:00PM - 2:00PM |
| NPT Noble Park | Tuesday, 17 March | 6:00AM - 1:00PM |
| NPT Mitcham | Friday, 20 March | 6:00AM - 10:00AM |
| NPT Thomastown | Tuesday, 24 March | 6:00AM - 10:00AM |

Note: NPT staff are required to wear uniforms.





Safety



Passion



Reliability



Community



Quality

COMPLIMENTS & COMMENTS



Well done, Maika Chang from Sunshine depot

I just have to compliment the driver of the 410 bus service that departed footscray at 2.27pm on 28th Jan. He was amazing with the seniors catching the bus, helping them with their shopping trollies and made sure they were safely seated before moving off. He also was very careful

about positioning the bus near the curb when they got off. The service he provided was very much appreciated by the passengers. Staff like this gentlemen make a big difference by making public transport accessible for those that need a little help. I don't know his name but he is worth acknowledging.



Keep it up, CDC Ballarat

I just want to compliment the friendliness of the drivers at Ballarat base since I moved up from Melbourne it's a pleasure to ride on the bus with a good morning when I board.

- PAUL NOAKE



Great job, Carl Ferraro from Tullamarine depot

Would like to compliment driver Carl on his driving, care for older passengers alighting to & from the bus and generally safe & thoughtful driving behaviour. Fantastic to get in the bus and feel totally safe. Well done Carl.



YAY FOR OUR ECO-FRIENDLY HYBRIDS

Customer called to compliment CDC buses as they are running new hybrid buses on Route 630. He stated that the new hybrid buses are very quiet and very effective and they produce less pollution.

- Paul Borg



FACEBOOK FEEDBACK REGARDING AN ORIENTATION SESSION WE RAN TO ASSIST A VISION IMPAIRED PASSENGER, HUIA PATENA.

Read more on page 14, Unite

I read your Facebook post dated 10th Dec 2019 concerning Huia and Jenny. Huia is my younger sister and I visited her in Sept 2019 to see how she was doing. I am from New Zealand (along with Huia) and it was great to see you guys helping her. She has not been and probably never will be the same bubbly, gasp bagging person but we love her just as much. Anyway I would like to say a BIG 'THANK YOU' for your assistance and spending time with her...and the extra efforts you guys go to - from all her family back here in New Zealand.

PS: I've saved this FB post ... I just love reading it and sharing with others in NZ

- Trudy Te Aho

