

Dear Subscriber,

Welcome to the PCAL monthly bulletin.

This bulletin reports up-to-date news and research of interest to people who want to promote active living choices in NSW. Previous bulletins are archived on the [PCAL website](#).

PCAL does not endorse or recommend any commercial products, processes or services that may be displayed through bulletin hyperlinks.



This issue at a glance...

- New PCAL Plan Making Case Study
- Sustainable Transport Guide
- Out-of-School Hours Usage of School facilities
- Australian Biking Infrastructure Rolls on
- Google Maps Goes by Bike
- Walking Meetings all the Talk
- Free Cycle Training extended until June 30th
- Heart Foundation Local Government Awards

Articles

New PCAL Plan Making Case Study

A new [NSW active living case study](#) is available on the PCAL site demonstrating how active living considerations can be incorporated into local council plan making procedures.

[Back to top](#) ▲

Sustainable Transport Guide

This Australian [sustainable transport guide](#) provides employers and employees with simple, achievable strategies to help reduce emissions associated with commuting.

[Back to top](#) ▲

Out-of-School Hours Usage of School facilities

A new US [Toolkit](#) has been released to help communities and school districts work together to increase access to recreational facilities on school grounds. The NSW Department of Education and Training has also recently released its [Community Use of School Facilities Policy](#).

[Back to top](#) ▲

Australian Biking Infrastructure Rolls on

Preparations for the Melbourne and Brisbane [bike hire schemes](#) continue while the [City of Sydney](#) has recently opened more two-way separated cycleways.

[Back to top](#) ▲

Google Maps Goes by Bike

US [Google Map users](#) can now choose a bicycling option which will allow them to find the best bike route to their desired destination.



[Back to top](#) ▲



Walking Meetings all the Talk

[Workplace walking meetings](#) are an innovative way to conduct a workplace meeting. Best suited to internal or small group meetings, walking meetings help respond to the increased body of [evidence](#) indicating that sitting for long periods is bad for your health, irrespective of whether you exercise vigorously.

[Back to top](#) ▲

Free Cycle Training extended until June 30th

The [DECCW cycling voucher](#) initiative offering free cycle education to NSW companies has been extended to 30th June 2010. The vouchers are free to NSW companies, councils and community groups to provide adult Austcycle training courses for everyone from beginners to experienced riders.

[Back to top](#) ▲

Heart Foundation Local Government Awards

Any council that has a plan, policy or program that focuses on creating a healthier community is eligible to apply for the [Heart Foundation Local Government awards](#). Councils who work cooperatively with community groups, schools, health and/or private industry are also encouraged to apply. Application close 4th June 2010.

[Back to top](#) ▲



'Walking Meetings all the Talk' image courtesy of David Byrne.

Not a member yet? [Sign Up](#)

You are subscribed as [email address suppressed]

[Unsubscribe](#) | [Forward to a friend](#) | [Webversion](#)