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2009 AUSTRALIA DAY AWARDS

Council is pleased to announce the following 2009 Australia Day Award Winners.

CITIZEN OF THE YEAR – GRAHAEM COLLINS

Grahaem has been presented this Award in recognition of his contribution to the Community. He has been a valued member of the Booleroo Centre township and district in community affairs for many years, being involved in the local Lions and Bowls Clubs and the Royal Australian Order of the Buffalo Lodge.

Grahaem is an eager worker with the Lions Club, becoming a member over 10 years ago, and volunteers at their fundraising events, cooking in the donut van and keeping the Lions Park in the main street of Booleroo Centre tidy.

Grahaem also volunteers his services to the community, collecting the morning paper and post and delivering to the local hospital, aged care facility, businesses and other residents in the town. *'No job is too big, too small, no weather too bad – he is always ready with a smile and a chat, he is reliable, honest and sincere'* was how Grahaem was described by his nominees.

Grahaem was born with cerebral palsy, a significant condition which has affected his learning ability. With the help of his parents, he has overcome many of these difficulties by sheer perseverance and practise.



YOUNG CITIZEN OF THE YEAR – ELLEN WILD



Ellen has been awarded the 2009 Young Citizen of the Year in recognition of her contribution to Wilmington and surrounding districts. Ellen has supported many community events and attended many working bees through the Wilmington Progress Society including the Australia Day Breakfast, Anzac Memorial Service, Yard Dog Trials, quiz nights, music events, art exhibitions and many others.

Ellen attends Booleroo Centre District School where she has been involved with the Student Representative Council and Formal Committee.

Her involvement in the community also includes being Chairperson of the Mount Remarkable Youth Advisory Committee since 2007. The Committee organises and facilitates youth events in the area such as the picnic in the Park for National Youth Week 2008.

COMMUNITY EVENT OF THE YEAR – BOOLEROO CENTRE STEAM & TRACTION PRESERVATION SOCIETY'S 40 YEAR RALLY

The Booleroo Centre Steam and Traction Preservation Society celebrated its 40th Rally in 2008. From very small beginnings, where the Rally was held on a farmer's property, the Rally, now held at the local oval, attracts interested people from all over South Australia, Australia and even overseas in March or April each year.

Apart from the magnificent display of stationary, steam and working engines and machinery, the Rallies over the years have been a great opportunity for local organisations to raise money by providing catering. This is estimated to have been in excess of \$51,000 over a 12 year period. The Committee has also donated over \$14,000 to the community, including the local hospital, CFS, aged care facility, schools and football and golf clubs during this time.



COUNCIL CONTACT DETAILS

Council Office: Tel: (08) 8666 2014
1300 726 252
Fax: (08) 8666 2169
Email: postmaster@mtr.sa.gov.au
Web: www.mtr.sa.gov.au

Postal Address: PO Box 94
Melrose SA 5483

Office Hours: 8.30 am to 5.30 pm Monday - Friday

Chief Executive Officer: Mr Sean Cheriton
Mob: 0427 663 333
Tel: (08) 8667 2457 (A/H)

Works Manager: Currently Vacant

Acting Works Manager: Mr Greg Cowin
Mob: 0448 655 975
Tel: (08) 8668 4303 (A/H)

Manager Admin Services: Mr Geoff Price
Mob: 0439 871 247
Tel: (08) 8666 2292 (A/H)

Development Officer: Mr Ron Ashenden
Mob: 0458 513 623

Environmental Health & Compliance Officer: Mr Mark Smith
Mob: 0488 655 797

Community & Economic Development Officer: Ms Muriel Scholz
Mob: 0458 696 337

Mayor: Cr Trevor Roocke (Plains Ward)
Tel: (08) 8667 2210
Fax: (08) 8667 2210
Email: tcroocke@bigpond.com

Deputy Chairman: Cr Mike Pearce (Ranges Ward)
Tel: 0418 370 797
Fax: (08) 8666 2098

Other Elected Members:
Cr Bill Hodgson (Coastal Ward)
Tel: 0438 624 147
Fax: (08) 8634 4148
Email: wercj.hodgson@bigpond.com

Cr Paul Kretschmer (Forest Ward)
Tel: (08) 8668 4343
Fax: (08) 8668 4344
Email: info@taralee.com.au

Cr Gordon Leue (Coastal Ward)
Tel: (08) 8634 7060
Fax: (08) 8634 7069

Cr Colin Nottle (Plains Ward)
Tel: (08) 8667 2180
Fax: (08) 8667 2180

Cr Marie Storey (Ranges Ward)
Tel: (08) 8667 5146
Fax: (08) 8667 5146
Email: mbstorey@bigpond.com

POSITION VACANT

MANAGER - WORKS & TECHNICAL SERVICES

An exciting and challenging opportunity awaits an enthusiastic and results oriented manager to join the Council in the position of Manager Works & Technical Services. Reporting directly to the Chief Executive Officer, this position is a vital contributor to and integral part of the organisation.

The position is responsible for the provision of quality and cost effective services in the areas of road construction and maintenance, waste management, parks and township maintenance and other works related areas.

Council is seeking a proven hands on manager who is committed to the principles of continuous improvement and motivated to quality outcomes. A tertiary qualification in engineering or proven experience, including strong people and financial management skills, are essential and experience in Local Government would be considered an advantage.

The successful applicant will be a team player with sound communication skills, a positive outlook and dedicated interest in cost effective outcomes.

This is a five year contract position with an attractive salary package, reflective of the responsibility and accountability of the position, to be negotiated subject to qualifications, skills, experience and performance.

Further information and a copy of the position description can be obtained by contacting Colleen Jacobs on 8666 2014 or from Council's website www.mtr.sa.gov.au. Applications including contact details for two current referees should be forwarded to:

Chief Executive Officer
District Council of Mount Remarkable
PO Box 94
Melrose SA 5483.

Applications close 5.00 pm on Friday 13th February 2009.

STRATEGIC MANAGEMENT PLAN 2008 - 2020

2020 Vision – Unobstructed foresight

The Following is an extract from Council's Strategic Management Plan which covers Economic and Tourism Development.

Growing Prosperity

Our residents and ratepayers enjoy and expect ongoing access to a high level of facilities and services in their communities and high standards of living. For this to continue we require growth in the local and regional economies, jobs and populations.

STRATEGIES

3.1. Facilitate population and jobs growth

- 3.1.1. Maintain Council's membership, liaison and active relationship with the Southern Flinders Ranges Development Board (SFRDB)
- 3.1.2. Require the SFRDB to develop and implement an economic development plan which recognises and realises the District's economic potential
- 3.1.3. Ensure that Council's Development Plan focuses on and caters for the future economic development of the District
- 3.1.4. Develop and distribute an appropriate investment attraction publication to raise awareness of local opportunities and to create jobs
- 3.1.5. Develop and distribute an appropriate publication to raise awareness about the District as a residential location and to increase population
- 3.1.6. Engage a fulltime Community and Economic Development Officer to undertake a range of economic, community and grants development activities
- 3.1.7. Take a proactive role in attracting property developers to the District
- 3.1.8. Consider undertaking property development in the District
- 3.1.9. Advocate for the provision of electricity and telecommunication infrastructure to meet community needs and expectations

3.2. Facilitate community leadership and involvement in economic and tourism development

- 3.2.1. Facilitate the development of Community and Economic Development Plans for our main towns
- 3.2.2. Establish a community based "Community and Economic Development Advisory Committee"
- 3.2.3. Encourage Community Progress and Development groups to take an active role in economic and tourism development in their towns
- 3.2.4. Develop, promote and sponsor an annual "entrepreneurs award" for the best new business initiative in the District
- 3.2.5. Investigate options to establish a 'community chest' to provide start-up capital and/or mentoring to new businesses
- 3.2.6. Encourage businesses to support and implement a "one more employee" program, to grow local jobs

3.3. Support industry diversification and development

- 3.3.1. Facilitate the production and distribution of a discussion paper outlining appropriate industry diversification and value-adding opportunities
- 3.3.2. Develop and implement a business assistance scheme to provide financial incentives for the establishment of new businesses or the expansion of existing businesses within the Council area
- 3.3.3. Encourage the development of home based businesses
- 3.3.4. Facilitate the investigation of opportunities to develop alternative energy infrastructure within the District

3.4. To encourage and facilitate tourism development and growth for the benefit of our communities

- 3.4.1. Maintain support for regional tourism development and marketing groups (SFRTA and FROSAT)
- 3.4.2. Actively participate in and facilitate various groups involvement in the promotion and development of tourism
- 3.4.3. Facilitate the development of tourism facilities and attractions
- 3.4.4. Actively lobby and pursue funding for tourism development
- 3.4.5. Promote the District's tourism attractions
- 3.4.6. Continue to employ a shared regional Tourism Development Officer
- 3.4.7. Implement appropriate tourism regional/master-plan initiatives
- 3.4.8. Pursue opportunities to develop old rail corridors as multi-use trails



COUNCIL MEETING UPDATES

Meeting updates are written following each Council meeting and may not reflect follow-up decisions etc.

DECEMBER COUNCIL MEETING HELD TUESDAY 16TH DECEMBER

AUSTRALIAN COUNCIL OF LOCAL GOVERNMENT

Council received a Report from the Mayor on the outcomes of the inaugural Australian Council of Local Government meeting in Canberra held in mid November, which was attended by over 450 Councils from across Australia. Just over 50 of South Australia's 68 Councils were represented.

The most significant outcome of the forum was the announcement by the Prime Minister of the Regional and Local Community Infrastructure Program, a \$300 million allocation to Local Government. Under the program, Council will receive the minimum allocation of \$100,000 (as population is less than 5,000).

The forum provides Council with a unique opportunity to speak with Government Ministers and Departmental Heads on various matters relevant to Councils and will prove extremely valuable to Councils over time.

MAIN NORTH ROAD TURN OFF A CONCERN

Some concern was raised regarding the safety of road users turning from Main North Road into the newly established Hickory's Run business south of Wirrabara. The concerns had been raised by members of the Community and conveyed to Council via the local Ward Councillor. Council has agreed to convey these concerns to the Department of Transport, Energy and Infrastructure who are responsible for Main North Road.

COUNTRY HEALTH PLAN PRESENTATION

Council received a presentation from Mr Roger Kirchner, Director of Mid North Health within Country Health SA, on the Country Health Strategy.

During the previous consultations earlier in the year, Council had expressed significant concerns with the proposal contained within the first Plan and as a result, took an active interest in the revised Country Health Strategy currently undergoing consultation.

Council noted the extremely short period of consultation on the strategy, which had also been conveyed to the Minister upon its release.

FORESTRY SA LEASE

Council has considered a revised proposal from Forestry SA for the lease of land associated with the Bluff Communications facility. The revised lease fee has decreased from \$4,575 to \$550 per annum, based on the Community use and value of the facility and has been considered by Council to be acceptable. Prior to signing, Council will seek a further reduction in the lease fee from Forestry SA.

FINANCIAL SUPPORT TOWARDS DROUGHT RELATED EVENTS

Council will provide the Rural Health Team within Mid North Health with a financial contribution of \$1,000 towards several Community events aimed at addressing the effects of the drought on our Community members.

The Rural Health Team are proposing to run several Community events throughout the area aimed at providing an opportunity for people to gather and socialise as a way of relieving some of the drought related stresses that are being experienced. Whilst events are proposed for Wilmington, Appila and the Willowie, Bruce and Hammond areas, Council has also suggested that events for Port Germein also be considered.

CYCLE TRAIL PROPOSAL

Council considered and provided it's in principle endorsement to a proposal to build a walking and cycling trail from the Melrose Caravan Park to the monument and linking with the Melrose Mountain Bike trails.

The proposal, called "Kiss the Sky" is consistent with the Cycle Tourism Master Plan, would require a financial contribution from Council towards the section of trail on Council land between the Caravan Park and the monument.

WILMINGTON RODEO DRY ZONE PROPOSAL

Council considered a proposal put forward by the Officer in Charge of the Booleroo Centre Police Station to put in place a short term dry zone for the Wilmington township for the weekend of the annual rodeo. The proposal had been discussed with members of the Rodeo Committee however Council considered that the timeframes were not sufficient to have the short term dry zone in place for the 2009 event.

In determining this, Council has encouraged the Police to work with the Wilmington Community and the Rodeo Committee with a view to having a short term dry zone in place for the 2010 event. This will allow sufficient time for the zone to be put into place and will also allow for it to be advertised and brought to the attention of potential attendees.

PHONE SURVEY

Roy Morgan Research will be undertaking the Local Government Association of South Australia Community Survey in this District commencing in early March.



If you receive a phone call from Roy Morgan Research advising that they are conducting a survey on behalf of Council or the Local Government Association of South Australia, it is legitimate.

Please contact the Council office or Roy Morgan Research if you have any questions regarding the Community Survey.

COUNCIL MEETING UPDATES

COMMUNITY BUS TRANSFER

Council received and considered correspondence from the Booleroo Health Service of Country Health SA proposing to transfer to Council's ownership and control, the Mount Remarkable Community Bus. Council recently contributed \$20,000 towards the changeover of the Bus and with the uncertainty that surrounds the future of Country Health in South Australia, it was considered that this may be a positive move to ensure that the asset remains for the Community's benefit.

Council has given its in principle support to the proposal with further work to be undertaken between the Health Service and Council over coming months to facilitate a transfer of ownership

BOUNDARY ALTERATION PROPOSAL

Council received and considered advice from the Boundary Adjustment Facilitation Panel that despite Council's objection to the initial proposal, it had received a request and subsequently granted an extension of time for the proponents of the Port Germein / Port Flinders Public Initiated Submission to lodge it with the Panel.

The Panel subsequently determined that the most appropriate action for the proposal is to consult with the general community, through a defined consultation process under the Local Government Act, whether there is sufficient support for the proposal to warrant or justify the Panel formulating and considering a proposal of its own.

This lengthy process will see the Panel seek written public comment on the proposal and will consider whether a public meeting in the area is required. The Panel is also required to consult with the two Councils. Once these processes have been undertaken, the Panel will then determine whether the proposal should proceed to be formally considered, be amended or lapse.

In response to the correspondence, Council will be taking an active role in reaffirming its determined position against the proposal. This will involve a number of approaches including challenging the Panel regarding the timing of the submission and the timeframes stipulated in the Act, providing a detailed response to the matters raised within the submission that were outdated and incorrect, providing the Panel with copies of the 170 submissions received earlier in the year when the Public Initiated Submission was made, and a number of other activities.

Residents and Ratepayers are encouraged to be actively involved in the New Year when the Panel makes its call for Public Submissions to ensure that their views and opinions are taken into account.

INTEGRATED STRATEGIC TOURISM PLAN ENDORSED

Council has received the Final version of the Flinders Ranges and Outback SA Integrated Strategic Tourism Plan which has been developed by consultants and stakeholders over the past twelve months.

The primary purpose of the plan is to not only increase the number of visitors to the region, but to also increase the levels of expenditure by new and existing visitors. It is anticipated that the Plan will undergo a general public consultation process early in the New Year and residents are encouraged to read and consider the plan and provide feedback as considered necessary.

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JANUARY COUNCIL MEETING HELD TUESDAY 20TH JANUARY

CONSTITUTIONAL CONVENTION SUMMIT OUTCOMES

Cr Mike Pearce provided Council with a brief presentation on the recent Constitutional Summit that he attended, as a Council representative, in early December. Cr Pearce outlined the Summit program and outcomes as Local Government, as an industry on a National basis, seeks to realise Constitutional Recognition. The Summit was well attended by representatives from all parts of Australia and has been considered to be a huge success. Council will join with other Local Government Authorities in the push for recognition of Local Government over the coming months.

THE FUTURE OF REGIONAL DEVELOPMENT BOARDS

Council has sought to have a presentation from the Executive Manager of the Southern Flinders Regional Development Board, at the February meeting. Significant changes to the current structure and delivery of economic development services have been proposed by the Commonwealth and State Governments and Council wishes to keep abreast and up to date on these matters. It is anticipated that Mr Malcolm will provide Council with a broad overview of the new proposals and outline the potential impacts that they have on Local Government generally, and on this Council.

COUNCILLOR APPOINTED TO NRM UPPER NORTH GROUP

Cr Paul Kretschmer has received formal advice from the Northern & Yorke Natural Resources Management Board of his appointment as a member of the Upper North Group.

Cr Kretschmer was nominated by Council for a position on the Group earlier last year when a vacancy became available. Council felt it appropriate to endeavour to have direct representation on the Board or Group given the significant role that Local Government plays in the Natural Resources Management arena.

REMINDER DUE DATES FOR PAYMENT OF RATES

<i>3rd Installment</i>	12 th March 2009
<i>Final Installment</i>	11 th June 2009



COUNCIL MEETING UPDATES

REGIONAL AND LOCAL COMMUNITY INFRASTRUCTURE PROJECTS IDENTIFIED AND ENDORSED

Council has finalised its schedule of identified projects under the \$100,000 allocation from the Commonwealth under the Regional and Community Infrastructure Program. At its December meeting, Council identified an approach of spreading the allocation across all of the Council's communities on an equitable basis. The projects will now be submitted to the Commonwealth for approval and inclusion in contractual deeds to enable Council to receive the funding.

The projects identified in each of the Communities are as follows:- Wilmington - Shade sail over playground near Hall; Port Germein - Toilets at Oval; Paving the Goods Shed; Wirrabara - Upgrade kitchen in Hall; Port Flinders - Installation of power and water at the proposed boat ramp site; Booleroo Centre - Landscaping in Stephens Street, north of the CFS building; Melrose - Address pooling of water on Tennis Courts; Extend verandah on the Sporting Complex building; Replace ceiling in Masonic Lodge building; Landscaping and playground in Memorial Park gardens; Murray Town - Upgrade toilets; and Appila, Willowie and Hammond will each receive \$2,500

Once the funding has been approved by the Commonwealth, Council will work with the various Communities to deliver the projects prior to the 30th June 2009. It is specifically noted that Council will not be giving the funding to Community groups to spend, but will be working with them to achieve the required outcomes.

SHARED SERVICES INITIAL REPORT ENDORSED

Council has endorsed the initial report provided by the LGA consultant John Devine, into shared services opportunities for Council, the Flinders Ranges Council, the District Council of Peterborough and the District Council of Orroroo Carrieton. The report proposes three high priority areas of opportunity that the Councils will now seek financial assistance from the LGA to further explore.

The three areas identified are Works Maintenance, Corporate Services and Environmental Sustainability and Waste Management. These were considered priorities due to the significant benefits that may flow to the Councils and their Communities from a shared approach to service delivery.

PORT FLINDERS WATER SUPPLY – UPDATE

Council received a general report from Officers at the Meeting regarding the status of the Port Flinders Water Supply project, and was advised that a formal response was received from SA Water in early January to the request to increase the minimum amount of water available for the Scheme. After a period of approximately six months, SA Water has agreed to the proposed increase which has allowed the Consulting Engineers to continue with finalising their design work for the remaining components of the system.

Council expects to receive the designs for consideration in early to mid February.

LEGISLATIVE PROPOSAL PACKAGE

Council considered at length a series of Legislative Amendment proposals from the Minister for State Local Government Relations, the Hon Gail Gago MLC. The package of proposals was released by the Minister just prior to Christmas and sought feedback from all Councils by early February.

The package included a Local Government Accountability Proposals Paper and two Local Government Act Amendment Bills, the first dealing with Council Allowances and the second with a range of tidy up issues identified during the first 10 years operation of the new Act. Council has indicated its position in respect of all of the matters contained in the package and these views will be conveyed to the Minister in due course.

PORT GERMEIN OVAL

Council has given its in principle support and endorsement to a proposal by the Port Germein Progress Association and Community to upgrade and develop facilities at the Port Germein Oval. The area on the western edge of the township has a range of old infrastructure in place, and the Community wishes to upgrade it and provide additional facilities, such as a BMX track, for the residents of the township.

Council will work with the Port Germein Progress Association and Community on the project which has already received a financial allocation from Council through the Regional and Community Local Infrastructure Program.

MINISTER'S RESPONSE RECEIVED ON REGIONAL DAP

Council received and considered correspondence from the Hon Paul Holloway MLC, Minister for Urban Development and Planning, in response to Council's comments regarding the draft Regulations for the establishment of a Regional Development Assessment Panel with the neighbouring three Councils.

The Minister has agreed to re-draft the regulations to allow the Regional Panel to consist of an independent Chairperson, with one representative of each of the four Councils involved.

It is anticipated that this change, from the Minister's proposed 9 member panel with 5 independent persons, will result in a significantly more effective panel, from both an operational and financial perspective.

Council will now wait for the re-drafted Regulations to be provided by the Minister before considering the matter further.

DEVELOPMENT MATTERS

WHAT IS DEVELOPMENT? DO I NEED A PERMIT?

From the 1st January 2009 the Development (Exclusions) Variation Regulations 2008 ('the Regulations') came into effect. This is the first stage in a series of changes to be introduced during 2009 to speed the approval process for common residential development matters.

The first stage includes expanding 'exempt development'. Most building work requires assessment and approval. 'Exempt development', however, requires no development assessment or approval at all when built ancillary to a detached home, semi-detached home, townhouse or even apartments.

The types of 'exempt development' includes structures meeting certain conditions as detailed below:

- Sheds
- Decks
- Solar panels
- Roller doors
- Retaining walls
- Pergolas
- Shade Sails
- Water tanks
- Certain fences

Sheds: If the shed or garage is:

- No greater than 15 m² floor area
- No span exceeding 3 m
- No higher than 2.5 m
- No closer than 900 mm to a side street boundary
- No closer to a primary street boundary than the setback distance prescribed in Council's Development Plan



then it is exempt development and does not need Council approval.

Pergolas: If the pergola:

- Does not have a roof
- Has each freestanding side open
- Is no higher than 4 m
- Is no closer than 900 mm to a side street boundary
- Is no closer to a primary street boundary than the setback distance prescribed in Council's Development Plan.

then it is exempt development and does not need Council approval.

Shade Sails: If the shade sail:

- Consists of permeable material (eg porous)
- Is no greater than 20 m² in area
- Is no higher than 3 m above ground or floor level
- Is no closer to the primary street frontage than the existing building

then it is exempt development and does not need Council approval.

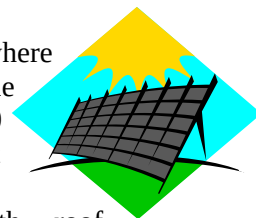
Roller Door / Tilt Up Door / Panel Door: If the roller door etc is:

- Installed on existing garage or carport that is ancillary to and is located in line with or behind the front of an existing dwelling
- Where the existing garage or carport is closer to the primary street frontage than the existing dwelling

then it is exempt development and does not need Council approval.

Solar Panels: If the solar panels are:

- No heavier than 100 kg, or where greater than 100 kg and the weight load does not exceed 100 kg at any one point of attachment
- Not overhanging the roof
- Fitted parallel to roof with roof undersides no more than 10 cm above the roof
- Installed by a person accredited by the Minister then it is exempt development and does not need Council approval.



Water Tanks: If the tank is:

- Part of a roof drainage system
- No greater than 10 m² in area
- No higher than 4 m

then it is exempt development and does not need Council approval.



Retaining Walls: If the retaining wall is no higher than 1 m then it is exempt development and does not need Council approval.

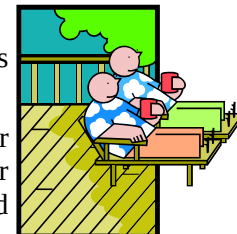
However there are exceptions to the above seven structures where exempt rules do NOT apply, for example, State Heritage Places or Areas and Local Heritage Places.

Decks: If the deck is:

- No higher than 500 mm above natural ground level
- No closer than 900 mm to a boundary

then it is exempt development and does not need Council approval.

However if your property is in High or Medium Bushfire Risk areas, a State or Local Heritage Place then you will need approval for any deck.



Should you need any further advice, please contact Council Officers:

Ron Ashenden, Development Officer; or
Ann Frick, Building, Planning and Administration Assistant

on 8666 2014 or 1300 726 252 and they will be happy to discuss your situation.

Stage 2 of the changes will come into effect from the 1st March 2009 and will be detailed in a later edition of the Newsletter.



COUNCIL STAFF CHANGES

FAREWELLS

GLENN COWIN

I was born in Laura, and as I have lived and worked locally, I feel that I have a connection and a sense of belonging to the district. The decision to leave the area and Council was a difficult choice to make but it was necessary to consider my family and with this in mind, I made the decision to resign from my position as Works



Manager. I have now moved to Adelaide to be closer to my family and am looking to gain employment in metropolitan Adelaide.

When I started with Council as a Grader Operator in July 1973, it was with the District Council of Port Germein which later amalgamated with the District Council of Wilmington to become the current District Council of Mount Remarkable. While working as a Grader Operator I learnt so much about the back roads of the district and the people who lived there.

On the 1st May 1988 I was promoted to the position of Works Manager and although at times it has been challenging, I have enjoyed the experience.

The roles and tasks I tackled during my time as Works Manager are too many to mention but I guess the implementation of the Waste Management for the Council area deserves a mention. The actual planning, construction and running of the Willowie Landfill site was the biggest, most involved and most time consuming project I have been involved with.

I will miss the country lifestyle and the many friends and acquaintances I have made, but I have new interests and challenges in front of me that I know I will enjoy.

IAN OPPERMANN

In 1976 I, like Glenn Cowin, started working for the District Council of Port Germein.

My first role was working with some characters on “The Gang” mainly pouring concrete fords. In those days, we mixed all the concrete by hand. I was also given the responsibility of supervising a Co RED Scheme Gang (similar to the Work for the Dole Scheme) for 12 months pouring more concrete fords.

After 5 years of concreting, I was asked if I would like to give grader work a go—that was a decision that I didn’t have to think twice about. For the last 27 years you would have found me on one of the many roads in the district, in a grader.

It has now come to the time when I can look towards retirement and I will be officially leaving Council on 12th February. With a long list of home renovations from my son and daughter, I expect that it will be a little while before we can undertake some touring around Australia and catch up with some school mates who moved away from the area.

I will still be seen around Booleroo Centre as I will continue in the role of Caretaker at the Booleroo Centre Swimming Pool.

I will miss the companionship and mateship of my fellow workers, but am looking forward to a new chapter in my life.

(Ian is pictured at a recent Council function where he was presented with a gift, recognising his service to Council.)



MIRANDA TENNEY

After nearly 12 months with the District Council of Mount Remarkable it is time to say goodbye. While it feels like time has flown, the last 12 months have been full of activity. My time at Council has been fantastic and I now feel I have a much greater appreciation of my local area and a better understanding of Local Government and its intimate interactions with the local community.

In the coming weeks I will be moving to Adelaide to further my education at the University of South Australia, studying a Bachelor of Journalism & International Studies. The skills I have acquired while working at the Council will not only benefit me professionally but also personally.

I would like to take this opportunity to thank the many people who have helped and supported me in my 12 months at Council. It has been an enjoyable experience and one that will not be forgotten.

CHANGES IN COUNCIL STAFF

WELCOME

MURIEL SCHOLZ

Gaining the position of Community and Economic Development Officer for the Council is a very exciting challenge for me. My background is in the Education Sector having being a school teacher and a TAFE lecturer and I possess economic and community development experience through my work with Port Pirie and Port Augusta Development Boards, State and Federal Governments.



Originally from France, I came to Australia 21 years ago and I have been a long time resident of the region, living on a bush property in Beetaloo Valley with my teenage son, a Labrador and a motley collection of chooks and also spending time with my partner in Chinaman's Creek.

My main interests are gardening and bush regeneration, reading, fishing and adding to my shoe collection.

The role of Community and Economic Development Officer is varied and extremely interesting and with a region as varied and beautiful as the Mount Remarkable Council area, my work is proving very enjoyable. In addition meeting or reacquainting myself with a range of dynamic and community minded people is a great bonus.

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#### MARK SMITH

I have recently moved to South Australia from New South Wales where I worked with Local Government Environmental Services. I have taken on the role of Environmental Health and Compliance Officer, working for the District Council of Mount Remarkable, The Flinders Ranges, District Council of Ororoo Carrieton and District Council of Peterborough.



I have worked in Local Government for the past twelve years and have been involved in areas such as social housing services, food compliance, contaminated land research and remediation projects, air quality regimes and water quality controls.

I have two children who have now flown the nest and currently live overseas.

My partner will be moving to South Australia to join me in a few weeks time.

I have a passion of the countryside and enjoy walking and tennis.

#### NIGEL OWENS

I am a person of life longing for itself. I have taken the road less travelled and have enjoyed it very much so far.



I have shared the last 22 years with my partner, Rosslyn and we have two daughters - Krystal and Mieka who are both teachers.

I have worked in Local Government for the last 16 years. Prior to commencing with this Council in January this year, I spent 12 months at The Flinders Ranges Council and the previous 15 years at the District Council of Mallala.

Some of my interests include wood turning, fishing, nature, planting trees and helping people who come my way.

I have moved to Melrose to live my dream, so all the best and hope to meet you soon - till then, keep your dreams alive.

*(Nigel is employed on the Outside Gang and brings a wide ranging skill set.)*

~~~~~

ED SHINER

I recently moved from Whyalla to my property at Pekina, to take up a position with the Outside Gang with Council.



My previous work experience includes working on sheep stations building dams and undertaking fencing; making roads for the mining exploration industry; vineyard and general farming duties and working for another Council.

I have had extensive experience in earthmoving, fencing and handyman work and being a qualified mechanic, I believe that I have much experience to offer Council in maintaining its assets.

Away from work, I am a single parent with three grown up daughters and two beautiful grandchildren. I have a love of sailing and horse riding (both of which I have coached), country music and camping out. I undertake these pastimes whenever I can and enjoy being in a natural environment.

I look forward to being a part of Council and the wider community.

COUNCIL NEWS

MELROSE—RV FRIENDLY TOWN

Following negotiations between Council and the Campervan Motorhome Club of Australia (CMCA), Melrose has been designated as an “RV Friendly Town”.

The 'RV Friendly Town' scheme is an initiative of the CMCA that promotes Recreational Vehicle (RV) tourism related services across Australia. By promoting the symbiotic partnership between the RV tourist and small towns it is hoped to encourage expansion of tourism related infrastructure and services and also promotes the economic advantage to small towns of providing RV tourist specific amenities.

Put in basic terms, an ‘RV Friendly Town’ is one that happily provides amenities and services for the mobile traveller.



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### FENCING IN TOWNSHIPS



There are many reasons for an owner of land to erect a fence on the boundary of their property. Where the fence adjoins a neighbor, there are certain obligations on each party, as a fence is regarded as a joint asset between neighbours.

Council has a booklet available called ‘Fences and the Law’ which answers many of the common questions about dividing fences and explains the legal procedures that need to be followed when you want to erect, replace or repair a boundary fence. Please contact the Council for a copy or view it online at:

[http://www.lsc.sa.gov.au/cb\\_pages/images/Booklets/Fences%20March%2007.pdf](http://www.lsc.sa.gov.au/cb_pages/images/Booklets/Fences%20March%2007.pdf)

The brochure however, does not provide information on the rules and regulations regarding the type and size of fencing that may be prohibited within a township.

Timber or iron fencing exceeding 2 metres in height or masonry fencing (eg brick) exceeding 1 metre in height require Council approval. Barbed wire fencing is not appropriate in residential areas, particularly where the fence adjoins footpaths or road reserves as it poses a potential hazard for the public.



### ROADSIDE REVEGETATION PROJECT

In March 2008, Council was successful in attracting funding from the Northern and Yorke Natural Resources Management Board's Small Grants Program, to undertake a series of town entrance roadside revegetation projects within the Council district.

Working in conjunction with Greening Australia and local community groups, roadside areas and specifically township entrances within our Council area which needed attention were identified. In total, nine sites were selected and work began selecting and sourcing a mixture of local indigenous trees, shrubs and ground covers that would be suitable for each specific location.

Each site, depending on its location and existing flora species, was prepared by Councils Works staff, ready for volunteers from the community organisations to plant. Reports so far indicate that most of the initial nine sites are doing well!

Council has been pleased with the response and enthusiasm for the project from community groups and sees this initiative as a great opportunity for Council and community organisations to work together in enhancing and beautifying the entrances to our towns.

Council would like to extend its sincere thanks to Ann Brown from Greening Australia for her consultation work on this project.



### FLINDERS MOBILE LIBRARY

The Flinders Mobile Library is calling for expressions of interest from persons interested in attending a course to be held in the Gladstone Town Hall in mid March. The course will provide people with information on:

- Why should we have L.A.P. (Learning Assisted Programmes for reading)
- What is the importance of L.A.P.
- How to do storytelling.

The course will be held by Elizabeth Beales from the Public Library Services. Elizabeth has travelled to many countries and has a lot of interesting information that is too good to be missed.

If you are interested or would like more information, please contact the Flinders Mobile Library:

Phone 8662 2305

Email: [flindersmobile.library@plain.sa.gov.au](mailto:flindersmobile.library@plain.sa.gov.au)

## VOLUNTEER BASED SCHEME

# Northern Passenger Transport Network

The Northern Passenger Transport Network is a volunteer based service transporting people with a genuine need who cannot obtain or access any other means of transport to get to their destination.

The Network commenced in August 2000 and its role in the community continues to increase. Over the last 12 months the Network, which has five vehicles (one based in each of the rural towns of Orroroo, Peterborough, Gladstone, Quorn and Melrose), has transported over 3,000 clients and their carers, utilised over 4,800 volunteer hours and travelled over 210,600 kms.

It is funded by the Office of Public Transport, Home and Community Care, the Councils of Mount Remarkable, Flinders Ranges, Northern Areas, Orroroo / Carrieton, Peterborough and the Port Pirie Regional Council together with client donations. It is managed and administered by the District Council of Mount Remarkable on behalf of Member Councils.

The service provides transport for people with a genuine need and who meet the following strict criteria:

- Must be frail aged, or young disabled who are transport disadvantaged with no family or friends who can assist
- Have no vehicle that is suitable for use
- Be unable to access other existing transport services available within the region
- Must use the closest available doctor or specialist

Reasons for requesting transport may include:

- Medical or Dental Appointments
- Job interviews
- Attend government or agency appointments
- Shopping (nearest complex)
- To access other public transport services (bus or train station)

Transport will not be provided for:

- Hospital to hospital transfers
- Taking children to and from school
- Visiting hotels or clubs
- Unaccompanied children under 18 years of age
- Travel to and from work
- For those who have family or friends who can assist with transport.

Apart from the Network's cars, bookings are taken for Yorke Peninsula Coaches which run from Peterborough to Port Pirie every Monday via Jamestown; every Thursday via Melrose and every Friday to Port Augusta via Wilmington, stopping at towns in-between. Timetables are available by calling the Office on 8666 2255. These bus services are available for anyone with or without appointments.

The Northern Passenger Transport Network is always looking for new volunteer drivers - if you enjoy driving, feel that you have the time to help others and would like to meet new people, why not offer your services?

For information about the Northern Passenger Transport Network, contact:

Lyn Forster (Co-Ordinator)

Ph 08 8666 2255

Fax 08 8666 2231

PO Box 169 Melrose 5483

Office hours are 9.00 am to 5.00 pm Monday to Friday



*Volunteer Driver, Geoff Lange as he checks the vehicle before leaving to collect a client.*

## MID NORTH *BE ACTIVE* SPORT AND RECREATION UPDATE

### Certificate 3 in Fitness – Funded Training Opportunity

#### Expressions of Interest Required

*Do you enjoy group exercise classes? Would you be interested in becoming a volunteer fitness instructor and running group exercise classes in your local community? Have the interest and right personality but don't have the qualifications? Well this could be the perfect opportunity for you!*

*The Mid North be active Field Officer program has received funding to support 5 community members throughout the Mid North to undertake their Certificate 3 in Fitness covering accreditation and two years instructor registration and insurance costs.*

*In return for the training and financial support, the successful candidates will be required to deliver low cost group exercise classes within negotiated towns in an attempt to increase access for rural communities to such activities.*

*For more information on this great opportunity, visit [www.midnorthbeactive.com.au](http://www.midnorthbeactive.com.au) to download an Expression of Interest / Application form or contact Brad Breeding on 0488 101 783.*



**Applications close Friday 20<sup>th</sup> February!**

**be active.**

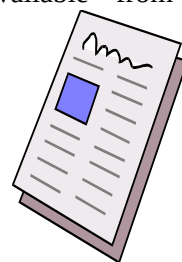


### Latest be active Network Newsletter Out Now!

The latest edition of the Quarterly Mid North be active Network Newsletter is now available from [www.midnorthbeactive.com.au](http://www.midnorthbeactive.com.au)

The fourth edition of this newsletter contains a range of information including details on the:

- 2009 Sport and Recreation Club Development Conference being planned for the Mid North;
- Mid North Small Subsidy Funding Support Program Currently open;
- Federal Governments new Local Sporting Champions Funding Program now open;
- Local Success Stories including the Jamestown 'Big Shed' Winning the SA Sport and Recreation Facility Award and the Port Pirie Softball Associations implementation of the 'Coloured Shirt' Umpire Development Program;
- New be active Marquee and Equipment Kit available to local groups for loan free of charge throughout the Mid North;
- And much more.....



So if you are involved with your local club / association or simply interested in sport, recreation and physical activity within the region, why not visit the website and download a copy today.

### 2009 Mid North Sport & Recreation Development Conference

The Mid North be active Field Officer Program is pleased to announce that it hopes to hold a Club Development Conference in Port Pirie on **Sunday 5<sup>th</sup> April** from 1.00 pm - 4.30 pm. It is anticipated the conference will consist of a number of well known and qualified speakers including former coach of the World Champion and Olympic Silver Medalist Australian Opals Basketball Team, Jan Stirling. The conference will be sure to provide a number of motivating and informative sessions for coaches, club administrators and teachers.

If you are involved as a committee member, coach or general volunteer at your club or association, this is a not to be missed opportunity! Further information will be promoted over the next month including the final program, registration process and planned petrol subsidy support for organisations outside of the Port Pirie Regional Council area. Keep an eye out for this information at [www.midnorthbeactive.com.au](http://www.midnorthbeactive.com.au) as it becomes available.

For now though make sure your coaches and committee members mark the date in their diary to ensure this valuable local development opportunity is not missed!

**DONT  
MISS IT!**

## COMMUNITY NEWS

### CHEMCLEAR

This is a national program for the collection and disposal of unwanted currently registered rural chemicals. The objective of the program is to minimize the accumulation of unwanted rural chemicals on farms which may create potential risks to the environment, public health and trade. ChemClear assists rural chemical users to implement safe chemical management practices by providing a program to collect any unwanted rural chemicals stored on properties at the end of their use or life cycle.



#### To Register

Simply take an inventory of any unwanted rural chemicals including:

- Label details or any identifiable features;
- Manufacturer and Product name;
- Expiry date;
- Size of container;
- Quantity of chemical remaining in container; and
- Container integrity.

Contact the booking line on 1800 008 182 or visit:

[www.chemclear.com.au](http://www.chemclear.com.au) to register for the next collection in your area.

#### The Collection Process

ChemClear collects from Council sites, or approved locations.

A threshold of bookings is required to be met before ChemClear schedules a collection in any State. ChemClear contacts all waste holders registered in an area where a collection is scheduled to advise the date, location and appointment time for retrieval of their booked in chemicals by the ChemClear collection vehicle.

#### The Cost

There are two classifications of chemical that ChemClear collects.

Group 1 chemicals are currently registered rural chemicals manufactured by participating members of CropLife Australia, Animal Health Alliance (Australia) and The Veterinary Manufacturers and Distributors Association. These are collected free of charge.

Group 2 chemicals are any deregistered, scheduled, unknown, out of date chemicals or chemical products of non participating manufacturers. This group attracts a fee for disposal.

#### The Website

Visit [www.chemclear.com.au](http://www.chemclear.com.au) for:

- Bookings;
- More information;
- Regular updates;
- Collection news;
- Inventory sheets; and
- Host site forms.



### SALT ATTACK AND RISING DAMP

The Department for Environment and Heritage (DEH) has provided Council with a copy of "Salt Attack and Rising Damp: A Guide to Salt Damp in Historic and Older Buildings (2008)".

If you are interested in borrowing this publication, please contact the Council Office.

To purchase a copy, contact DEH on: 8204 1910 or email: [dehinformation@saugov.sa.gov.au](mailto:dehinformation@saugov.sa.gov.au)

Alternatively, the publication may be downloaded from the Department for Environment and Heritage website:

[www.environment.sa.gov.au/heritage/pdfs/saltdamp\\_techguide.pdf](http://www.environment.sa.gov.au/heritage/pdfs/saltdamp_techguide.pdf)

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SUCCESSFUL COMMUNITY SUPPORT GRANT

The Remarkable Youth Action Team (RYAT) have been successful in gaining a Community Support Grant to hold a Live Band night, featuring the Adelaide band "Amundsens Flag" along with another band.



The date and venue are yet to be confirmed but the event is expected to be held in March or April.

For more information, contact 8667 2458.

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### TEMPORARY CLOSURE OF PARK

The National Parks and Wildlife Service will be closing the Telowie Gorge Conservation Park and the Napperby Block of Mount Remarkable National Park from the 17<sup>th</sup> to 19<sup>th</sup> March 2009.

The purpose of the closure is to ensure the safety of the public during a pest control and monitoring program within the reserves.

### RECYCLING CHRISTMAS CARDS

Do you still have your Christmas Cards?

The Little Darlings Support Group in Aberglasslyn, NSW is a not-for-profit organisation that has been set up for Carers who look after a child with a physical, intellectual or behavioural disability or disorder. They meet and talk with other Carers once a month to get support, help or a shoulder to cry on through the tough times.

If you would like to put your old Christmas cards to good use, the children of the Little Darlings Support Group would love to use them to make collages, cards and posters.

Please send them to:

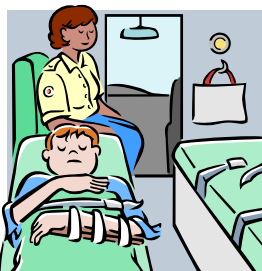
Darlene Vincent  
Little Darlings Support Group  
10 Cedar Wattle Close  
ABERGLASSLYN NSW 2320



## COMMUNITY NEWS

### TOUGHER CHILD RESTRAINT LAWS

In South Australia alone, nearly 60 child passengers aged 0-16 years are killed or seriously injured each year. Nearly one third of these are aged 0-7 years. A further 365 sustain minor injuries every year. Just over 45% of passenger deaths and a quarter of those seriously injured in this age group were not wearing a restraint at the time of the crash.



To provide maximum protection for children travelling in vehicles, the new child restraint laws will be adopted in South Australia and are likely to come into effect in the second half of 2009. This delay is intended to provide parents and carers with sufficient time to purchase (or arrange to hire) the restraints they need, or to make necessary modifications to their vehicle to accommodate the restraints.

The new laws will require children to be appropriately restrained in a motor vehicle in a suitable approved child restraint from birth up to the age of seven.

Specifically, the new laws will require children:

- up to the age of six months to be restrained in a rearward facing child restraint (e.g. infant capsule)
- from six months until the age of four to be restrained in either a rearward or forward facing child restraint (e.g. child safety seat)
- from four years until the age of seven to be restrained in either a forward facing child restraint or booster seat restrained by a correctly adjusted and fastened seatbelt or child safety harness.



The new laws also deal with the issue of children sitting in the front seat of a vehicle.

- Children up to four years of age must be restrained in the rear of the vehicle (where the vehicle has two or more rows of seats)
- Children aged between four and seven years will not be permitted to sit in the front seat unless all other seating positions are already occupied by children under seven.

By law, drivers are responsible for making sure that all occupants (including themselves) are appropriately restrained. The responsibility for children under 16 years using a restraint correctly, also rests with the driver. Drivers may be fined \$230 and incur 3 demerit points if one passenger is not wearing a seatbelt or suitable approved child restraint. Drivers may be fined \$280 and incur 5 demerit points if more than one passenger is not wearing a seatbelt or suitable approved child restraint.



### RYAT Tri-Challenge

Sunday 1<sup>st</sup> March - Booleroo Centre

You can complete in the following categories as an individual or as part of a team of 3 people:

- **Novice**  
75 m swim, 1.5 km bike ride, 800 m run
- **Intermediate**  
175 m swim, 3 km bike ride, 2 km run
- **Open**  
225 m swim, 6 km bike ride, 3 km run
- **Elite** (new category)  
325 m swim, 9 km bike ride, 3 km run

For more information, contact:

|               |             |
|---------------|-------------|
| Fil Nogueira  | 0427 625719 |
| Melissa Koch  | 8667 2458   |
| Jane McCallum | 8667 2458   |



### The Wilmington Oval Management Challenges and Change *Remaining Positive*

Presents an evening with

#### “King” Neil Kerley

Speaker with motivation, attitude, pride and professionalism  
Neil Kerley is known as the “king” of football in South Australia, a title built over his five decades of involvement in Australian Rules Football at the highest level

and

#### On the couch with Bruce Abernethy

7.30 pm 21<sup>st</sup> February 2009

Wilmington Oval Complex

#### Entertainment by Danny Hooper

Coinciding with

#### Recognition of Importance of Community

Recognises the many volunteers who made the light upgrade possible

#### Official Turning on—Wilmington Oval Lights

Tickets \$10 (includes all night supper) can be purchased from John Carey (8667 5210);

Josie Wild (8667 5162) or

Catherine Battersby (8667 5076)

Supported by PIRSA - Community Drought Response Grant

## COMMUNITY NEWS

### AUSTRALIAN GOVERNMENT MOBILE SERVICE UNIT VISIT

Australian Government Mobile Service Units are travelling around rural and remote Australia to let farmers and the general public know about the services that the Australian Government is providing in their regions.

Specialised Centrelink staff, including Rural Services Officers, Social Workers and Customer Service Advisers are travelling with the bus. They can provide the region's farmers, small businesses and the community with information on Australian Government payments and services.

Staff on the Drought Bus can also assist with other Centrelink matters, such as general payment information, updating customer contact details, printing documents and health care cards, and making appointments.

As an additional service, Medicare staff are also available to assist rural families with non-cash transactions, such as paying Medicare claims by cheque or EFTPOS, enrolling people for Medicare, or updating their contact details.

The mobile servicing unit includes a mobile office (40ft Fifth Wheeler) with mobile telecommunications and remote connectivity to Centrelink's mainframe.

The mobile office will be in Melrose, adjacent to Paradise Square in Stuart Street, on Wednesday 25<sup>th</sup> February 2009 and will be operational from approximately 1:30 pm to 4:00 pm.



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GET ON THE BUS

If you are a student who is about to begin studying in Adelaide, the Adelaide City Council is hosting a:

Free Welcome Bus Tour of Adelaide City
on 23rd February 2009 at 1.30 pm.

It's your chance to discover Adelaide's cheap eats, sporting venues, services and facilities, shopping spots and entertainment hotspots.

To register your seat on the tour, visit:

www.cityofadelaide.com.au/study

or phone 8203 7203



AUSTRALIA DAY AWARD

The Australia Day Honours List included local identity, Mr Malcolm Catford of Appila who received a Medal of the Order of Australia.

Malcolm received this award for his service to Local Government, to health care and arts organisations, and to the community of Jamestown. Congratulations Malcolm !



VOYAGE ON THE YOUNG ENDEAVOUR IN 2009

A voyage on the tall ship, Young Endeavour, as a member of a youth crew is a unique challenge. It inspires teamwork, communication, leadership and a sense of community responsibility.

Over twenty 11 day voyages are conducted each year exploring the Australian coastline by the Young Endeavour Youth Scheme, a not-for-profit organisation, in partnership with the Royal Australian Navy. Onboard, young people participate in a dynamic development program that can be a life-changing experience.

Youth crew (aged between 16 and 23 years) are selected through a ballot held twice a year. Applications for the ballot (for voyages in the second half of 2009) can be found by visiting: www.youngendeavour.gov.au But hurry, applications need to be made by 1st March 2009.

IF YOU'VE MOVED...
there's one more thing
you need to do.

If you've moved it's time to update your electoral enrolment by filling in a new enrolment form and returning it to the AEC.

Enrolment forms are available from the AEC website, local council offices, Australia Post offices or call 13 23 26.



AEC

Australian Electoral Commission

www.aec.gov.au | 13 23 26

*Your vote is
a valuable thing*

Authorised by Gail Urbanski, West Block Offices,
Queen Victoria Terrace, Parkes, ACT 2600

FROM THE MID NORTH HEALTH TEAM

Go 4 Green

What Does 'Go 4 Green' Mean?

The push is on for everyone to be environmentally conscious. It's great for people to "think green" when purchasing food items – but we want to remind you that what's INSIDE the packaging also has a big effect on your long-term health! What you eat today will impact on your health tomorrow – and in the future. To maintain good health we need to eat a variety of foods rich in fibre as well as control the amount of fat, sugar and sodium (salt) we eat.

Go 4 Green = Healthy Food Choices for the Mid North Region.

Go 4 Green is a food labelling system which makes choosing healthy foods easy! We use green labels with up to four ticks to show foods which are low in fat, sugar and salt (sodium), and high in fibre. The more ticks a food has, the better it is for you. There is also an 'Eat in Moderation' label for foods that we can enjoy occasionally, but can be harmful if too much is included in the diet. Some of the foods receiving this label include unsalted nuts, margarine, cheese and fruit juice.



The table below shows the different types of labels in the store, and what they indicate:

<i>In Moderation</i>	= Good for you in small amounts
✓✓	= Low Fat + Low Sugar
✓✓✓	= Low Fat + Low Sugar + Low Salt
OR	
✓✓✓	= Low Fat + Low Sugar + High Fibre
✓✓✓✓	= Low Fat + Low Sugar + Low Salt + High

Some foods in the supermarket are not individually labelled, but instead given a 'group' label. e.g. fruits and vegetables are great choices. Other healthy tips are given on group labels, such as choosing tinned fruit in natural juice, and including fish twice a week.

There are nine IGA or Foodland stores across the Mid North using the Go 4 Green system. Booleroo, Melrose and Wirrabara are included in this Council area.

Have a go at choosing more 'green' labeled foods to improve your health!



For more information about the Go 4 Green system please contact Jodie May – Dietitian at Port Pirie Regional Health Service on 8638 4693 or Liz Bishop – Diabetes Educator at Rural Health Team, Booleroo Centre on 8667 2458.

BOOLEROO MEDICAL PRACTICE

Final negotiations are taking place in the recruitment of a second GP to the Booleroo Medical Practice. It is anticipated that the negotiations will be completed in February, resulting in the resumption of normal consulting arrangements from the Medical Practice with two resident GPs by the end of March.



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### EAT WELL N BE ACTIVE

#### Do sports and energy drinks help children's sports performance?

Sports drinks promise to give 'energy for longer' and 'improve sports performance' but young athletes don't need these drinks and the best drink is still **WATER!**

Sports drinks have three main ingredients: water, sugar and salt and it's really only the water component that young people need when they are exercising (even in very hot conditions). The amount of salt in sports drinks is too much for children and the acidic nature can erode teeth. There is also too much sugar in these drinks for children and their increasing consumption may be part of the childhood obesity problem.

It is well known that thirst is a poor indicator of hydration. This means that by the time you feel thirsty, you are already dehydrated. This is why it is essential to drink water before, during and after exercise.

Energy drinks are also promoted as improving sports performance but this is only for elite athletes. They contain caffeine and large amounts of sugar and are not suitable for children and young people to consume, especially not during or after exercise.

So remember to make sure your children are well hydrated with water before they go out to training or play sports. Always pack plenty of water instead of sports drinks to allow them to remain healthy and perform at their best.



For more information about sports nutrition for children contact Lisa Atwell, Port Pirie Regional Health Service on 8638 4693.

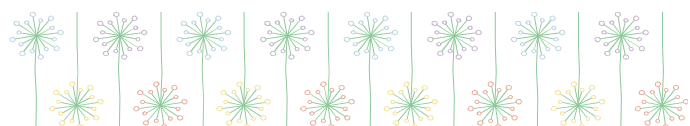
### National Youth Week

Saturday 28<sup>th</sup> March to Friday 3<sup>rd</sup> April

To celebrate National Youth Week, the Mount Remarkable Youth Advisory Committee will be holding an

#### Adventure Boot Camp

For more information, contact Jane McCallum or Emma McSporran on 8667 2458



# FEBRUARY



| <i>Sunday</i>                                                                                                                                                       | <i>Monday</i>                                                                                       | <i>Tuesday</i>                                                                                                                                           | <i>Wednesday</i>                                                                                                                                    | <i>Thursday</i>                                                                                                          | <i>Friday</i>                                                                       | <i>Saturday</i>                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| 1<br>Port Germein<br>Community Church                                                                                                                               | 2<br>Wirrabara Institute<br>Committee Meeting<br><br>Booleroo CFS Vehicle<br>Maint & Meeting        | 3                                                                                                                                                        | 4<br>Port Germein<br>Community Ladies<br>Fellowship                                                                                                 | 5<br>Mobile Library – Port<br>Germein<br><br>Melrose Senior<br>Citizens                                                  | 6<br>Mobile Library –<br>Booleroo Centre                                            | 7                                                                                                                       |
| 8<br>Port Germein<br>Community Church                                                                                                                               | 9<br>Wilmington CFS<br>Meeting<br><br>Booleroo SES<br>Training                                      | 10<br><b>Council Meeting</b><br>Mobile Library –<br>Wilmington/Melrose<br><br>Laura & District<br>Probus Meeting<br><br>Wirrabara Men's<br>Bowls Meeting | 11<br>Booleroo Steam &<br>Traction Pres Soc<br><br>Murray Town<br>Progress Assoc<br>Meeting                                                         | 12<br>Mobile Library –<br>Wirrabara/M/Town<br><br>Wirrabara Progress<br>Meeting                                          | 13                                                                                  | 14<br><b>Valentine's Day</b><br><br> |
| 15<br>Port Germein<br>Community Church<br><br>Wirrabara Producer's<br>Market<br><br>Port Germein Villiage<br>Roast ( <i>Cancelled if<br/>temperature over 38°</i> ) | 16<br>Wirrabara Sporting<br>Reserve Meeting<br><br>Booleroo, Melrose<br>&Wilmington CFS<br>Training | 17<br>Melrose Community<br>Dev Assoc<br><br>Wilmington Progress<br>Assoc                                                                                 | 18<br>Wirrabara Senior<br>Citizens                                                                                                                  | 19<br>Mobile Library – Port<br>Germein<br><br>Wilmington/Melrose<br>CWA<br><br>B/Centre Community<br>Dev & Tourism Assoc | 20<br>Mobile Library –<br>Booleroo Centre<br><br>Diabetes Special<br>Interest Group | 21<br>An Evening with<br>"King" Neil Kerley<br>and on the couch with<br>Bruce Abernethy –<br>Wilmington Oval            |
| 22<br>Port Germein<br>Community Church<br><br>Port Germein Catholic<br>Church                                                                                       | 23<br>Port Germein CWA<br>Port Germein Progress<br>Assoc<br><br>Booleroo SES<br>Training            | 24<br>Mobile Library –<br>Wilmington/Melrose                                                                                                             | 25<br>Wilmington Camera<br>Club 'Season of the<br>Year'<br><br> | 26<br>Mobile Library –<br>Wirrabara/M/Town                                                                               | 27                                                                                  | 28                                                                                                                      |

Don't forget the Wilmington Progress Society's Art/Craft/Produce and Tourist Information Centre – Saturday & Sundays 10.00 am – 4.00 pm at the Billiard Clubrooms.



# MARCH



| <i>Sunday</i>                                                                                                                                                  | <i>Monday</i>                                                                                                                      | <i>Tuesday</i>                                                                                                                                  | <i>Wednesday</i>                                                                                                                                                                                             | <i>Thursday</i>                                                                                                          | <i>Friday</i>                                                                               | <i>Saturday</i>                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b><sup>1</sup> Clean Up Australia Day</b><br>RYAT Tri Challenge – Booleroo Centre<br>Port Germein Community Church                                            | <b><sup>2</sup></b><br>Wirrabara Institute Committee Meeting<br>Bool CFS Vehicle Maint & Meeting<br>Mt Remarkable Agricultural AGM | <b><sup>3</sup></b>                                                                                                                             | <b><sup>4</sup></b><br>Port Germein Community Ladies Fellowship                                                                                                                                              | <b><sup>5</sup></b><br>Mobile Library – Port Germein<br>Melrose Senior Citizens                                          | <b><sup>6</sup></b><br>Mobile Library – Booleroo Centre                                     | <b><sup>7</sup></b>                                                                                         |
| <b><sup>8</sup></b><br>Port Germein Community Church<br>                      | <b><sup>9</sup> Adelaide Cup Day</b><br>Wilmington CFS Meeting<br>Booleroo SES Training                                            | <b><sup>10</sup> Council Meeting</b><br>Mobile Library – Wilmington/Melrose<br>Laura & District Probus Meeting<br>Wirrabara Men's Bowls Meeting | <b><sup>11</sup></b><br>Booleroo Steam & Traction Pres Soc<br>Murray Town Progress Assoc Meeting                                                                                                             | <b><sup>12</sup> 3<sup>rd</sup> Quarter Rates Due</b><br>Mobile Library – Wirrabara/M/Town<br>Wirrabara Progress Meeting | <b><sup>13</sup></b>                                                                        | <b><sup>14</sup></b>                                                                                        |
| <b><sup>15</sup></b><br>Port Germein Community Church<br>Wirrabara Producer's Market<br>Pt Germein Villiage Roast ( <i>Cancelled if temperature over 38°</i> ) | <b><sup>16</sup></b><br>Wirrabara Sporting Reserve Meeting<br>Booleroo, Melrose & Wilmington CFS Training                          | <b><sup>17</sup></b><br>Melrose Community Dev Assoc<br>Wilmington Progress Assoc                                                                | <b><sup>18</sup></b><br>Wirrabara Senior Citizens                                                                                                                                                            | <b><sup>19</sup></b><br>Mobile Library – Port Germein<br>Wilmington/Melrose CWA<br>B/Centre Comm Dev & Tourism Assoc     | <b><sup>20</sup></b><br>Mobile Library – Booleroo Centre<br>Diabetes Special Interest Group | <b><sup>21</sup></b><br> |
| <b><sup>22</sup></b><br>Port Germein Community Church                                                                                                          | <b><sup>23</sup></b><br>Booleroo SES Training                                                                                      | <b><sup>24</sup></b><br>Mobile Library – Wilmington/Melrose                                                                                     | <b><sup>25</sup></b><br>Wilmington Camera Club ' <i>Baby Animals</i> '                                                                                                                                       | <b><sup>26</sup></b><br>Mobile Library – Wirrabara/M/Town                                                                | <b><sup>27</sup></b>                                                                        | <b><sup>28</sup></b>                                                                                        |
| <b><sup>29</sup></b><br>Port Germein Community Church<br>Booleroo Steam & Traction Rally<br>Port Germein Catholic Church                                       | <b><sup>30</sup></b><br>Port Germein CWA<br>Port Germein Progress Assoc                                                            | <b><sup>31</sup></b>                                                                                                                            | Wilmington Progress Society – Art/Craft/Produce and Tourist Information – Saturday & Sundays 10.00 am – 4.00 pm<br><br>National Youth Week – Saturday 29 <sup>th</sup> March to Friday 3 <sup>rd</sup> April |                                                                                                                          |                                                                                             |                                                                                                             |