District Council of Mount Remarkable

PO Box 94 Melrose SA 5483
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February 2012 Newsletter #145

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Council Staff and Equipment on the Front Line to Help Fight Fires

Much has been written in the media about the Woolundunga fires that spread throughout the area for 3 days from the 4th January 2012, posing a great threat to life and property, as well as to the township of Wilmington. The Category 3 fires (fire danger ratings range from 1 to 3, with 3 being the most dangerous) burnt out over 8,000 hectares of land in the District. To fight these fires required a taskforce involving multi-government agencies, Country Fire Service, local councils, volunteer organisations, landowners and the general public both from within our District and from neighbouring areas. Working together and aided by a late favourable weather change, they were able to control the fires and save the town of Wilmington. Council applauds everyone's efforts and offers its wholehearted thank you to everyone who assisted in any capacity.

Although not mentioned in media reports, it is important that we also recognise the selfless efforts of the Work's Team from District Council of Mount Remarkable in fighting the fires from the moment the first alarm was raised. They rushed from their annual leave without question to man Council plant and equipment for up to 12-14 hours per day and long into the night, to create firebreaks and clear fire access roads for the CFS trucks and fire-fighters, often in threatening situations and difficult terrain that pushed graders to their limit. There was also the Chief Executive Officer and other staff volunteers involved in planning, staff and community liaison and support roles.

In all, Council committed all four of its 'M' Series graders, a front-end loader and a semi-trailer water truck to assist the fire-fighting effort and these were operated by seven qualified Council operators and one qualified local volunteer operator over the 3 day period.

Council wishes to thank all of the staff who assisted in the fire-fighting effort and in particular recognise those frontline operators: Manager Works & Technical Services Brenton Pearce, Deputy Manager Works & Technical Services Peter Lock, David Prosser, Nigel Owens, Ralph Hobbs, Wayne Rowe, Marty Keller and local volunteer Mark Taylor.

Council reminds citizens that the fires and flooding that have affected the District in the last month, show the importance of having Emergency Plans in place.

Pictured right: Council Employees - David Prosser, Brenton Pearce, Peter Lock and Ralph Hobbs.

Council Contact Details

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Chief Executive Officer:	Mr Sean Cheriton	
	Mob:	0427 663 333
	Tel:	(08) 8667 2457 (A/H)
	Email:	ceo@mtr.sa.gov.au
Deputy Chief Executive Officer:	Mr Wayne Hart	
	Mob:	0488 090 216
	Email:	dceo@mtr.sa.gov.au
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	Mob:	0448 655 975
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Councillors

Mayor: Cr Sandra Wauchope (Coastal Ward)
Tel: (08) 8634 5279
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Email: sgwauchope@mtr.sa.gov.au

Deputy Chairman: Cr Ray Walker (Ranges Ward)
Tel: (08) 8666 2164
Fax: (08) 8666 2115
Email: rewalker@mtr.sa.gov.au

Other Elected Members:

Cr Trevor Roocke (Plains Ward)
Tel: (08) 8667 2210
Fax: (08) 8667 2085
Email: tcroocke@mtr.sa.gov.au

Cr Paul Kretschmer (Forest Ward)
Tel: (08) 8668 4343
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Cr Chris Ryan (Coastal Ward)
Tel: (08) 8634 4445
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Cr Colin Nottle (Plains Ward)
Tel: (08) 8667 2180
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Cr Peter Jacobs (Ranges Ward)
Tel: (08) 8667 5336
Email: prjacobs@mtr.sa.gov.au

Council Website

Home Page

Following the welcome / introduction on the Home Page, is a section entitled ***'Submit a CQI Request to Council'***.

Council has established a Continuous Quality Improvement (CQI) system and a key component of this is the ability to lodge and track improvement requests.

The CQI system allows for:

- Incident Reports
- Customer Complaints
- Customer Requests
- Preventative Action Requests, and
- Other CQI Suggestions to be made.

These can be submitted electronically by members of the public by simply:

- Clicking the 'click here' link / button which will take you to the "Lodge a CQI Request' page
- Complete the necessary details
- Submit.

When your CQI is received by Council Staff, it is placed into a database, a report is generated and is then emailed to the appropriate department for action.

Current and finalised CQIs are reported to Council on a monthly basis.

2020 Vision – A View to Sustainability

The Following is an extract from Council's Strategic Management Plan which covers Infrastructure and Assets

Developing the Foundation of our Future

A range of reliable infrastructure is required to cater for the current and future transportation, communication, water, electricity and quality of life needs of our residents, businesses and communities. We acknowledge that Council has a leadership role in encouraging the adoption of alternative technologies and sharing of facilities and resources, to deliver infrastructure and services in a sustainable and environmentally sensitive manner.

STRATEGIES

6.1 Ensure that Council's Land and Building Assets are appropriately managed and maintained

6.1.1 Develop and implement long-term asset management plans for Council's building assets
6.1.2 Pursue grant opportunities to upgrade Council's community facilities, e.g. to provide facilities for doctors and visiting specialists
6.1.3 Ensure that an adequate level of maintenance is undertaken on Council Buildings
6.1.4 Regularly review and implement Community Land Management Plans in accordance with the Local Government Act 1999
6.1.5 Regularly review Council's radio and telecommunication systems
6.1.6 Maintain Council's radio and telecommunication systems at appropriate standards
6.1.7 Regularly review Council's asset holdings

6.2 Enhance Council roads infrastructure and management

6.2.1 Develop and implement a District Road Strategy which is consistent with Mid Northern, State and Neighbouring Council's Road Strategies
6.2.2 Consider developing annual maintenance and construction programs on a District basis and consistent with the District Road Strategy
6.2.3 Investigate and pursue feasible options to secure appropriate road building material sites, i.e. gravel pits or quarries
6.2.4 Prioritise the sealing of our main townships unsealed roads to improve streetscapes and encourage residential growth
6.2.5 Actively participate in the Central Region Local Government Association Regional Roads and Transport Strategy, ensuring that local needs and priorities are adequately represented
6.2.6 Actively lobby for the continuation of the Roads to Recovery program
6.2.7 Provide appropriate and ongoing training to employees in maintenance and construction techniques to continually improve their skills base
6.2.8 Provide and maintain roadside naming signage on all roads
6.2.9 Ensure tourist and services road signage complies with the SATC-DTEI Road Sign Guidelines
6.2.10 Undertake road signage reduction/rationalisation and consolidation programs where possible

6.3 Support revegetation and town beautification initiatives

6.3.1 Develop a ten year Footpath and Trails Construction Plan for the District
6.3.2 Regularly review, update and continue to work towards the implementation of Council's footpath and trails plan
6.3.3 Ensure an annual budget allocation is made for Council footpath and trails programs

6.4 To provide an Aerodrome Facility that meets the Community's needs

6.4.1 Ensure that the aerodrome is owned, managed and operated in accordance with legal requirements
6.4.2 Provide and maintain a formed unsealed all weather runway surface

6.5 Develop and maintain Council controlled cemeteries at a level that meets expectations

6.5.1 Develop an overall Cemeteries Management and Improvement Plan
6.5.2 Provide shelter facilities with appropriate seating as a rest area for the elderly
6.5.3 Landscape areas along the main entrances and car parks
6.5.4 Consider options for providing a restoration and maintenance program for old graves whose occupants have no local family members remaining within the District
6.5.5 Provide assistance upon request, on a private works basis, to non-Council controlled cemeteries
6.5.6 Develop an on-line Cemetery Register for the information of former residents and others not living in the local area

6.6 Maintain Council plant, equipment and other assets to high standards

6.6.1 Develop and implement a replacement program for major plant items
6.6.2 Establish and maintain a reserve fund for major plant item replacement

Councillor Profile

Cr Paul Kretschmer
Forest Ward

Together with my wife Denise, we own and operate a 'Demeter' certified stone fruit orchard property in the Wirrabara Forest area, on which we also have two self-contained B&B cottages. We are members of 'Willing Workers on Organic Farms', and frequently have overseas backpackers, as 'wwoofers' staying with us, which makes for an interesting and varied home life.

We have two children, Raymon, who attends Booleroo Centre District School, and Renae, who attends Wirrabara Primary School.

I graduated from Roseworthy Agricultural College in 1975, and then worked in Outdoor Education on a facility north of Toowoomba Queensland, as well as on my family's grazing property south of Bordertown, until purchasing our Wirrabara Forest property in 1998.

My interest in the local community and my desire to be of constructive assistance led me to nominate for a position as Councillor, and I have valued the role, in my contact with many people and in the shared endeavour to improve the services, facilities and infrastructure of our Council region.

I am a member of the Wirrabara Primary School Governing Council, Wirrabara Progress Association, Wirrabara Institute Committee and the Wirrabara Producers Market and I see these committees fulfilling their part in maintaining the needed viability and vitality of our town.

As a Councillor, I am a member of the Southern Flinders Ranges Tourism Authority (SFRTA), whose role is that of tourism development across our region. A major focus has been on developing cycle tourism. In addition, food and wine tourism, as well as adventure tourism are now receiving attention.

I am also a Northern NRM Group Member, whose role is to identify, determine and conduct natural resource management and environmental projects within our region.

I enjoy and appreciate living in this area and region, and being a Councillor is a manner in which I can contribute, whether it be in the detail of local issues or in the 'big picture' of the region as a whole.

2011 / 2012 Community Assistance Grants
Minor Grants Program

The District Council of Mount Remarkable offers Community Assistance Minor Grants to support local non-profit community groups and services.

Applications are sought from non-profit organisations, community and sporting groups based in the Council's Local Government area and / or principally serving the Council's area.

The Minor Grants Program is aimed at providing community groups and organisations with the opportunity to obtain funds for projects which cannot easily be obtained from other sources.

Projects / Events must demonstrate how they will positively impact on residents of the District Council of Mount Remarkable area.

An amount of $2,000 will be available for each of the following townships:

- Booleroo Centre
- Melrose
- Port Flinders
- Port Germein
- Wilmington
- Wirrabara

District Council of Mount Remarkable

A further $3,000 will be available for the remainder of the Council area.

The following events / projects may be considered for funding (this list includes):

- Recreational and community activities, grounds and buildings.
- Local Community celebrations.
- Minor Infrastructure Projects that develop broad community capacity, strength and well-being.

Types of projects that WILL NOT receive funding:

- Commercial undertakings.
- Assisting individuals to participate in events.
- Projects already commenced or completed by the current round's closing date.
- On-going general running or maintenance expenses (eg. postage, telephone, electricity etc).
- Fundraising ventures.

Guidelines and application forms are available from the Council Office or Council's website www.mtr.sa.gov.au.

Closing Date: 5.00 pm, Monday 5th March 2012

COUNCIL INFORMATION

Meeting snippets are written following each Council meeting and may not reflect follow-up decisions etc. Please refer to the Council Minutes & Agenda Reports available on the Council website for full details.

JANUARY ORDINARY MEETING OF COUNCIL HELD TUESDAY 10TH JANUARY 2012

BMW NETBALL COURTS - FINANCIAL SUPPORT

Council received correspondence from the BMW Netball Club advising that the club is considering the replacement of the Melrose Netball Courts at an estimated cost of at least $150,000 and sought Council's further financial support and assistance with the project.

Council resolved to confirm its allocation of $15,000 made in July 2010 from the Melrose Community Assistance Major Fund towards the project and to advise the BMW Netball Club that a Community Group Loan may also be available for the project, subject to the normal application and assessment processes.

LOCAL GOVERNMENT ASSOCIATION OF SOUTH AUSTRALIA - CONSTITUTIONAL RECOGNITION CAMPAIGN

Correspondence received from the Local Government Association of South Australia (LGA), sought Council's financial support towards a National and State campaign towards having Local Government recognised in the Australian Constitution.

The LGA are seeking contributions over a 6 year window and excluding the election year (2014 / 2015) to raise $1.5m from Councils to accompany $550k from LGA Reserves and the R & D Scheme. As an individual Council, the proposed financial contribution would be approximately $600 this financial year and $1,004 in subsequent years of the campaign (total of $5,622).

Council has previously endorsed the Australian Local Government Association's objectives in seeking financial recognition in the Australian Constitution and Council resolved to approve an allocation of funds to the LGA for this purpose on the understanding that should a referendum not proceed, then any funding allocated to the campaign and not spent will be returned to Council.

Next Meeting

The next Ordinary Meeting of the District Council of Mount Remarkable will be held at 9.30 am, Tuesday 14th February 2012, in the Council Chambers, Stuart Street, Melrose.

FIREY WOMEN

The SA Country Fire Service has been funded by Emergency Management Australia in conjunction with Rural Solutions SA to deliver a series of fire safety workshops to rural South Australian women.

These award winning workshops provide women with a safe, non-threatening setting to learn new skills to protect their families and livelihoods. The workshops cover both information and practical sessions over two days.

The "Firey Women" program is an outcome of the findings from the 2005 Eyre Peninsula fires. Of the nine people that died in the Wangary fires, seven were women and children. Of these seven people, six died in or near their cars, whilst trying to flee.

Research showed that women specifically required bushfire safety information and education as on fire days, a significant number of household members with fire fighting skills, generally men, are away from home on CFS duties, and women are left to defend the property with little or no knowledge of fire fighting equipment.

The "Firey Women" program covers all aspects of fire safety in the event of a bushfire through workshops that incorporate both information and practical skills.

Workshop topics include:

- Preparing yourself emotionally
- Understanding the new bushfire danger ratings and warnings
- Deciding when to "leave early" or "stay and defend"
- Preparing a Bushfire Survival Plan
- Identifying hazards around the home
- Operating pumps and fire fighting equipment
- Bushfire Behaviour
- Preventing Injury

To enable as many women as possible to attend, daytime workshops are being offered during the school term. The workshops run from 9.00 am to 3.00 pm.

Council has contacted the Community Education Unit of the SA Country Fire Service regarding the "Firey Women" program and the CFS, with Council's assistance, is prepared to run workshops in the district, should there be sufficient interest. Could interested persons please contact:

Sareena Tansell
Council Office
Phone: 8666 2014

COUNCIL INFORMATION

INFORMATION FOR FOOD BUSINESSES
FOOD SAFETY STANDARD 3.2.3

Specific requirements for <u>hand washing facilities</u>

14(2) Subject to the following subclauses, hand washing facilities must be:

(a) permanent fixtures;

The facilities have to be a permanent fixture unless the premises are temporary.

(b) connected to, or otherwise provided with, a supply of warm running potable water.

The subclause requires that the facilities be connected to, or otherwise provided with, a supply of warm running water. In permanent premises the basin must be connected to a piped supply of warm running potable water. If a separate hot and cold water supply is provided a mixer tap (preferably the single-level type) or common outlet is required.

For further information: http://www.foodstandards.gov.au/foodstandards/foodsafetystandardsaustraliaonly/standard323.cfm

Mark Smith, Council's Environmental Health & Compliance Officer, can provide additional information regarding hand washing facilities for food business premises.

Phone: 8666 2014
Mobile: 0427 486 130
Email: ehco@mtr.sa.gov.au

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HEATWAVE INFORMATION

Heatwaves can have a detrimental impact on communities. They affect many parts of everyday life such as health and wellbeing, energy and infrastructure, public transport and agriculture. They can also contribute to an increased fire risk and heat stressed trees, which pose a significant threat to public safety.

During the 20th Century, heatwaves caused more deaths in Australia than any other natural hazard.

With global warming resulting in rising temperatures and common extreme weather circumstances, summer heatwaves have become a part of life in Australia.

It is important that we prepare for heatwaves to ensure that we stay safe and well during these times.

There are three stages of heat stress. The most serious health effect of extreme heat events is heat stroke, which is the failure of the body's temperature control system. Heat stroke can cause severe and permanent damage to vital organs. If not treated immediately, heat stroke can result in permanent disability and even death.

The good news is there are some simple things you can do to reduce the impact of extreme heat.

Stay hydrated

Drink two to three litres of water a day even if you don't feel thirsty. Avoid fizzy, alcoholic and caffeinated drinks and do not take salt tables (unless instructed by a GP).

Dress for summer

Lightweight, light coloured clothing reflects heat and sunlight and helps your body maintain a normal temperature.

Check on those at risk

Visit at risk individuals such as the sick and elderly at least twice a day and keep an eye on children. Watch for signs of heat-related illness.

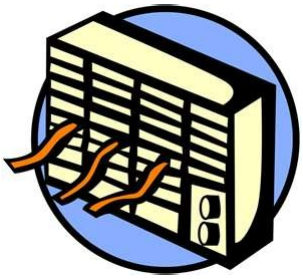
Minimise sun exposure

Keep out of the sun as much as possible. If you must be in the sun, wear a shirt, hat and sunglasses. Also make sure you wear sunscreen to prevent sunburn, which limits the body's ability to cope with heat.

Prepare your home

Prepare your home early. Service or replace your air conditioner BEFORE you need it. Curtains, awnings and blinds can also help to keep the home cool.

Make use of air conditioning



If you don't have air conditioning, make use of public facilities such as shopping centres, art galleries, cinemas or other air conditioned buildings. Portable fans are also useful in drawing in cool air, or exhausting warm air from a room.

Remember your pets

Pets can be particularly vulnerable to the heat. Make sure they have shade and plenty of cool water to last the day.

Seek medical advice if necessary

The State Emergency Service (SES) has developed the ***Heatwave Information Guide*** to provide some simple steps to surviving heatwave. The guide also lists the signs of heat stress to look out for in yourself and others to ensure everyone's safety.

For further information or to download a copy of the ***Heatwave Information Guide*** visit Council's website or contact the Council Office.

Important Contact Information

For medical advice telephone Healthdirect Australia on

1800 022 222

For immediate medical assistance telephone

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COUNCIL INFORMATION

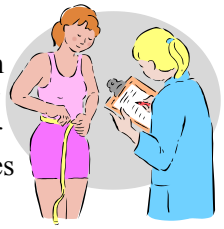
INTRODUCING THE NEW HEALTHY COMMUNITIES INITIATIVE COORDINATOR: REBECCA PERKIN

Born in Whyalla and raised in Adelaide, Rebecca has almost come full circle.

After more than 6 years as a qualified Town Planner in Local Government, her passion for communities prompted a career shift. In her first step along this path, Rebecca performed in the dual role as Coordinator of the Chaffey Community Centre and Project Officer for the Riverland Volunteering Pathways project, in Renmark.

Rebecca's second step along this career path has brought her to the Southern Flinders Ranges to be based at District Council of Mount Remarkable, where she replaces Stuart Green, as the Healthy Communities Initiative Project Coordinator.

The initiative is primarily aimed at those adults who would not normally engage in organised sport and encouraging physical activity and healthy nutrition whilst also providing avenues to engage with their community. Rebecca's previous experience in working with rural and regional communities, and her Local Government background, will stand her in good stead to deliver the required outcomes for the project.



If you know someone who could do with a hand to get their fitness and flexibility back on track (or maybe, get on track for the first time) the Healthy Communities programs are highly recommended.

Coming soon: *Heartmoves, Heart Foundation Walking and Healthy Eating and Lifestyle (HEAL)* classes. Give someone a helping hand to get involved you could save their life.

Remember: "a journey of a thousand miles begins with a single step…"

Contact Rebecca to register, or recommend a friend or family member:

Phone: 8666 2014
Email: hcipo@mtr.sa.gov.au

EMPLOYMENT OPPORTUNITIES

Applications are invited from suitably qualified, experienced and motivated people for the following positions with Council.

Multi-skilled Municipal Employee (Full Time Position)

Duties will include a wide range of tasks including plant and equipment operation, road construction and maintenance, footpath, CWMS and reserve maintenance and other mixed functions.

This is a full time position with an immediate start and will be classified under Council's AWU EBA No. 6 as Level 5 subject to qualifications, skills, experience and performance. This will provide for base wages in the range of $854 to $874 per week. A Heavy Combination class driver's license is considered essential for this position.

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Administration Trainees (Two 12 Month Positions)

Applications are invited from people of all age groups interested in undertaking a 12-month Administration Traineeships (Certificate III in Business Administration) with Council. The traineeship can commence immediately although flexible starting dates will be considered.

The successful applicants will be self-motivated individuals with sound communication and computer skills and the ability to work effectively as part of a team. Each trainee will work in a distinct area within Council operations (community transport, and community and economic development) although interaction with other functional areas will regularly occur.

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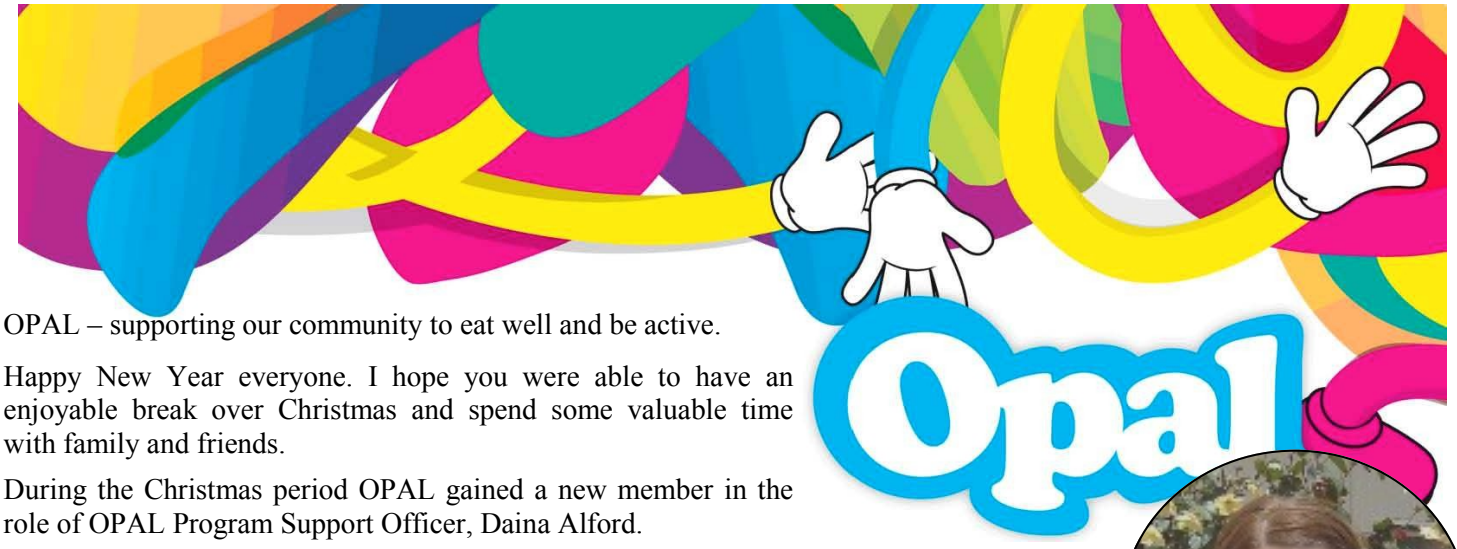
A copy of the position descriptions and other applicable information can be obtained by contacting Colleen Jacobs at the Council Office on 8666 2014 or from Council's website www.mtr.sa.gov.au.

Applications including contact details for two current referees should be forwarded to the Chief Executive Officer, District Council of Mount Remarkable, PO Box 94 Melrose SA 5483.

Applications close 5.00 pm Friday 3rd February 2012

RATES INSTALMENT DUE DATES:

Third Quarter : 15th March 2012
Last Quarter: 14th June 2012



OPAL – supporting our community to eat well and be active.

Happy New Year everyone. I hope you were able to have an enjoyable break over Christmas and spend some valuable time with family and friends.

During the Christmas period OPAL gained a new member in the role of OPAL Program Support Officer, Daina Alford.

Daina has recently completed a Bachelor Degree in Nutrition and Food Science and has experience in marketing, having worked as a visual merchandiser and in administration as a personal assistant to a Real Estate Agent. Daina has also been very involved with volunteering with the Youth Community Foodies and has lots to offer in her experience, knowledge, passion and enthusiasm for improving the health and wellbeing of our communities. Welcome Daina.

This month will see the return of many regular routines, workers heading back to work and children returning to school. Daina and I will be introducing ourselves and the OPAL program to schools in the region and talking with staff, students and families about how the OPAL program can best support schools to encourage healthy eating practices and greater physical activity opportunities within the school setting and community as a whole.

One area of concern that is often difficult for parents and care givers of children is providing easy, nutritious snacks or meals for the school day. Provided is a great recipe example of how you can increase the overall nutritional value of a common place snack that children generally love while also increasing your child's daily vegetable intake.

Zucchini Noodle Pancakes
A healthy and filling lunch box snack

Serves 12
Prep Time: 30 minutes

Ingredients:

4	Eggs (lightly beaten)
170g	Packet noodles
2	Zucchini (grated)
1 tbsp	Margarine
¾ cup	Reduced fat mozzarella cheese

Instructions:

1. Cook noodles according to packet directions.
2. Drain and place in a large bowl, then stir through noodle seasoning, eggs, cheese and zucchini.
3. Heat margarine in a pan, take ½ a cup of mixture and cook for approximately 1-2 minutes on each side until golden. Repeat until all mixture is used.
4. Drain on absorbent paper.
5. Eat immediately, or cool and store in an air-tight container in fridge for school lunches and easy snacks.

©Nutrition Australia 2011, Permission is required to reproduce this recipe.

During these first few months of introduction and consultation, OPAL will be forming a Local Advisory Committee that will work together to find out what your community needs to help children and adults to be more active and make healthier eating choices. The result will be a community where it is easier for you and your family to live a healthy life.

To find out more or be involved, visit www.opal.sa.gov.au or call your local OPAL team:

Emma Young
OPAL Program Manager
Tel: (08) 8666 2014 or 1300 726 252
Mob: 0488 090 303
Fax: (08) 8666 2169
Email: opalm@mtr.sa.gov.au

Government of South Australia
SA Health

Australian Government

Community Information

Bicycle Safety

Most cycling injuries to children don't involve another vehicle but occur when they fall off their bike after crashing into a pole, kerb or fence.

Riding the Bike

- Children must obey the rules of the road and know what each traffic sign means.
- Children should never make a turn without looking behind them. Teach them to make a shoulder check before they signal and turn.
- Children should avoid riding on busy streets and riding at night.
- If there is traffic, a child should stop by the side of the road and wait for a gap before turning.
- For young cyclists, a footpath or shared path is the best place to cycle, unless a no bicycles sign is on display. The Australian Road Rules allows children under 12 to ride on footpaths, but remember that driveways are dangerous.
- Children on bicycles should always give way to pedestrians.
- Help children understand when it is safe to cross the road.
- Teach children to walk their bikes when crossing the street, crosswalk or railway crossings.

The Bike

Make sure the bike fits: A bike that is too big or small is a safety hazard. How to check: have your child sit on his/her bike, at least the toes should touch the ground on both sides.

Do equipment spot checks: Parents should ensure their child's bicycle is equipped with safety devices such as lights, reflectors and a bell or horn. Helmets must be approved for safety with an Australian Standards certification.

Be a role model: Set a good example when cycling with your children and wear a helmet too.

Make bikes Safer: Buy safe bicycles, with spoke guards & chain guards; Ensure a bike lamp is used at dusk or at night; Fit safety devices to bicycles such as reflectors and safety flags.

Bicycle Safety Checklist

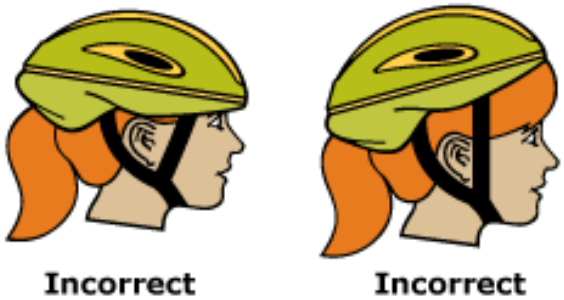
1. BRAKES: ensure brake blocks are not worn down and are fitted correctly.
2. CHAIN: should be frequently oiled and not be too loose.
3. TYRES: look for bald spots, bulges and cuts. Should not "squash" when firmly squeezed.
4. PEDALS: should spin freely.
5. BELL OR HORN: must be loud enough for others to hear.
6. REFLECTORS and LIGHTS: must be secure, properly aligned, clean and working.
7. SEAT: the height of the seat should be correctly adjusted so that the rider can sit on the seat with their toes able to reach the ground.

Bicycle Helmets Save Lives

Head injuries are the main cause of death and disability to cyclists. Bike helmets help reduce injury. After the introduction of mandatory helmet wearing for cyclists, there was a 40% reduction in head injuries to cyclists.

Choosing a Helmet

- Involve the rider in buying the helmet. Make sure he / she is happy with the appearance.
- Try it on for comfort and fit. Head size in centimetres and helmet size in centimetres may be different shapes. Not every helmet will fit snugly.
- Test the fit. Adjust the straps and do it up. It should sit straight on the head. Place your palm under the front of the helmet and push up and back. The helmet must not move.
- Don't buy a helmet that is too big so the child can grow into it. It will be too big to protect the child now.
- Child helmets are vital for children up to age five or six. After that, their head is almost adult size and they should be able to wear adult helmets.
- The helmet should feel comfortable and have a good airflow, particularly if you live in a warm climate.
- Look for the Australian Standards mark (ANNZS 2063). These helmets have been tested and approved.
- Second-hand helmets may not be a bargain. It can be difficult to see damage to the foam lining. A damaged helmet will not protect the rider. With second-hand helmets you have little choice for comfort and fit.



Kidsafe
CHILD ACCIDENT PREVENTION FOUNDATION OF AUSTRALIA

COMMUNITY INFORMATION

NEW SERVICE FOR MEN AND BOYS: SOLUTIONS FOR MEN - TELEHEALTH COUNSELLING SERVICE

What ? A local counselling service via video conferencing, designed specifically for rural and remote males.

Where ? Located at the Medical Centres of Jamestown, Peterborough, Booleroo and Orroroo.

Who ? The service is provided by experienced Counsellors who understand Male Health issues.

Easy to use, Secure and Confidential

This is a project of the Australian Institute of Male Health and Studies in conjunction with The Rural Health Team.

How can you access the service?
Simple Steps
Option 1 Visit your GP for a referral
Option 2 Self referral go our website: www.aimhs.com.au
Click on Solutions for Men and enter your details
Option 3 Ring: Triage on (08) 7324 3833

We will then contact you to:

- Make a **Telehealth** appointment time and to let you know if there is a cost or gap payment for the session; NO fee for concession card holders
- Match you with a practitioner who fits your needs

At your **Telehealth** appointment sit down in front of the screen and the practitioner will begin the session at your appointment time.

- There are no waiting room hassles.
- There is no need to turn anything on.
- When your session is finished, the screen will turn off on it's own.
- That's all there is to do!

For further information:
Phone: (08) 7324 3833
Email: triage@aimhs.com.au

AIMHS
AUSTRALIAN INSTITUTE OF MALE HEALTH & STUDIES

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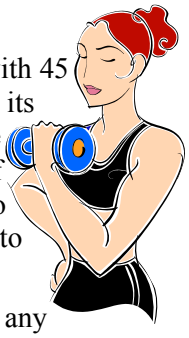
BOOLEROO GYM



The Booleroo Gym is up and running now with 45 members and has been successful in its application for grant funding with the Office of Recreation & Sport, receiving a total of $34,490. This money will be used to purchase commercial grade equipment and to run further exercise classes.

Please contact the committee if you have any suggestions or to express interest in either running any classes or interest in obtaining training to facilitate classes.

Contact Jane McCallum
on 8667 2458.

The Remarkable Youth Action Team Tri-Challenge is on again!

Sunday 4th March 2012

Categories:

Novice:	75m swim, 1.5km bike, 1km run
Intermediate:	175m swim, 3km bike, 2km run
Open:	275m swim, 9km bike, 3km run
New Event:	*Fun run walk- 5km*

$8 entry fee

Phone: 8667 2458 to register

$10 late entry fee applies to registrations received after Thursday, 1st March

All ages welcome

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THE WIRRABARA CRAFT HOUSE

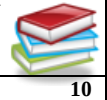
The Wirrabara Craft House is a community run venture which provides an outlet for local crafts people within a radius of 50 km. Volunteers are on duty every day of the week from 9.00 am to 5.00 pm to help you.

With hand-crafted goods sold on a commission basis, the profits are used to help local community organisations and projects.

Some of the treasures you will find include:

- A variety of wood work including boxes large and small, tables, stools, pedestals, garden seats, turned bowls, lamps and much more
- Art work, ceramics, paintings, stained glass
- Knitted and crocheted garments: beanies, scarfs, jumpers and baby wear
- Local Produce: jams, pickles, honey, farm-fresh eggs, dried fruits, pasta and olive oil
- Stationery: hand-made greeting cards, postcards and local history books
- Gift ideas and novelties
- Fleece wool for spinning
- Tourism information, brochures and maps

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
= ***RECYCLING DAY***			1	2 Mobile Library - Port Germein	3 Mobile Library - Booleroo Centre 	4
5 Port Germein Community Church Port Germein Village Roast (Cancelled if over 38°C)	6 Wirrabara Institute Committee Mtg Booleroo CFS Vehicle Maint & Comm Mtg	7 Mobile Library - Wilmington / Melrose Port Germein Community Ladies Fellowship Port Germein CFS Training	8 Booleroo Steam & Traction Pres Soc Mtg Murray Town Progress Assoc Meeting CYH Clinic, Booleroo Centre	9 Mobile Library - Wirrabara / Murray Town / Appila Wirrabara Progress Meeting	10	11
12 Port Germein Community Church	13 Wilmington CFS Meeting Booleroo CFS Training	14 ***COUNCIL MEETING*** Wirrabara Men's Bowls Meeting Laura & District Probus	15 Wirrabara Senior Citizens Wilmington Progress Assoc Meeting ***Deadline for Newsletter Articles***	16 Mobile Library - Port Germein B/C Community Dev & Tourism Assoc Mtg	17 Mobile Library - Booleroo Centre Booleroo Diabetes Special Interest Group	18
19 Wirrabara Producers Market Port Germein Community Church	20 Wirrabara Sporting Reserve Meeting Wilmington CFS Training Booleroo CFS Training	21 Mobile Library - Wilmington / Melrose Port Germein CFS Training	22	23 Mobile Library - Wilmington / Murray Town / Appila	24	25
26 Pt Germein Community Church	27 Port Germein CWA Booleroo SES Training	28	29	*Wirrabara Craft House* *Open 7 days 9am-5pm*		*Wilmington Progress Society's Art / Craft / Produce and Tourist Information Centre Saturdays & Sundays from 10 am - 4 pm in the Billiard Clubrooms*

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wirrabara Craft House Open 7 days 9am-5pm	*Wilmington Progress Society's Art / Craft / Produce and Tourist Information Centre - Saturdays & Sundays from 10 am - 4 pm in the Billiard Clubrooms*			1 Mobile Library - Port Germein	2 Mobile Library - Booleroo Centre	
4 Port Germein Community Church Port Germein Village Roast (Cancelled if over 38°C) RYAT Tri Challenge	5 Wirrabara Institute Committee Booleroo CFS Vehicle Maint & Meeting Melrose Show Society AGM	6 Mobile Library - Wilmington/Melrose Port Germein Community Ladies Fellowship Port Germein CFS Training	7	8 Wirrabara Progress Assoc Mobile Library - Wirrabara/Murray Town/ Appila 	9	10
11 Port Germein Community Church	12 **Adelaide Cup Day** Wilmington CFS Meeting Booleroo SES Training	13 **Council Meeting** Wirrabara Men's Bowls Meeting Laura & District Probus	14 Murray Town Progress Assoc Booleroo Steam & Traction Pres Soc CYH Clinic, Booleroo Centre	15 ***Third Quarter Rates Due*** ***Deadline for Newsletter Articles*** Mobile Library - Port Germein B/C Comm Dev & Tourism Assoc	16 Mobile Library - Booleroo Centre Booleroo Diabetes Special Interest Group	17
18 Port Germein Community Church Wirrabara Producers Market 	19 Wirrabara Sporting Reserve Wilmington CFS Training Booleroo CFS Training	20 Wirrabara Senior Citizens Mobile Library - Wilmington/Melrose Melrose Community Development Assoc Port Germein CFS Training	21 Wilmington CWA Wilmington Progress Society 	22 Mobile Library - Wirrabara/Murray Town / Appila 	23	24
25 Port Germein Community Church	26 Port Germein CWA Booleroo SES Training	27	28	29 Mobile Library - Port Germein	30 Mobile Library - Booleroo Centre	31

= ***RECYCLING DAY***