

In This Issue:

- OPAL Program
- Council Contact Details
- Council Minutes & Agendas
- Recyclables Collected
- 2020 Vision—Strategic Management Plan
- Employment Opportunities
 - Deputy CEO
 - Health Communities Initiative- Project Officer
 - Disaster Reliance - Project Officer
- Your Dog & the Law
- Council Meeting Snippets
- A MasterPlan for Wilmington Main Street
- Grants Opening Soon
- Second Hand Rail for Port Germein Jetty
- Move It! Making Communities Active Program
- Wirrabara Primary School
- Mid North be active
 - Around the Grounds
 - Grants
 - Mid North be active Small Support Subsidy
 - Other Funding Sources
- SA Tourism Program Wins National Award
- Queen's Birthday Honours
- Easy Ways to Save Energy
- Go 4 Green
- Quick Tips for Feeling Fitter
- July & August Calendars

COUNCIL JOINS SA's OPAL PROGRAM

In partnership with Northern Areas Council and the District Council of Peterborough, Council has been successful in obtaining funding to run the OPAL program for a five year period.

OPAL stands for Obesity Prevention and Lifestyle and is a visionary program aimed at improving the health status of the whole community through promoting healthy lifestyles. OPAL is not a set program but a way of working and focuses on engaging local communities to develop and implement local strategies.

OPAL aims at improving eating and activity patterns of children, through families and communities in OPAL regions and thereby increase the proportion of 0 to 18 year olds in the healthy weight range. The OPAL program is a joint initiative between the State, Federal and local Governments to encourage children and families to live healthy, active lives.

"We are thrilled to have even more communities involved in the OPAL program to help spread the message of healthy eating and active lifestyles," South Australian Health Minister John Hill said.

A quarter of South Australian children are overweight or obese, something that can lead to serious, long-term effects on their lives as well as the health system and the state's economy. The proportion of the population within the Mid North area that are either overweight or obese is notably higher than the South Australian average. Prevalence of overweight and obesity has increased rapidly. Rates of overweight and obesity in 4 year old children are higher than the state with the state average 18%, compared to the Mid North – 23% (CYWH, 2007).



These high rates are related to lifestyle risk factors such as physical inactivity and inadequate fruit and vegetable intake.

The OPAL program is a joint initiative between the State, Federal and local Governments to encourage children and families to live healthy, active lives.

"Designated OPAL workers are active within communities supporting and encouraging children and families to embrace a healthy approach to life – by eating well and enjoying being active."

A wide range of approaches have been used to work toward these goals including: planting community and school gardens, improving infrastructure to supply fresh drinking water, hosting healthy cooking demonstrations, sponsoring community-wide fun runs and supporting recreation programs for teenagers.

Upon appointment of a Project Officer, Council will begin working with the communities to develop even more ideas to help their neighbourhoods and families thrive and be healthy.

In addition to providing human resources, the OPAL program will provide funding to assist achieving the program's aims across the three Councils.

The launch of OPAL will complement the recently announced Federal Healthy Communities Initiative funding directed toward at-risk adults in locations with high rates of overweight and obesity.



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 Street Address: 5 Stuart Street, Melrose Office Hours: 8.30 am to 5.30 pm Monday to Friday	
Chief Executive Officer: <u>Mr Sean Cheriton</u> Mob: 0427 663 333 Tel: (08) 8667 2457 (A/H) Email: ceo@mtr.sa.gov.au		Mayor: <u>Cr Sandra Wauchope</u> (Coastal Ward) Tel: (08) 8634 5279 Fax: (08) 8634 5279 Email: sgwauchope@mtr.sa.gov.au	
Manager Works & Technical Services: <u>Mr Brenton Pearce</u> Mob: 0427 605 802 Tel: (08) 8666 2229 (A/H) Email: mwts@mtr.sa.gov.au		Deputy Chairman: <u>Cr Ray Walker</u> (Ranges Ward) Tel: (08) 8666 2164 Fax: (08) 8666 2115 Email: rewalker@mtr.sa.gov.au	
Development Officer: <u>Mr Ron Ashenden</u> Mob: 0458 513 623 Tel: (08) 8651 2346 (A/H) DevelopmentOfficer@mtr.sa.gov.au		Other Elected Members: <u>Cr Trevor Roocke</u> (Plains Ward) Tel: (08) 8667 2210 Fax: (08) 8667 2085 Email: tcroocke@mtr.sa.gov.au <u>Cr Paul Kretschmer</u> (Forest Ward) Tel: (08) 8668 4343 Mob: 0428 827 774 Email: prkretschmer@mtr.sa.gov.au <u>Cr Chris Ryan</u> (Coastal Ward) Tel: (08) 8634 4445 Mob: 0439 589 909 Email: cwryan@mtr.sa.gov.au <u>Cr Colin Nottle</u> (Plains Ward) Tel: (08) 8667 2180 Fax: (08) 8667 2180 Email: cenottle@mtr.sa.gov.au <u>Cr Peter Jacobs</u> (Ranges Ward) Tel: (08) 8667 5336 Email: prjacobs@mtr.sa.gov.au	
Environmental Health & Compliance Officer: <u>Mr Mark Smith</u> Mob: 0427 486 130 Email: ehco@mtr.sa.gov.au			
Manager Community & Economic Development: <u>Ms Muriel Scholz</u> Mob: 0458 696 337 Tel: (08) 8663 2484 (A/H) Email: cedo@mtr.sa.gov.au			
Manager Passenger Transport: <u>Mrs Lyn Forster</u> Mob: 0448 655 696 Tel: (08) 8666 2179 (A/H) Email: lyn@mtr.sa.gov.au			
Deputy Works Manager: <u>Mr Peter Lock</u> Mob: 0448 655 975 Email: dwm@mtr.sa.gov.au			

COUNCIL MINUTES & AGENDAS

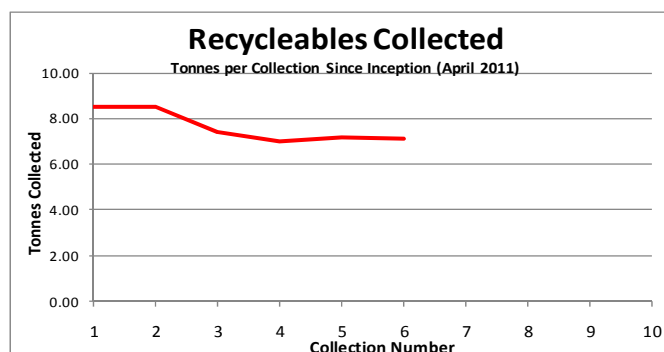
Council has received feedback in recent times regarding the Council Minutes that are published following each Ordinary Meeting, indicating that members of the Community would like to see more description included.

Council Minutes are intended to record the decisions of the Council in respect of the various Agenda items and are not intended to provide an in-depth commentary on all matters discussed and considered.

Council has, for a number of years, published its Meeting Agendas on the Council website for the reference and information of the general community. When reading and considering the Minutes of a Meeting, the best approach is to do so in conjunction with the Agenda. Both are accessible from the website and by reading both together, it will give the reader a much better understanding of the reasons why certain decisions are made.

It is also noted that the Agenda, Reports and Attachments contain a significant amount of information that will be of interest to Community Members. Next time that you visit the Council website, have a look at the Meeting Agendas. For those who do not have internet access, copies of the agendas are available for viewing or purchase from the Council office.

* * * * *



STRATEGIC MANAGEMENT PLAN 2008 - 2020

2020 Vision – Unobstructed foresight

The Following is an extract from Council's Strategic Management Plan which covers Administration and Finance.

Accountable, Secure and Sustainable Organisation

It is Council's responsibility to represent the interests of its ratepayers and residents and to efficiently and effectively provide a range of services and facilities. An adequately financed organisation with skilled and qualified employees is required to undertake these duties, over a variety of time periods. It is equally important that Council delivers "best value" to ratepayers and to other levels of government. It is in the interests of our communities that Council not only be well resourced and financially sustainable in the long term, but that it is continually accountable to all stakeholders.

STRATEGIES

2.1 Develop, implement and foster a Continuous Improvement philosophy throughout the Council

- 2.1.1. Generate greater awareness and accountability by all Council employees and in all activities
- 2.1.2. Ensure that contract management provides for the quality of service delivery being equal to or greater than that specified in the contract
- 2.1.3. Develop and implement "360 degree feedback" processes to be used in employee, management and contractor performance reviews/appraisals
- 2.1.4. Develop and implement career paths for employees
- 2.1.5. Conduct an annual review of Council's SMP involving a comprehensive range of stakeholders
- 2.1.6. Develop and introduce an employee incentive scheme on a quarterly and annual basis
- 2.1.7. Investigate and implement practices to grow a reputation as being an employer of choice, e.g. flexible work practices, recognition of work-life balance, education and professional development support

2.2. Continually investigate opportunities to reduce reliance on rate revenue

- 2.2.1. Develop business enterprises servicing both the Community and neighbouring Councils
- 2.2.2. Actively pursue additional private works opportunities
- 2.2.3. Regularly prepare and submit grant applications for Council projects
- 2.2.4. Actively lobby Commonwealth and State Governments for an appropriate level of Financial Assistance, Roads and other grant funding commensurate with Council's responsibilities

2.3. Meet all legislative requirements and industry standards

- 2.3.1. Develop greater financial awareness and expertise in employees responsible for budgetary items through appropriate training
- 2.3.2. Ensure employees are kept up to date with legislative changes through appropriate training
- 2.3.3. Encourage employees to undertake training relevant to their work area
- 2.3.4. Ensure that appropriate and needed Information Technologies are provided to all areas of Council operations

- 2.3.5. Maintain Information Technology (IT) Hardware and Software at appropriate levels to ensure the efficient and effective conduct of business

- 2.3.6. Continue to develop and maintain an informative and accurate Council web presence

- 2.3.7. Ensure that appropriate Human Resource Management practices are utilised

2.4. Manage Council's Finances in a Professional and Long-term Sustainable Manner

- 2.4.1. Ensure accurate and timely financial reporting for Management and Council

- 2.4.2. Ensure prudent and professional financial management

- 2.4.3. Establish and fund appropriate Reserve Accounts to provide for future capital expenditure requirements

- 2.4.4. Continue to review the priorities of Council works and the inclusion of contracts for specific activities

- 2.4.5. Ensure Council's Contracts, Tenders and Purchasing Policy is reflective of Council's Vision, Mission, Core Values and Objectives

- 2.4.6. Develop a 10 year financial plan for Council

- 2.4.7. Incorporate industry agreed financial sustainability indicators into Council's regular reporting

- 2.4.8. Develop and implement a treasury management policy

- 2.4.9. Establish and adequately resource an audit committee

2.5. Identify and manage all risks incurred or associated with the provision of Council functions, services, programs and projects

- 2.5.1. Provide a risk management strategy that allows for legislative compliance and the protection of all stakeholders including Council, committees, employees, the community and general public in their involvement, provision or use of council services and assets. This will also consider long term sustainability and the practical and wise management of Council property and resources on behalf of ratepayers

- 2.5.2. Cooperate and consult with employees and external stakeholders, to identify and address all threats and opportunities and ensure they are formally identified, assessed and managed, in accordance with the principles outlined in Council's Risk Management Policy and AS/NZS 4360:2004: Risk Management

2.6. Develop our employees and best practice management systems for occupational health, safety and welfare (OHSW), in line with industrial relations and risk management principles

- 2.6.1. Maintain a duty of care to all persons in the workplace including employees, contractors, consultants, labour hire, volunteers, visitors and the general community as far as is reasonably practicable

- 2.6.2. Continue an effective hazard management approach to OHSW, which encompasses the identification, assessment and control of hazards

- 2.6.3. Consult with, communicate relevant information and provide training to all employees in an appropriate manner

- 2.6.4. Provide adequate resources and use appropriate internal/external expertise as and when required

- 2.6.5. Monitor and review OHSW management systems and programs to allow for best practice and continual improvement and to comply with the requirements of the SA Workcover Performance Standards for Self Insurers.

EMPLOYMENT OPPORTUNITIES WITHIN COUNCIL

Council is presently looking for a number of suitably qualified and / or experienced people with energy, drive and passion to perform the following roles and to champion existing and new initiatives.



Deputy Chief Executive Officer

Indicative Salary Package \$90k - \$105k

This newly created role reports directly to the Chief Executive Officer and is a vital contributor to and integral part of the organisation and Management Team.

In this role, you will be responsible for leading a professional team in delivering high quality Corporate Governance in the areas of Finance, Administration, Communication Technology, Human Resources and other business support services. Additionally, you will provide exceptional and high level managerial assistance to the CEO and during absences, will oversee the daily operations of the Council.

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.

Healthy Communities Initiative - Project Officer

Indicative Salary Package \$65k - \$75k

This newly created role working across five Councils will be responsible for designing, implementing, monitoring and evaluating the delivery of the Healthy Communities Initiative which aims to reduce the prevalence of overweight and obesity in at risk individuals.

You will be a motivated self starter and have a sound understanding of Health issues, have a high level of oral and written communication skills together with experience in the planning and delivery of programs.

This is a three year contract position with a salary package to be negotiated subject to qualifications, skills, experience and performance.

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

Applications for all positions close at 5.00 pm on Friday 15th July 2011.

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 for all positions close at 5.00 pm on Friday 15th July 2011.



Disaster Resilience - Project Officer

Indicative Salary Package \$65k - \$75k

This newly created role working across four Councils will be responsible for undertaking a range of activities associated with the production and implementation of a comprehensive suite of disaster management plans across the Local Government Areas.

You will be a motivated self starter with a sound and practical understanding of disaster management and risk mitigation, together with high level written and oral communication skills and experience in working with a variety of stakeholders.

This is a one year contract position with a salary package to be negotiated subject to qualifications, skills, experience and performance.

YOUR DOG AND THE LAW

Council's objective is to return a lost pet to its owner as soon as possible and identification of your pet is the key to a swift return home.



Under the Dog & Cat Management Act you are lawfully required to:

- Register your dog at 3 months of age, and renew your dog's registration each year.
- Once registered your dog must wear a collar and disc at all times whilst in a public place.
- The registered owner must be a person aged 16 years or over, and must notify the Council as soon as possible if:
 - ⇒ the dog is moved to different premises;
 - ⇒ the dog dies, is missing for more than 72 hours; or
 - ⇒ ownership of the dog is transferred to another person.

Dog registrations can be undertaken at:

- ◇ Council Office, Melrose
- ◇ Post Office - Port Germein, Wilmington and Wirrabara
- ◇ ANZ Bank, Booleroo Centre

COUNCIL MEETING SNIPPETS

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.

JUNE ORDINARY MEETING OF COUNCIL HELD TUESDAY 14TH JUNE 2011

Flinders Mobile Library Budget & Contributions Endorsed

Council considered and subsequently endorsed the proposed Budget, including the respective member Council contributions, for the Flinders Mobile Library Board for the 2011/2012 financial year. The Budget provides for operating expenditure of \$162,050 funded primarily by the three member Councils. The respective contributions are \$62,169 (Mount Remarkable), \$56,673 (Northern Areas) and \$16,218 (Port Pirie) being based on the serviced populations within each of the Council areas.

Main Street Project Set to Commence

The Booleroo Centre Parklands (Main Street) Project has up until the last month, been on hold pending the outcome of costings for the undergrounding of powerlines through the State Government's Power Line Environment Committee. This option has proven to not be financially possible, with the decision made to proceed with implementation of the project excluding the undergrounding of power lines. Final specifications for the proposed developments have now also been received from the Landscape Architect.

An extension of time has been provided for Council to have until 31st December 2012 to complete the project. As part of the project implementation planning, it is proposed to employ a Booleroo person as a project manager/community liaison who would run the day to day aspects of putting the project into place and coordinate the various council / community / contractors resources to see the project implemented. This will allow all parties involved in the project to achieve maximum outcomes for the grant monies that are available.

In terms of project implementation, Council is intending to have the northern side of the project undertaken in the six months July to December 2011 and the southern side between January and June 2012.

2011/2012 Fees & Charges Set

As part of its Preliminary Budget processes, Council reviewed its general administration and permit fees and charges to apply for the new financial year. The fees reviewed included general administration charges (eg photocopying, laminating etc), waste disposal fees for the Willowie Landfill and the Port Germein and Wirrabara Transfer Stations, Cemetery Fees, Room Hire, Swimming Pool user charges and permits such as Wood Collection. Having not increased these fees and charges for a number of years, Council has increased the majority of them by between five and ten per cent.

Council Supports Extended Trading Area

Council formally indicated that it has no objection to a proposal by the Directors of the Port Germein Hotel for an extension to their authorised trading area,. The proposed additional licence area covers a proposed beer garden area on the western side of the hotel building.

Community Group Loan Approved

Council considered an application from the Booleroo Centre Bowling Club for a Community Group Loan of up to \$15,000 to install solar panels on its Clubroom roof. Council approved the loan of up to \$15,000 from the Cash Advance Debenture facility, which provides funds on a variable interest rate and allows the Club to repay the loan as soon as it wishes.

Following granting of this Loan, approximately \$160,000 remains available in the Community Group Loan facilities for other Community Groups to potentially access for their projects.

Council Votes in Election

Council has exercised its right to vote in the current election for the position of President of the Local Government Association of South Australia. Four candidates nominated for the position, namely Mayor James Maitland (Wakefield Regional Council), Mayor Allan Arbon (Rural City of Murray Bridge), Mayor Allan Aughey (Clare and Gilbert Valleys Council) and Mayor Kym McHugh (Alexandrina Council).

Voting in the election closes in late June with an announcement expected shortly thereafter.

Whistleblowers Protection Policy Reviewed and Readopted

Continuing its approach of considering and reviewing one Council Policy at each meeting as part of a training and development plan, Council revisited its Policy dealing with Whistleblowers Protection.

This Policy was initially developed and implemented by the previous Council in December 2009 and outlines the various requirements for Council to fulfill its responsibilities under the Whistleblowers Protection Act 1993.

The Policy was updated and re-adopted by Council at the Meeting. A copy of the Policy will be made available for interested residents and ratepayers on the Council website or for viewing at or purchase from the Council office.

Next Meeting

The next Ordinary Meeting of the District Council of Mount Remarkable will be held at 9.30 am, Tuesday 12th July 2011, in the Council Chambers, Stuart Street, Melrose.

COMMUNITY & ECONOMIC DEVELOPMENT

A MASTERPLAN FOR WILMINGTON MAIN STREET

Council recently received \$17,500 from the State Government Places for People program - a figure that will be matched by Council, to develop a MasterPlan for the town's thoroughfare.



This MasterPlan will be developed with the objective of enhancing the town's appeal and develop strategies for defining the town centre including several key precincts.

Wilmington is an important strategic location for the Yorke and Mid North region as the town is situated on one of the major thoroughfares to the Flinders, on the Sydney to Perth route and its location makes it a potential rest area for travellers, the impact sought is to entice people to stop and enjoy but most importantly the town centre needs to be designed for the benefit of the residents.

An urban landscape architect will be chosen and will be responsible to organise extensive community consultation to ensure that the design is what the community want.

Other external funding options and further provision for implementation in Council's budget planning will be considered once the Master Plan process has been undertaken and preliminary cost estimates made.

~~~~~

### 2011-2012 GRANTS FOR SENIORS AND POSITIVE AGEING DEVELOPMENT FUNDING OPENING SOON!!

It is anticipated the 2011-2012 round will open in early July 2011. Applicants will have four weeks to make submissions with the round expected to close early August 2011.

Advertising will take place in *The Advertiser* on the Saturday following the opening of the funding round and in regional and *Messenger* press shortly thereafter. The Minister for Ageing will announce successful applications to coincide with the International Day of Older Persons in October 2011.

Grants for Seniors provides one-off grants of up to \$5,000 to assist older people to be involved in their community and participate in activities of their choice.

Funding is provided for the purchase of:

- equipment or materials
- cultural, social or skill enhancing activities
- fitness, sporting or educational programs.

Positive Ageing Development Grants provide one-off funding of up to \$25,000 for community organisations for projects which provide opportunities and choices for older people in line with the following themes:

- enabling choice and independence
- participation and learning
- positive perceptions.

Application guidelines and expression of interest forms will be available when the round opens at:

[www.sa.gov.au/seniors/grants](http://www.sa.gov.au/seniors/grants)

or by contacting Disability, Ageing and Carers by email:

[OFTAFundingManager@dfc.sa.gov.au](mailto:OFTAFundingManager@dfc.sa.gov.au)

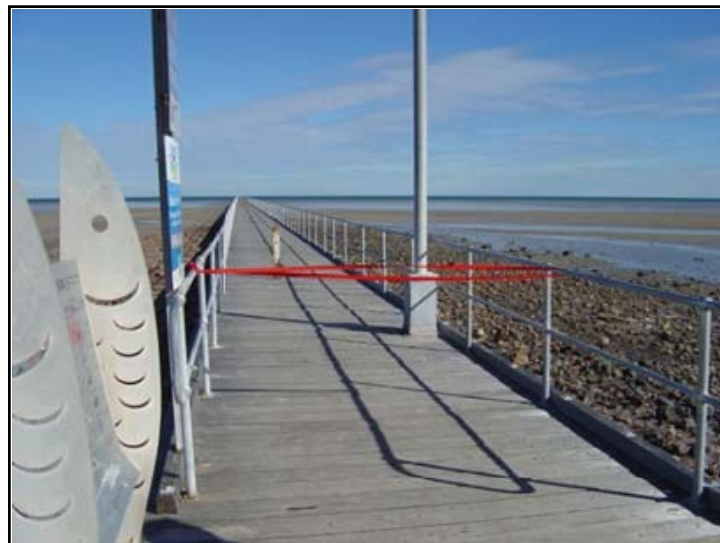
or phone on 8207 0454.

### SECOND HAND RAIL FOR PORT GERMEIN JETTY

Council installed a second rail for the Jetty with the help of the Federal Government as it was successful in obtaining a Grant from the Department of Infrastructure, Transport, Regional Development and Local Government under the Regional and Local Community Infrastructure Program.

A 1200 metre galvanised steel hand rail was installed to match the existing rail making the Jetty a lot safer for the numerous locals and visitors to enjoy a walk or fishing spell.

The hand rail was officially opened on 18<sup>th</sup> May 2011 by Mayor Sandra Wauchope.



### FUNDING AVAILABLE NOW FOR SPORTING CLUBS

#### ***Move It! Making Communities Active Program*** ***Have you got an idea to get people moving?***

Move It! provides funding for projects to help inactive people to break down the barriers holding them back from participating in physical activity and help them enjoy the benefits of being involved in an active, healthy community.

Interested sport and recreation organisations are encouraged to call 7424 7708 for further information.

Applications close Monday 18<sup>th</sup> July 2011.

For guidelines and Application Forms go to:

<http://www.recsport.sa.gov.au/funding-scholarships/move-it-program.html>

If you require assistance with grant writing or a letter of support, please contact:

Muriel Scholz  
Manager Community and Economic Development  
District Council of Mount Remarkable  
PO Box 94, MELROSE SA 5483

Phone: (08) 8666 2014  
1300 726252

Fax: (08) 8666 2169

Mobile: 0458 696 337

Email: [cedo@mtr.sa.gov.au](mailto:cedo@mtr.sa.gov.au)

## COMMUNITY GROUP

# Wirrabara Primary School

In 2009 the school applied for a grant to become a part of the Stephanie Alexander Kitchen Garden Program which is funded by the Australian Government. We were successful in our application and joined Round 2 schools across Australia at the beginning of 2010.

Throughout 2010 we worked hard to increase the growing space of our garden [using many recycled materials] and the number of trees in our orchard.



We have also had visits from local garden clubs, schools, community groups and interested individuals.

The school cooked at the Royal Adelaide Show, in the DECS Learning Centre, in September and we are looking forward to doing it again this year.

The school has a regular stall at the Wirrabara Producer's Market which helps with the ongoing costs of the program.

If individuals or groups are interested in touring our garden or buying our jam, jellies, chutneys or pickles, please contact Liz at the school on 8668 4087.



Putting a worm tower in a 'wicking' bed

The local community have been very supportive and without them the task would have been more difficult. At the same time we were converting a classroom into a home-style kitchen.

Kitchen and garden classes were modified to start with but by the end of the year the program was working well under the guidance of our garden specialist, Lisa Stewart, and kitchen specialist, Julia Wardrop. Students spend up to an hour in the garden and 90 minutes in the kitchen each week. The program has many links to the English, Science and Maths curriculum.

In November, 2010 our kitchen garden was formally launched by Maggie Beer and was a very successful event.



Maggie Beer in our kitchen

## AROUND THE GROUNDS

### Sports Ability Roadshow

Thursday 16<sup>th</sup> June, Year 4 to 7 students at Laura Primary School and Risdon Park Primary School were visited by Blind Sports S.A and Australian Paralympic Committee to learn and participate in Goal Ball and Blind Cricket.

### Work Experience

Georgia Smart from Gladstone High School, completed her Year 10 Work Experience from the 20<sup>th</sup> – 24<sup>th</sup> June.

### Netball Coaching & Umpiring Clinics

Orroroo and Southern Flinders Netball Clubs were visited by Netball SA Umpiring Development Officers to deliver the 'tHREE' umpires course. Orroroo & BMW Netball Clubs also hosted a Level 1 Umpires Course, with BMW also arranging a Coaching Course for interested club volunteers.



## GRANTS

### Office for Recreation and Sport Information Night

Tuesday 31<sup>st</sup> May, 15 representatives from 11 sporting clubs in the Mid North attended a Grants Information Night facilitated by David Nash, from the Office for Recreation and Sport.

### Get Organised Now !!!!

Quality grant applications take a lot of time to prepare. Start thinking about your application now; don't leave it until the last minute!!!

## UPCOMING GRANTS

### Office for Recreation and Sport Move It!

Closes: 18<sup>th</sup> July.  
Notified: September 2011.



### Community Recreation and Sport Facilities Program

Opens: 20<sup>th</sup> August  
Closes: 24<sup>th</sup> October  
Notified: January 2012



### Active Clubs

Opens: 27<sup>th</sup> August  
Closes: 24<sup>th</sup> October  
Notified: January 2012.

# *be active*

## MID NORTH *BE ACTIVE* SMALL SUPPORT SUBSIDY

The Mid North *be active* Small Support Subsidy is designed to provide support for new sustainable programs which aim to increase physical activity opportunities or to cover training costs for current or new volunteers conducting physical activity related opportunities in the region (e.g. coaches, sports trainers, umpires etc).

If your organisation is interested in applying, please contact your local *be active* Field Officer 0488 101 783 to discuss the eligibility of your club's or organisation's initiative.

## OTHER FUNDING SOURCES



The **Local Sporting Champions** program is an Australian Government Initiative designed to provide financial assistance for juniors towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation (NSO) endorsed state or national sporting competition or a School Sport Australia national championships.

The 2011 / 12 funding cycle is broken into 3 rounds. Grants will be assessed 3 times each year. It may therefore take up to five months before you are notified of the outcome of your application.

### Round 1: 1<sup>st</sup> July 2011 - 31<sup>st</sup> October 2011

Assessment of applications received during this period will occur in November/December 2011. Applicants will be advised of the outcome of their application in December 2011 or January 2012.

### Round 2 2011/12: 1<sup>st</sup> November 2011 - 28<sup>th</sup> February 2012

Assessment of applications received during this period will occur in March / April 2012. Applicants will be advised of the outcome of their application in April or May 2012.

For more information and to apply go to:

[www.ausport.gov.au/participating/schools\\_and\\_juniors/juniors/get\\_involved/local\\_sporting\\_champions](http://www.ausport.gov.au/participating/schools_and_juniors/juniors/get_involved/local_sporting_champions)

## COMMUNITY INFORMATION

### SA TOURISM PROGRAM WINS NATIONAL AWARD

**The Australian Bicycling Achievement Awards have recognised the Southern Flinders Regional Tourism Authority (SFRTA) with the Bicycling Achievement Award for Local Government.**

The SFRTA, an alliance of local Councils, Regional Development Australia, tourism and business organisations in the Southern Flinders Ranges received the Award in recognition of the success they have had in developing new, sustainable tourism businesses based on cycling.

Working in an environmentally sensitive area, the Southern Flinders Ranges Cycle Tourism Master Plan has boosted business opportunities, brought significant numbers of new visitors to the area and had a flow on impact with more local people taking up cycling.

Tourism Development Officer, Stephen Schwer, said that from a small start in Melrose 10 years ago, the entire region has recognised the opportunities available to them.

“Once our local Councils started to see the benefits that being cycle friendly brought to their towns, we started to get some serious interest in the economic opportunities.

“With some new infrastructure and increasing awareness around cycling, there has also been a noticeable increase in the locals who are riding, especially the children who are using the rail trail as a safe way to get to school.”

“All of this has only been possible because all the Councils have been working together to make it happen, and with new businesses starting up to cater to tourists, we also see this as something that is contributing to stop the regional decline,” said Stephen Schwer.

The national award presentation to the Southern Flinders Regional Tourism Authority followed the launch of a national survey conducted by the National Heart Foundation of Australia and Cycling Promotion Fund (CPF), ‘*Riding a Bike for Transport – 2011 Survey*’.

It found more than 62% of Australians want to be able to ride a bike for transport, but road safety fears are keeping bikes in the shed and off the road.

“The data released today should provide critical support to investments in bicycle infrastructure, as governments move to establish active travel networks to relieve the looming crisis in urban congestion and address many of the related issues facing Australians such as physical inactivity, obesity and quality of life issues in our regions and cities,” said Mr Stephen Hodge, spokesperson for the CPF “Our national survey found the main reasons why people were not riding bikes were unsafe road conditions; the speed or volume of traffic; they don’t feel safe riding and a lack of bicycle lanes and trails.

#### More facts from the survey

- Those who ride a bike for transport typically ride on quiet roads (48%) and alone (87%), significantly outweighing those who cycled on busy roads (15%).
- The majority of respondents cycle due to health and exercise benefits (90%) obtained from cycling but were also likely to be influenced by the economic (71%) and environmental benefits (68%).
- Interestingly, of respondents who rode, more than 88% rode alone and less than 1% claimed to ride with more than two people, bucking the general perception that cyclists ride in big groups, taking over the road.
- More than 60% of those surveyed wanted the Government to do more to encourage people to ride a bicycle to work.

*Continued on next page...*



Pictured right is Stephen Schwer accepting the award from Bernie Ripoll MP, Federal Member for Oxley



## COMMUNITY INFORMATION

### SA TOURISM PROGRAM WINS NATIONAL AWARD (CONT.)

#### Fast Facts - General

- In 2009 1.8 million Australians rode a bike (ERASS Annual Report, 2009)
- There was a 33% increase in bike riding between 2001 and 2009 (ERASS Annual Report, 2009)
- Around 20% of all car trips to work and study in Australia are under 5km (ABS 2009) providing plenty of opportunity to make cycling a viable alternative to car use.

For more information [www.cyclingawards.com.au](http://www.cyclingawards.com.au).

The **Australian Bicycling Achievement Awards** are the 9<sup>th</sup> national awards run by the Cycling Promotion Fund. They aim to recognise innovation and excellence in the promotion of cycling in Australia. Award winners in 10 categories with announcements made at a breakfast on Wednesday 1<sup>st</sup> June.

#### SPONSORS

The **National Heart Foundation of Australia** is proud to be principal partner of the Cycling Promotion Fund, Australian Bicycling Achievement Awards. Physical inactivity is a major health problem in its own right. Disturbingly, about half of Australian adults (54%) are not sufficiently active to gain health benefits.

Physical inactivity costs the health budget an estimated \$1.5bn a year and causes 16,000 premature deaths per year. It increases the risk of heart disease, stroke, diabetes, colon and breast cancer and is a critical factor in Australian's obesity epidemic, with more than half of all Australian adults being overweight or obese.

**The Asia Pacific Cycle Congress.** Hosted in Brisbane, Australia from 8 to 21 September 2011, the Asia-Pacific Cycle Congress brings together key cycling experts, researchers and enthusiasts from around the world. The Congress is the proud sponsor of the Bicycle Achievement Award in the Honorary category.



[www.cyclecongress.com](http://www.cyclecongress.com).

**Australian Cyclist Magazine** is the national magazine for recreational, commuting and touring cyclists. It is Australia's largest national non-competitive cycling magazine. Australian Cyclist is the proud sponsor of the Award for Contribution by a Politician.

**australian cyclist**  
cycling for everyone

### QUEEN'S BIRTHDAY AWARDS

The Queen's Birthday 2011 Honours List included two recipients from within the Council area - Trevor Roocke from Booleroo Centre and Gordon Leue from Port Pirie.

Trevor was awarded the Member of the Order of Australia for service to local government in South Australia, to emergency services and agricultural advisory boards, and to the rural community.



Gordon received a Medal of the Order of Australia for his service to local government, to lawn bowls, and to the community.



The Queen's Birthday 2011 Honours List which was announced by the Governor-General, provided national and formal recognition for many Australians across the nation who have made a significant difference to their communities.

## COMMUNITY INFORMATION

### EASY WAYS TO SAVE ENERGY

#### *The Benefits of Saving Energy in the Home*

An energy efficient home incorporates common sense design principles, selection of the most appropriate fuel sources, energy efficient appliances and technology, and the minimisation of our energy use - resulting in:

1. A reduced need for expensive heating and cooling appliances and systems;
2. Reduced appliance and system running costs, and therefore energy bills;
3. Reduced energy related greenhouse gas emissions.

~~~~~

Heating / Cooling

Around one third of home energy used is associated with general heating and cooling. Consider your heating and cooling needs together, as the most efficient and effective use of both needs to be evaluated at the same time.

- Heat entry and exit in your home can be greatly reduced by the installation of appropriate insulation in the ceilings and external walls.
- Sealing gaps and draughts can save around 15% of heating and cooling energy needed. Close off chimneys when they are not being used, either permanently or with a damper.
- Where applicable use appliances Energy Ratings to select efficient heating and cooling appliances and systems - the more stars the more energy efficient.



Heating

- Where possible zone your home by closing doors and windows to the areas being heated, and close curtains at night to help keep the heat inside.
- Use a correctly sized heater. Don't expect a small heater to heat a large area. It is unlikely to reach a comfortable temperature, making running costs unnecessarily high without providing adequate heat. Similarly, try not to use a large heater when only a small area needs heating.
- Set any thermostat temperature as low as possible. You should feel warm enough at around 18°C. Each 1°C decrease of the thermostat setting will save around 10% of heating energy needed.
- It shouldn't be necessary to use the high speed setting of the fan unless you need to heat a room quickly, or in extreme conditions.
- Maintain your heater. Keep reflectors shiny and dust free and clean air filters regularly. Service all heaters according to the manufacturers instructions.



Cooling

- For installation to be effective in summer, it must be used in conjunction with good window shading. Consider verandahs, pergolas and fixed shade / awning treatments. Ideally these shading devices should be designed to allow sun entry into north facing windows in winter, and totally shade all windows in summer.
- Delay switching on your air conditioner on a hot day by keeping all windows and doors shut, closing curtains / blinds and closing off rooms likely to become overheated eg. sun rooms and sleepouts.
- Fans are relatively inexpensive. They generally have low running costs and while they do not cool the air they can reduce the need to switch on other higher energy consuming appliances and systems.
- Set any thermostat temperature as high as possible. You should still feel cool enough at around 25°C. Each 1°C increase of the thermostat setting will save around 10% of cooling energy needed.

~~~~~

#### *Water Heating*

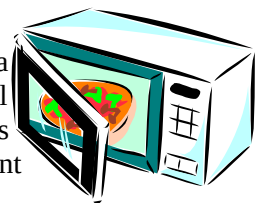
Around one third of home energy used is associated with heating water.

- If building a new house, plan so that bathrooms, the laundry and in particular the kitchen are as close as possible to the hot water cylinder.
- Consider installing a solar hot water system - this will significantly reduce the need to heat water using electricity or gas.
- Use at least 10mm insulation around external hot water pipes to reduce heat losses, especially the first few metres from the cylinder.
- Use Energy Ratings to select energy efficient hot water services, clothes washers and dishwashers - the more stars the more energy efficient the appliance is.
- Installing a AAA rated water efficient shower rose can save up to two thirds of hot water needed.
- Take shorter showers, and to regulate shower temperature turn hot down rather than add cold.
- Fix dripping taps as soon as possible.
- If you are going away for an extended period, consider turning off your hot water system.

~~~~~

Cooking

- Use small appliances like a microwave, electric kettle, vertical grill, electric frypans and mini ovens because they are more energy efficient than using your stove.
- Open the oven door only when necessary during cooking as heat is lost and energy wasted every time the door is opened.
- Ensure the seals on your oven are in good condition.



HEALTH MATTERS

Go 4 Green



Healthier Breakfast Cereals Have More Ticks!!

Breakfast is the most important meal of the day as it “breaks the fast” after the night’s sleep. Skipping breakfast leads to an increase in fatigue and lack of concentration during the morning, causing what is popularly known as the “Fuzzies”!

Breakfast is important for several reasons:

- ✓ It “switches on” your metabolism to help you burn kilojoules faster
- ✓ It gives the body the nutrition required after the “fast” of the night, and increases your ability to problem-solve and concentrate in the morning.
- ✓ A high fibre breakfast reduces the hunger pangs mid morning, reducing the need for high sugar snack foods at mid morning.

Breakfast Cereals are often an easy and convenient way of obtaining a nutritious and sustaining breakfast, but, because of the huge range of cereals available; it is also one of the most difficult tasks to select the healthy options off of the supermarket shelf.

The “Go 4 Green” wobblers on our supermarket shelves make this a whole lot easier!



Look for the wobblers with the most number of ticks for the healthier choices, and of course the healthiest has 4 ticks!

To earn the “4 ticks” the breakfast cereal needs to be:

- ✓ **Low in Fat: The cereal contains less than 10gms per 100gms.** Fats can be hidden in breakfast cereals, e.g. toasted muesli and those coated in types of fat to get the crunchy texture and golden colour. Many other processed cereals have fat added as part of their manufacture.
- ✓ **Low in Sugar: It contains less than 15gms per 100gms of cereal, unless it has dried fruit included, then it can be less than 25gm of sugar per 100gms of cereal.** Large amounts of sugar can often be hidden in breakfast cereals, (especially in coloured, processed, toasted and crunchy varieties) but it offers no nutritional advantage, and adds extra kilojoules.
- ✓ **High in Fibre: It contains over 8gms per 100gms of cereal.** Fibre is necessary to reduce the risk of constipation, and bowel problems and cancers. It is also important in the management of normal levels of cholesterol. Fibre can also help maintain a healthy weight through making you feel fuller for longer.

- ✓ **Low in Salt: It contains less than 420gms per 100gms of cereal.** We often don’t taste salt in our food, and the large amounts which are used in processed cereals are not necessary for health. Too much salt increases the risk of high blood pressure as it tends to retain fluids in the body. Hence, it is recommended that people limit their salt intake as much as possible, especially those with heart disease and / or kidney problems.

So, how easy is it now to select a healthy breakfast cereal??

For more detailed information supermarket tours are run in Go 4 Green stores, bookings are essential. Please contact your local health service for more details. Alternatively, contact your local health service to make an appointment with a Dietitian.

Go 4 Green



~~~~~

### QUICK TIPS FOR FEELING FITTER

Exercising is an essential part of living a healthy lifestyle. It’s also a great way to make new friends, stay slim, improve your cardiovascular health and boost your energy levels and mental alertness. Whether you’re young or old, you’ve been to the gym before or not, it’s never too late to start making exercise a normal part of your life. Here are some suggestions to help you get more active. Please remember to speak to your doctor before starting any new type of exercise.

#### Tips on how to keep fit

- Aim to exercise three times a week for 30 minutes - choose mild to moderate activities, such as swimming, walking or cycling. Then, if you can, increase this to between 45 - 60 minutes.
- It’s easy to lose motivation when you start exercising after a period of inactivity. So find an activity you enjoy to keep your enthusiasm high. You could also get an exercise buddy to help spur you on.
- If the gym’s not your scene, then perhaps join a health club, sports team, a local fitness class or try using a workout video or DVD at home.
- Building exercise into the natural rhythm of your day is simple. For instance, you could start walking to the shops instead of driving. You could also use your stairs at home to exercise. Gardening is also a great way to burn calories.
- Set yourself a goal, such as doing a fun run or walk to raise money - many charities offer activity ‘challenges’ for people of differing fitness levels and ages.



# JULY 2011

| Sunday                                                                                                                     | Monday                                                                                                                                                                                                         | Tuesday                                                                                                                       | Wednesday                                                                                                                                                                                                | Thursday                                                                                                                                         | Friday                                                           | Sunday                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|  <b>= RECYCLING DAY</b>                   |                                                                                                                                                                                                                |                                                                                                                               |                                                                                                                                                                                                          |                                                                                                                                                  | 1                                                                | 2<br> |
| 3<br>Port Germein Community Church                                                                                         | 4<br>Wirrabara Institute Committee Meeting<br>Booleroo CFS Vehicle Maint & Comm Meeting                                                                                                                        | 5<br>Port Germein Community Ladies Fellowship                                                                                 | 6                                                                                                                                                                                                        | 7<br>Mobile Library - Port Germein<br>Melrose Senior Citizens                                                                                    | 8<br><b>School Term Ends</b><br>Mobile Library – Booleroo Centre | 9<br> |
| 10<br>Port Germein Community Church                                                                                        | 11<br>Wilmington CFS Meeting<br>Booleroo SES Training<br>                                                                     | 12<br><b>COUNCIL MEETING</b><br>Wirrabara Men's Bowls Meeting<br>Laura & District Probus<br>Flinders Mobile Library Book Sale | 13<br>Booleroo Steam & Traction Pres Soc Mtg<br>Murray Town Progress Meeting<br>Flinders Mobile Library Book Sale<br> | 14<br>Wirrabara Progress Meeting<br>                          | 15<br>Diabetes Special Interest Group                            | 16                                                                                       |
| 17<br>Port Germein Community Church<br>Wirrabara Producers Market                                                          | 18<br>Wirrabara Sporting Reserve Meeting<br>Wilmington CFS Training<br>Booleroo CFS Training                                                                                                                   | 19<br>Melrose Community Development Assoc.                                                                                    | 20<br>Wirrabara Senior Citizens<br>Wilmington Progress Assoc Meeting<br>Wilmington CWA                                                                                                                   | 21<br>B/C Community Dev & Tourism Assoc Meeting                                                                                                  | 22                                                               | 23                                                                                       |
| 24<br>Port Germein Community Church<br> | 25<br><b>School Term Starts</b><br>Port Germein Progress Association Meeting<br>Port Germein CWA<br>Booleroo SES Training                                                                                      | 26<br>Mobile Library - Wilmington / Melrose                                                                                   | 27<br>                                                                                                              | 28<br>Mobile Library - Wirrabara / Murray Town / Appila<br> | 29                                                               | 30                                                                                       |
| 31<br>Port Germein Community Church                                                                                        | <p align="right"><i>Don't forget the Wilmington Progress Society's<br/>Art / Craft / Produce and Tourist Information Centre<br/>Saturday &amp; Sundays from 10 am - 4 pm<br/>in the Billiard Clubrooms</i></p> |                                                                                                                               |                                                                                                                                                                                                          |                                                                                                                                                  |                                                                  |                                                                                          |

# August 2011

| <i>Sunday</i>                                                                                                           | <i>Monday</i>                                                                                | <i>Tuesday</i>                                                                                                                    | <i>Wednesday</i>                                                                                                                                                    | <i>Thursday</i>                                                                                                                                                                                                                                                      | <i>Friday</i>                                                             | <i>Saturday</i>                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                         | 1<br>Wirrabara Institute AGM<br>Booleroo CFS Vehicle Maint & Comm Meeting                    | 2<br>Pt Germein Community Ladies Fellowship                                                                                       | 3                                                                                                                                                                   | 4<br>Mobile Library - Port Germein<br>                                                                                                                                            | 5<br>Mobile Library - Booleroo Centre                                     | 6                                                                                                                                 |
| 7<br>Port Germein Community Church<br> | 8<br>Wilmington CFS Meeting<br>Booleroo SES Training                                         | 9<br><b>Council Meeting</b><br>Wirrabara Men's Bowls Meeting<br>Mobile Library - Wilmington / Melrose<br>Laura & Districts Probus | 10<br>Booleroo Steam & Traction Pres Soc Mtg<br>Murray Town Progress Meeting<br> | 11<br>Wirrabara Progress Meeting<br>Mobile Library - Wirrabara / Murray Town / Appila<br>                                                                                         | 12                                                                        | 13                                                                                                                                |
| 14<br>Port Germein Community Church                                                                                     | 15<br>Wirrabara Sporting Reserve Meeting<br>Wilmington CFS Training<br>Booleroo CFS Training | 16<br>Melrose Community Development Assoc                                                                                         | 17<br>Wirrabara Senior Citizens<br>Wilmington SA CWA<br>Wilmington Progress Assoc Meeting                                                                           | 18<br>Mobile Library - Port Germein<br>B/C Community Dev & Tourism Assoc Meeting                                                                                                                                                                                     | 19<br>Mobile Library - Booleroo Centre<br>Diabetes Special Interest Group | 20                                                                                                                                |
| 21<br>Port Germein Community Church<br>Wirrabara Producers Market                                                       | 22<br>Booleroo SES Training                                                                  | 23<br>Mobile Library - Wilmington / Melrose                                                                                       | 24<br>                                                                         | 25<br>Mobile Library - Wirrabara / Murray Town / Appila<br>                                                                                                                     | 26                                                                        | 27<br>Wattle Ball<br>Wirrabara Institute<br> |
| 28<br>Port Germein Community Church                                                                                     | 29<br>Port Germein Progress Association Meeting<br>Port Germein CWA                          | 30                                                                                                                                | 31                                                                                                                                                                  |  = <b>RECYCLING DAY</b><br>Wilmington Progress Society's Art / Craft / Produce and Tourist Information Centre<br>Saturday & Sundays from 10 am - 4 pm in the Billiard Clubrooms |                                                                           |                                                                                                                                   |