

In This Issue:

- Australia Day Awards
- Council Contact Details
- New Council Members
- Hot off the Press
- 2020 Vision—Strategic Management Plan
- Council Meeting Snippets
- The CQI System
- Waste Management
- Southern Flinders LIFE
- Keeping Safe in Emergencies
- Melrose Wilmington Trail
- Safe Food Practices
- Food Safety Notifications
- Mould, Moisture & Your Home
- Active Recreation & Sport Funding
- Port Germein Hall
- Mid North be active
- Water Affecting Activities
- Wood Smoke
- New Road Rules
- Parking on Footpaths
- New Bus Service
- Do You Need Help to Find Work
- Flinders Mobile Library
- Free Legal Help Line
- Asbestos Info Sessions
- Smoke Alarms
- Lace Monitor Survey
- Ovarian Cancer
- Health News
- Calendars

AUSTRALIA DAY AWARDS

CITIZEN OF THE YEAR - LINCOLN STOREY

Lincoln has been awarded the 2011 Citizen of the Year in recognition of his contribution to Wilmington and surrounding districts.

The Wilmington Agricultural Show Society has been a passion of Lincoln's with many hours of voluntary labour dedicated to this community event. He is still involved with the Society as a convenor of the Horses-in-Action with over 30 years service.

His community involvement in the Wilmington, Wilmington-Carrieton and Wilmington United Football Clubs from 1955 to 1982 included player, coach of junior and senior colts, umpire, bus driver, club trainer and committee member.

Other community groups that Lincoln has volunteered for include the Wilmington Tennis Club, Wilmington Rodeo Club, Wilmington Oval Management Committee, Wilmington Senior Citizens Lodge, Wilmington CFS, Port Augusta Pony Club and Wilmington Golf Club, holding various positions including as judge for horse events.



YOUNG CITIZEN OF THE YEAR - EMMA SPAETH

Emma has been awarded the 2011 Young Citizen of the Year in recognition of her contribution to Wilmington and surrounding districts. She has been involved in the BMW Netball Club as a player and umpire for numerous years which has included working in the canteen and cleaning up following matches. Her voluntary work has also continued with the Wilmington Rodeo Club, Wilmington Tennis Club and Wilmington Oval Management Committee, working at catering events for these organisations.

Emma has just completed Year 11 at Booleroo Centre District School. Her involvement at the School has included being on the SRC, a member of the School and MNSEC Bands and the Formal Committee. Emma has also represented the School locally and in Adelaide at the Royal Show, showing cattle and judging sheep and wool.

COMMUNITY EVENT OF THE YEAR - THE REMARKABLE WOMEN'S GATHERING

On the weekend of the 15th to 17th October 2010 The Remarkable Women's Gathering was held at Melrose. A total of 220 women from throughout the State attended the Gathering. It is estimated that this event returned in excess of \$60,000 to the Council region through catering, accommodation, contract and casual employment, sales and consumables.

The theme for the weekend was 'Live – Laugh – Learn'. *Live – women gained time away for themselves, to focus on their dreams, to live it up and have a good time with like minded women. Laugh – they had fun, sharing laughs with friends old and new. Learn – they came away with a new perspective, having learnt from other women, inspired by speakers and workshop presenters and most importantly, each other.*

The SA Rural Women's Gatherings are held in a different location each year, organised by local people – community organised, developed, driven, owned and run. The Melrose Gathering was organised by a small committee of 10 local members with support from another lady in Adelaide and with the benefit and experience of Rural Communities Sustainable Systems of PIRSA.



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			



NEW COUNCIL MEMBERS



Back Row (L-R): Cr Peter Jacobs (Ranges Ward), Cr Trevor Roocke AM (Plains Ward), Cr Ray Walker (Deputy Chairperson & Ranges Ward), Cr Paul Kretschmer (Forest Ward)
Front Row (L-R): Cr Colin Nottle (Plains Ward), Cr Sandra Wauchope (Mayor & Coastal Ward), Cr Chris Ryan (Coastal Ward)

HOT OFF THE PRESS

ANNUAL BUSINESS PLAN & BUDGET CONSULTATION

With work on the Draft Annual Business Plan and Budget for the 2011 / 2012 financial year, Council reminds residents and ratepayers that it will soon be embarking on the normal consultation processes and undertaking a series of Community Information Forums in early July.

Whilst dates and times are still being finalised, Community Information Forums will be held this year in the following townships:-

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

Please check your local notice boards and other media for details of dates and times once they have been set.

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AUSTRALIAN HONOURS AWARDED

Councillor Trevor Roocke of Booleroo Centre and former Councillor Gordon Leue of Mambray Creek have been awarded Australian Honours as part of the Queen's Birthday 2011 Honours List Announcement.

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

Mr Leue was awarded the Medal of the Order of Australia (OAM) for service to local government, to lawn bowls, and to the community.

Council extends its congratulations on these well deserved Awards.

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STRATEGIC MANAGEMENT PLAN 2008 - 2020

OUR 2020 VISION

The Following is an extract from Council's Strategic Management Plan which covers Council's Objectives, Strategies and Actions in the area of Governance.

GOVERNANCE

Respected, Responsive, Open and Effective Leadership

With visionary, respected and strong leadership, Council will be in a position to successfully develop constructive partnerships with other levels of government and our communities, to ensure our aspirations are met and our futures are secured.

STRATEGIES

1.1 Improve public access to Council meetings, deliberations and decision making processes

- 1.1.1 Pursue options to hold evening Council meetings
- 1.1.2 Investigate opportunities to utilise technology to improve public access to Council meetings
- 1.1.3 Introduce live broadcasting on the internet of Council meetings
- 1.1.4 Hold Council Meetings in townships throughout the district

1.2 Develop the skills and professionalism of elected members

- 1.2.1 Ensure that Elected Members receive appropriate and timely training to enable them to fulfil their roles
- 1.2.2 Foster the use of Information Technology by Elected Members
- 1.2.3 Ensure levels of allowances, support and other benefits provided to elected members are commensurate with responsibilities
- 1.2.4 Raise Elected Member's knowledge and appreciation of sustainability and climate change issues

1.3 Implement "Whole of Council" governance (moving away from ward structures to decision-making on a district basis)

- 1.3.1 Advocate for the introduction of "whole of Council" governance
- 1.3.2 Conduct appropriate community consultation
- 1.3.3 Develop and implement new procedures to cater for "whole of Council" governance

1.4 To co-ordinate and undertake civic ceremonial duties and activities

- 1.4.1 Assist communities to convene and coordinate annual Australia Day functions
- 1.4.2 Undertake an annual Australia Day Awards process
- 1.4.3 Actively promote the ideals of citizenship and undertake ceremonies as and when required
- 1.4.4 Fly Commonwealth, State and Council flags at the Council office on a daily basis and at official Council functions

1.5 Promote a positive image of Council

- 1.5.1 Promote and foster an organisation that reflects Council's vision, mission and core values

- 1.5.2 Maintain membership of and active involvement in the Central Local Government Region and associated regional activities and projects
- 1.5.3 Maintain membership of and active involvement in the South Australian Local Government Association and associated state level activities and projects
- 1.5.4 Maintain an exceptionally high public profile and encourage proactive media relationships and coverage
- 1.5.5 Ensure active involvement with and representation on other organisations and groups within the wider community
- 15.5.6 Promote, actively participate in, and where appropriate, initiate inter-Council and inter-Governmental relations and activities
- 15.5.7 Actively promote the benefits of being an Elected Member to the wider community
- 15.5.8 Develop, produce and distribute a regular Council newsletter to the community
- 15.5.9 Continue to develop, promote, utilise and encourage community use of Council's website
- 15.5.10 Develop and introduce a media and marketing campaign for Council
- 15.5.11 Maintain an active and regular program of community information forums
- 15.5.12 Ensure Council maintains administration and works facilities to contemporary standards
- 15.5.13 Promote the use of a Council uniform
- 15.5.14 Investigate the feasibility of running a "youth Council"
- 15.5.15 Facilitate an award for all school students completing schooling within the district at year 7 and 12 levels

1.6 Be a leading Local Government authority, rather than a follower, which is highly recognised and regarded by other Councils & the State and Commonwealth Governments

- 1.6.1 Actively participate in, and where appropriate initiate resource sharing investigations, discussions and implementation
- 1.6.2 Actively participate in the recruitment of professional service providers for the Community as and when required
- 1.6.3 Undertake regular deputations to State and Federal political representatives
- 1.6.4 Maintain a high level of legislative awareness and understanding by Council
- 1.6.5 Regularly investigate and consider possible boundary extensions
- 1.6.6 At a regional level lead the development and implementation of policy and procedures associated with sustainability and climate control
- 1.6.7 Regularly report Council's progress in implementing Strategic Management Plan (SMP) goals to stakeholders

1.7 To not only meet, but to excel in satisfying the requirements of the Local Government Act

- 1.7.1 Annually review and update Council's objectives and policies to ensure they are appropriate and effective
- 1.7.2 Annually review Council's resource allocations, expenditure and activities, and the efficiency and effectiveness of Council's service delivery
- 1.7.3 Ensure that Council satisfactorily meets all legislative compliance requirements

COUNCIL MEETING SNIPPETS

Meeting updates 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.

MAY ORDINARY MEETING OF COUNCIL HELD TUESDAY 10TH MAY 2011

Forest Ward Construction Program Endorsed

Council considered and subsequently endorsed the Ward Construction Program for the Forest Ward for the 2010 / 2011 financial year following finalisation of costings and prioritization.

The Program will see the following projects undertaken from the 2010 / 2011 funding allocation:-

- South TCE, Wirrabara - Drainage, Construct & Seal, 50m Kerb \$47,730
- Second ST, Wirrabara - Kerb & Seal, Apron, Kerb (top end) \$35,000
- High ST, Wirrabara Kerbing (1st to 2nd) & Seal to Kerb \$41,752
- First ST, Wirrabara Kerbing (bottom end) & Seal to Kerb \$11,305
- Wirrabara to Appila RD Re-sheeting \$20,000
- Wirrabara Forest RD Re-sheet (Marners RD to Sawmill Bridge) \$16,720
- Wirrabara Forest RD Construct & Seal 0.6 km \$60,000

Council to Support SA Ambulance following Deputation

During the course of the Meeting, Council received a Deputation from Mr Michael Meaney of the SA Ambulance Service regarding ways that Council may be able to assist with the recruitment and retention of Volunteer Ambulance Officers for the Booleroo Centre Ambulance.

Following consideration and discussion, Council agreed that it would assist by providing an information brochure included with the distribution of rates notices in late July / early August.

Financial Assistance to Mount View Homes Reviewed

Council received and considered an Agenda Report detailing the level of financial support provided by Council to Mount View Homes. This Report followed earlier correspondence from the Homes seeking additional financial support from Council through subsidies and rate remissions.

The Report indicated that Council presently provides approximately \$3,400 per annum in rebates just through the rating system and processes. Council will reconsider the matter as part of its Budget and Rate Setting deliberations in the new financial year.

Wirrabara Entrance Walls

Council has granted its permission for two new entrance walls to be constructed on Council road reserve on the Northern and Southern Main North Road approaches to the Wirrabara township.

These Mosaic walls will feature "Welcome to Wirrabara" inscriptions and will greatly improve the appearance of the town, replacing old and damaged wooden signs. Council has assisted the Wirrabara Progress Association in obtaining grant funding towards this project.

National Landscapes Experience Development Strategy

Council received and considered the second draft of the Experience Development Strategy for the Flinders Ranges as part of the National Landscapes project. The National Landscapes initiative is a partnership between Tourism Australia and Parks Australia and is a framework to consider Tourism infrastructure, conservation and marketing.

The Flinders Ranges have been chosen as one of ten National Landscapes for its unique attributes and world class landscape of natural, cultural and spiritual assets. The Federal Government has established a comprehensive planning approach for Tourism and is keen to see all Australian Tourism Regions develop an Experience Development Strategy (EDS) as a basis for planning.

The Flinders Ranges National Landscape Team secured the right to be the focus of one of two pilot EDS projects (the second one is Tropical Queensland).

Council Committed to SFRTA

Council gave due consideration to correspondence from the Southern Flinders Regional Tourism Authority (SFRTA), advising Council of the proposed contributions for the 2011 / 2012 financial year and sought a commitment from Council for a further two years.

The SFRTA is a formal Committee of Council that this Council has been involved with, together with the Northern Areas Council and the South Australian Tourism Commission, since its inception. Port Pirie Regional Council was initially a member, then withdrew for a number of years and then resumed membership several years ago. The District Council of Orroroo Carrieton held observer status for a number of years before becoming a full member in recent years. The District Council of Peterborough presently holds observer status.

Council gave its formal commitment to the funding for a further two years, which covers the cost of employing the Tourism Development Officer and provides a relatively small amount of project funds.

COUNCIL MEETING SNIPPETS

MAY ORDINARY MEETING OF COUNCIL (CONT.)

Wilmington Dry Zone Proposal

Council has revisited the earlier proposal to establish a dry zone in the Wilmington township in conjunction with the Wilmington Rodeo, following receipt of correspondence from the Wilmington Rodeo Club.

The correspondence, which was provided to Council following the Club's debrief of the current year's event, asked Council to consider making the town and the car park a dry zone for the weekend, to assist SA police and the Club with alcohol licensing and anti-social behaviour.

Following consideration, Council indicated its support for the proposal and will investigate and subsequently undertake the necessary processes to facilitate the establishment of the requested dry zone.

Cycle Tourism Development Strategy Commitment Given

Council considered correspondence from the Tourism Development Officer with the Southern Flinders Regional Tourism Authority, seeking a financial commitment of \$20,000 from Council towards the continued implementation of the cycle tourism master plan.

Since completing the master plan, Council has contributed a similar amount in each of the past three financial years (including 2010 / 2011).

Taking into account the range of benefits that the cycle tourism master plan has generated for the Council area, Council committed an allocation of \$20,000 for the 2011 / 2012 financial year.

Fraud & Corruption Prevention 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 Fraud & Corruption Prevention.

This Policy was initially developed and implemented by the previous Council in December 2009 and outlines the Council's approach to the prevention, detection and control of fraudulent and / or corrupt activity and summarises the associated responsibilities of Elected Members and Council Employees.

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.

New Council Auditor Appointed

Following advice from Council's former auditor, Mr Gerald Cobiack of Cobiack and Chapman that he will no longer be able to undertake Council's audit tasks, Council, together

with the Flinders Ranges Council and the District Council of Peterborough undertook a joint or cooperative recruitment process for a new auditor for all three Councils.

Expressions of Interest were sought from three reputable firms experienced in undertaking audits of Country Local Government Authorities and these were considered by Council's Audit Committee in early May, from which a recommendation was made to Council.

Council has accepted the recommendation, and formally appointed Ian G McDonald as Council's Auditor for a period of five years commencing with the current 2010 / 2011 financial year.

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THE CQI SYSTEM

Over the past twelve months, Council employees have developed and implemented a Continuous Quality Improvement (CQI) System to assist in its day to day customer management, complaints and improvement processes. Open and Completed CQI Reports are regularly reported to Council and aim to track all communications with customers on specific matters.

Members of the public can submit a CQI Report from the Council website by clicking on the link on the home page and completing a web based CQI Report form.

The CQI system allows for Incident Reports (eg a footpath tree fell on my car), Customer Complaints (eg road grading on Smith RD is substandard), Customer Requests (eg can I pay to have my private road graded), Preventative Action Requests (eg a tree branch looks like it might fall) and Other CQI Suggestions (eg Council should consider introducing recycling collections) to be made.

The CQI system allows residents and ratepayers to have contact with Council 24 hours per day 7 days per week from the convenience of their home or work computer.

If you don't have a computer, you can contact the Council office by letter, telephone, facsimile or in person and Council employees will complete a CQI Report for you.

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COUNCIL NEWSLETTER

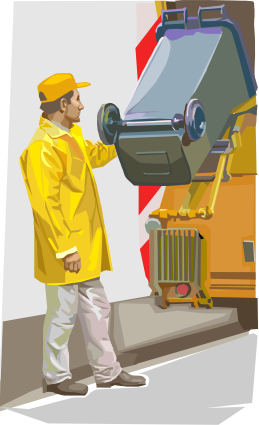
After an extended publication break, the Council Newsletter will now be produced and distributed on a monthly basis at the start of each month. If you have ideas for improvements, articles or calendar items for inclusion, please forward them to Colleen at the Council Office by the third Monday of the month prior to requested publication.

PLACES
PEOPLE
Remarkable
LIFESTYLES

COUNCIL INFORMATION

MOBILE GARBAGE BINS

Placement on roadsides



Council has become aware of recent incidences where road surfaces have been damaged by the waste collection vehicle whilst emptying Mobile Garbage Bins. Some damage to road edges has been caused after heavy rain events and the bins being placed in inappropriate locations.

Residents are reminded that bins are to be placed out for collection in such a way so as to avoid damage to the road surface / footpath area by the collection vehicle.

If you are unsure of where to place your bin to avoid damaging the road surface please contact Council's Waste Collection Contractor, Bertrand's Waste Management, for advice. The contractor can be contacted on:

Mobile 0417 187 002 or 08 8668 4272.

Inappropriate bin contents

Council is also aware that hazardous waste items and / or building materials and rubble have been placed into residential bins on several occasions recently.

Residents are reminded that hazardous items (including car batteries, oils, poisons), and building products (including timber, steel, concrete, bricks, rubble) are not to be placed into any residential bin for collection. These items can be delivered to the Willowie Landfill site for disposal.



Please contact the Council office for landfill opening times, and also for advice if you are unsure of what items may be placed into a residential bin.

Street / Park Bins

Once again, household and / or commercial waste (including hard waste) continues to be deposited into street and park rubbish bins throughout the Council district.

Residents are reminded that these bins are for community event and tourist use, and during peak tourist times or when community / social events are held, the problem with bins overflowing is increased. This in turn, creates litter and health issues.

If you wish to have a waste pick-up service or to have an additional bin, please contact the Council office to ask what options are available to you.

Please remember that street and park rubbish bins are for community events and tourist use and personal household / commercial rubbish must not be deposited into them.



TANGLED MESS

A reminder to farmers and fencing contractors to remove old wire and fencing from adjoining allotments / properties. This issue was raised after a Council Employee spent several hours removing wire from the slasher he was using.

The Council Landfill and Transfer Stations will accept this type of waste and should not be deposited onto vacant land.

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### DRUMMUSTER

Council held another successful **drumMuster** during September 2010. A breakdown of the drums collected are as follows:

|         |                     |             |
|---------|---------------------|-------------|
| Steel   | Less than 20 litres | 272 drums   |
|         | 20 - 25 litres      | 1,051 drums |
| Plastic | Less than 20 litres | 1,182 drums |
|         | 20 - 25 litres      | 4,500 drums |

**Total** **7,005 drums**

43 drums were rejected by the inspectors for residue still being present in or on the drums or being covered in oil.

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RECYCLING IMPLEMENTATION

On Wednesday 6th April 2011, the new Recycling System commenced operation. Council has been extremely pleased with the take up of this new service and the levels of recycling being achieved. All properties participating in the waste management system will have received a new 140 litre red topped Mobile Garbage Bin and an information pack on the new service.

The first two fortnightly collections achieved approximately 8.5 tonnes of recyclables per collection. This represents an initial diversion rate of approximately 25 per cent of the waste stream that would otherwise have gone to landfill.

Council intends to include a table or graph on recycling rates in the Council newsletter on a regular basis to allow the Community to see how this service is achieving the strategic objective of diverting waste from landfill.

If you have any questions or queries in relation to the recycling service, please contact the Council Office.

BOOLEROO STEAM & TRACTION PRESERVATION SOCIETY



Did you know that any ratepayer who brings visitors to the Museum, has the normal \$5.00 entry waived for himself / herself?

The Museum opening hours are:

Tuesday	10.30 am - 11.30 am
Saturday	1.00 pm - 2.00 pm

If you would like to visit the Museum outside the opening hours, telephone 8667 2185 (during office hours).

COMMUNITY & ECONOMIC DEVELOPMENT

SOUTHERN FLINDERS RANGES L.I.F.E (LIVING IS FOR EVERYONE)

The District Council of Mount Remarkable in conjunction with the District Council of Peterborough, the District Council of Orroroo Carrieton, the Port Pirie Regional Council and Northern Areas Council (the Councils) has been successful in obtaining funding for a three year program.

The Minister for Health and Ageing, Nicola Roxon announced that the District Council of Mount Remarkable as lead Council will receive funding to run programs that will encourage and support people to adopt and sustain healthier lifestyles.

The grant of more than \$700,000 as part of the Gillard Government's \$72 million Healthy Communities Initiative aims to support local governments to promote healthy lifestyles in the community.

"We want to keep Australians well and out of hospital, and programs like Healthy Communities provide practical support to people looking to make a healthy change," Minister Roxon said.

The Healthy Communities Initiative aims to help reduce the prevalence of overweight and obesity within the target populations of participating communities by maximising the number of people, predominately not in the paid workforce, who are engaged in proven or innovative physical activity and healthy eating programs.



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### KEEPING SAFE IN EMERGENCIES GUIDE

The Department for Families and Communities has developed a "Keeping Safe in Emergencies Guide" aimed at assisting vulnerable people to be better prepared for emergencies. It includes information about extreme heat, bushfire, house fire, influenza, flood and earthquake. It does not replace other plans users may have, e.g. If they have filled out (or need to fill out) a Bushfire Survival Plan, then they can transfer relevant information from that plan to the Guide.

The Guide aims to increase resilience by encouraging people to consider the risks that they may face and to put plans in place. It is designed to enable easy access to information and to provide a reminder of a user's plans in the event of an emergency / disaster.

Council distributed 200 copies of the guide which was our initial allocation. Due to the extreme positive response we received, we were able to obtain another 1,000 copies for the District. Copies of the guide are available at the Booleroo Centre, Melrose, Port Germein, Wilmington and Wirrabara Post Offices.

Organisations that wish to obtain copies for their clients can contact Muriel or Sareena at the Council Office.

### MELROSE TO WILMINGTON CYCLE AND WALKING TRAIL

A new trail following the old railway line has been completed between Melrose and Wilmington.

The trail is 22kms long and provides a safe cycling path between Wilmington and Melrose for locals and tourists alike. It traverses natural scrub and abuts a National Park and private land. This trail is designed to blend in with the environment and the impact to native vegetation has been minimal. Immanuel College as part of their Community Studies have undertaken to revegetate and maintain the corridor.

The trail is reserved for cyclists and pedestrians with no vehicular or horse access allowed

There are now rail trails all around Australia and the world. Rail trails link large and small country towns and meander through scenic countryside, just as railways did in the past. The rails are removed when a railway is closed, but remnants of the past, such as railway cuttings and bridges, remain.

Apart from providing a great cycling and walking trail, rail trails provide local historical links with the region's past, allowing users to discover scenery normally not visible from roads, preserving the often rare local flora and fauna and providing an operational structure to ensure that the rail reserve is managed for its historical and ecological values.



### GRANTS NEWSLETTER

If you would like to receive our monthly Grants Newsletter, please contact Muriel or Sareena at the Council

Phone: 8666 2014

1300 726 252

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



## ENVIRONMENTAL HEALTH

### SHARED SERVICES - STUDENTS LEARNING ABOUT SAFE FOOD PRACTICES AND HEALTH

Information sessions on Food Safe Practices (FSP) and Health and Hygiene Awareness were recently held at the Wirrabara Institute with 16 people attending the Information Sessions.

Mark Smith, Council's Environmental Health and Compliance Officer for Shared Services ran the sessions over two days. FSP programs are designed to assist food business owners and food handlers in 'best practice' when it comes to safe food management and personal hygiene.

Mr Smith said "the course was well attended and well received and we still have a large number of people waiting to attend future courses". The course was attended by food handlers living and working throughout the shared services (four Councils) region, travelling from Peterborough, Ororoo, Quorn, Wirrabara and Melrose.



L-R: Karen Swan, Margaret Blesing, Carole Bull, Kathleen Walsh, Mark Smith (Council's Environmental Health and Compliance Officer), Andrea Tschirner, Tammy Quinn (Peter Bondarenko taking the picture).

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FOOD ACT 2001 - FOOD SAFETY NOTIFICATIONS

Since 1st December 2003 all food businesses are required to register their food business with Council, and therefore meeting one of their obligations under the Food Act 2001.

A food business under the Food Act is a food business, enterprise or activity that involves:

- The handling of food intended for sale; or
- The sale of food regardless of whether the business, enterprise or activity is of a commercial, charitable or community nature or whether it involves the handling or sale of food on only one occasion.

This registration also applies to new owners of the business or when notification information changes. Business owners only need to notify once.

Notification can be made by lodging a completed notification form (available from the Council Office or its website, www.mtr.sa.gov.au) with Council.

Environmental Health Officers will, in the near future be following up on those businesses that have failed to notify Council of their food operations. This may result in that operator/business being served an expiation notice. The expiation fee is currently \$300 for an individual person or \$1,500 for a body corporate in the first instance.

A BRIEF GUIDE TO MOULD, MOISTURE AND YOUR HOME

Moisture and Mould Prevention and Control Tips

When water leaks or spills occur indoors - act quickly. If wet or damp materials or areas are dried 24 - 48 hours after a leak or spill happens, in most cases mould will not grow.

Clean and repair roof gutters regularly

Make sure the ground slopes away from the building foundations, so that water does not enter or collect around the foundations.

Keep air conditioning drip pans clean and the drain lines unobstructed and flowing properly.

Keep indoor humidity low. If possible, keep indoor humidity below 60% (ideally between 30 and 50%) relative humidity. Relative humidity can be measured with a moisture or humidity meter, a small, inexpensive (\$10 - \$50) instrument available at many hardware stores.

If you see condensation or moisture collecting on windows, walls or pipes act quickly to dry the wet surface and reduce the moisture / water source. Condensation can be a sign of high humidity.

Actions that will help to reduce humidity

Vent appliances that produce moisture, such as clothes dryers, stoves, and kerosene heaters to the outside where possible. (Combustion appliances such as stoves and kerosene heaters produce water vapour and will increase the humidity unless vented outside.)

Use air-conditioners and / or de-humidifiers when needed.

Run the bathroom fan or open the window when showering.

Use exhaust fans or open windows whenever cooking, running the dishwasher or dishwashing etc.

Actions that will help prevent condensation

Reduce the humidity.

Increase ventilation or air movement by opening doors and / or windows, when practical. Use fans as needed.

Cover cold surfaces, such as cold water pipes, with insulation.

Increase air temperature.

Testing or Sampling for Mould

Is sampling for mould needed? In most cases, if visible mould growth is present, sampling is unnecessary. Since no EPA or other federal limits have been set for mould or mould spores, sampling cannot be used to check a building's compliance with federal mould standards. Surface sampling may be useful to determine if an area has been adequately cleaned or remediated. Sampling for mould should be conducted by professionals who have specific experience in designing mould sampling protocols, sampling methods, and interpreting results.

Renters

Report all plumbing leaks and moisture problems immediately to your building owner / manager.



COMMUNITY GROUP

Port Germein and Districts Hall

The Port Germein and Districts Hall was built in 1892 from local stone, carted by generous farmers and residents of the town and district.

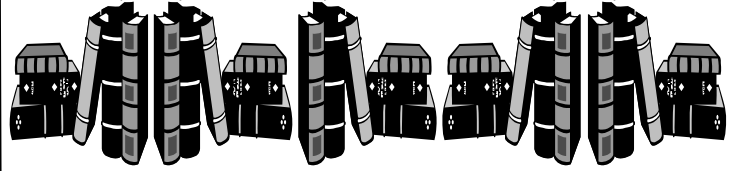
The positioning of the Hall at the entrance to the town has often been questioned but it appears that the town planners of the day decided to build the Hall on the edge of the town so that as the population increased, the town would grow around it and the Hall would be in a more centralised position.



This was, indeed, good foresight but not how things eventuated. However, the Hall is now a recognised land mark from Highway One and is often used to help with street directions for non-locals visiting the town.

The Hall, or as the older locals call it the Institute has been the centre of life for many generations.

The many functions it has been used for over the years include Church services, debutante balls, concerts, committee meetings, fundraising auctions, weddings, funerals, old style dances, school concerts, reunions and the annual strawberry fete.



One of the most important uses of the Hall for many years was as a library. The supper room / kitchen area was used to store the books in covered bookcases and was used by community members until it was dissolved in April 1983.

From this date onwards, the Institute was renamed 'the District Hall' and the District Council of Mount Remarkable entrusted the Hall Committee with the care, control and management of the Hall and the surrounding land.

Even before the Hall was built, the local people of Port Germein and the adjacent farming district have given freely of their time.

Without the ongoing commitment of these volunteers over the past 120 years, the Hall would not be in as good a condition as it is today.

It has undergone many transformations during this period and with luck, it will continue to evolve and be kept in use by the communities of the future.



MID NORTH **be active** & COMMUNITY INFORMATION

FUNDING

Up to \$5,000 is available through the Mid North *be active* Small Support Subsidy which 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 Daniel Lawlor the local Mid North *be active* Field Officer on 0488 101 783 to discuss the eligibility of your application.

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 2010 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 3 1st March 2011 – 30th June 2011

For more information and to apply go to:

www.ausport.gov.au/participating/schools_and_juniors/juniors/get_involved/local_sporting_champions

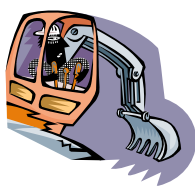


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## WATER AFFECTING ACTIVITIES

Water Affecting Activities (WAAs) are any works which are undertaken near, or in a watercourse, such as:

- constructing / enlarging dams or banks;
- excavating material;
- removing vegetation;
- discharging water or brine;
- drilling / deepening / backfilling bores.



Permits are required for WAAs, to help minimise impacts on the environment and downstream water use.

Undertaking a WAA without a permit, or breach of permit conditions is an offence under the SA NRM Act.

For more information about surface water activities, please contact Jennifer Munro, Water Officer with the Northern and Yorke NRM Board on 8636 2361 or visit [www.nynrm.sa.gov.au](http://www.nynrm.sa.gov.au)

For groundwater activities information, please contact the Department for Water on 8463 6863 or see [www.sa.gov.au](http://www.sa.gov.au)

## WOOD SMOKE - LOOK AFTER YOURSELF AND LOOK AFTER YOUR NEIGHBOURS

### Why is wood smoke a problem?

Wood smoke causes health problems and can create an environmental nuisance for you and your neighbourhood.



Like cars, wood heaters produce air pollution. During winter they can produce as much particle pollution as cars.

When wood is burnt, small particles are released into the atmosphere as smoke. These particles contribute to the haze sometimes seen on still winter mornings in Adelaide.

Wood smoke contains many different chemicals, some of which are toxic to humans. When these chemicals are inhaled, they cause health problems in young children and the elderly particularly those with respiratory (breathing) and cardiovascular (heart) illnesses.

### Smoke is no joke!

Take responsibility for your wood heater. Use it correctly to minimise the harmful effects of smoke pollution in your neighbourhood and save money on running costs.

If your wood heater is still smoking 20 minutes after it has been lit, this may be because:

- you are burning wet or unseasoned (freshly cut wood)
- there is a build up of creosote in your flue, which can occur if your wood heater is not kept burning brightly and not cleaned annually
- your fire is smouldering due to a lack of air
- your wood heater is inefficient and does not comply with Australian Standards or is installed incorrectly (eg flue system height too low)
- you are burning rubbish or treated wood
- your firebox is packed too tightly or you are using only one or more large logs
- you have set your wood heater's convection fan too high (if fitted) causing excessive cooling of the firebox.



If you think that one or more of the above is causing your smoky wood heater, find out what you can do to reduce wood smoke pollution.

### What you can do to reduce wood smoke pollution?

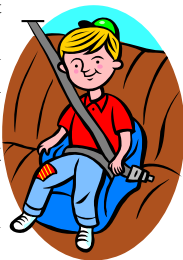
There are a number of things you can do to use your wood heater more efficiently and reduce your impact on wood smoke pollution, including:

- when buying a new heater ensure that it meets Australian Standards and is the right size for the room
- ensure the flue is installed at the correct height and position so as not to impact on your neighbours
- use dry and seasoned wood bought from a reputable firewood merchant
- keep air vents open for 20 minutes after starting and reloading the fire
- keep the fire live and bright but let it go out at night
- check there is no smoke from your chimney 20 minutes after starting your fire.

## COMMUNITY INFORMATION

### NEW ROAD RULES

The new road rules, which commenced on 1<sup>st</sup> March 2010, require drivers to ensure all passengers under 7 years of age are restrained in an approved child restraint or booster seat. Drivers of buses (a motor vehicle built mainly to carry people that seats over 12 adults including the driver) are excluded from this responsibility.



A transitional period applied until 30<sup>th</sup> June 2010 to allow parents and carers to fully understand and comply with the new laws. The transitional period does not provide an exemption for the new requirements regarding seating young children in the front seat.

Drivers will need to ensure that children younger than 4 years of age do not travel in the front seat of a vehicle with two or more rows. Drivers will also need to ensure that children aged 4 years to under 7 years of age do not travel in the front seat of a vehicle with two or more rows unless all other back seats are occupied by children younger than 7 years.

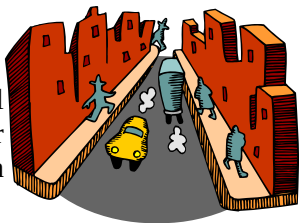
In relation to vehicles that are designed to seat less than 12 adults (such as Taragos used for community transport) drivers will need to ensure that all children under 7 years of age are in an approved child restraint or booster seat from 1<sup>st</sup> July 2010.

For buses designed to carry more than 12 adults, the driver is not responsible for ensuring passengers under 16 years of age are restrained in a child restraint, booster seat or seat belt.

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PARKING ON FOOTPATHS

Council has received several complaints regarding motor vehicles being illegally parked in towns around the district.



Of particular concern have been instances of vehicles parked on footpaths, dividing strips or left in dangerous situations, thus creating risks for pedestrians and other vehicles using roadways etc.

The Australian Road Rules provide the following definitions:

Footpath, means an area open to the public that is designated for, or has as one of its main uses, use by pedestrians.

Dividing strip, means an area or structure that divides a road lengthways, but does not include a nature strip, bicycle path, footpath or shared path.

Vehicle includes:

- (a) a motor vehicle, trailer and tram; and
- (b) a bicycle; and
- (c) an animal-drawn vehicle, and an animal that is being ridden or drawing a vehicle; and

(d) a combination; and

(e) a motorized wheelchair that can travel at over 10 kms per hour (on level ground),

but does not include another kind of wheelchair, a train, or a wheeled recreational device or wheeled toy.

Footpaths are generally designed for pedestrian traffic only, and it is important that they are kept clear for that use at all times.

Dividing and nature strips separate oncoming traffic and should not be obstructed at any time. Vehicles left facing oncoming traffic or in dangerous positions add to the risk of collision and possible injury.

Penalties apply to all breaches of the Australian Road Rules and may be imposed where drivers park illegally.



Please do
not park
across
footpath!



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### NEW BUS SERVICE

A bus service has been granted permission by the Public Transport Division, to operate a bi-weekly passenger and freight service for 12 months from Adelaide to Arkaroola and Marree.

The service will travel through Balaklava, Brinkworth, Yacka, Georgetown, Gladstone, Laura, Stone Hut, Wirrabara, Murray Town, Melrose, Wilmington, Quorn, Hawker, Parachilna, Leigh Creek, Copley, Nepabunna and return.

The passenger service commenced at the beginning of April and schedules, fares and contact phone numbers are posted on public noticeboards in each town.

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DO YOU NEED HELP TO FIND WORK

Are you a parent looking to return to work?

Have you finished school and need support to get into the workforce?

Are you looking for employment and do not qualify for assistance through Job Services Australia?

You may be eligible for assistance from Career Development Services.

Career Development Services is a FREE regional service for individuals in Port Pirie and Southern Flinders Ranges (including Northern Areas and Mount Remarkable Council Regions). We provide case management to eligible clients to assist you to get into work.

Please direct inquiries to Tracy Northcott
Career Development Services

Shop 3/300 The Terrace, Port Pirie SA 5540

Telephone (08) 8633 2575; Mobile 0458 444 133

COMMUNITY INFORMATION

THE FLINDERS MOBILE LIBRARY

Catastrophic Fire Ban Days

For the safety of both staff and patrons, the Flinders Mobile Library will not be operating on days declared by the CFS to be Catastrophic Fire Ban Days this Fire Season.



Please remember that patrons are able to visit the Library at any stop. If you have items on hold or request, please let staff know if you plan to visit at a different town so they can make sure your items are taken to that town for you to collect.

The Library will also be available for you to access at the Library Depot in Gladstone on the Monday following your cancelled day (unless it is a Public Holiday).

Do You Have Outstanding / Overdue Library Items?

Due to an increasing amount of overdue items, The Flinders Mobile Library has engaged the services of Collection House - a debt collection recovery service.

The Library currently contacts borrowers up to three times regarding overdue items. The third time includes an invoice for payment of items if they should be lost or damaged. If the outstanding item(s) are not returned in good condition or paid for upon this third and final contact, the borrower's details will be forwarded to Collection House for follow-up and recovery of the debt.



The Library hopes this action will not be necessary, however it may help to re-coup the items / funds outstanding, and discourage borrowers from holding onto the items.

Other borrowers are disadvantaged when items are not returned on time.

Book Sale

Flinders Mobile Library - Yangya Room (southern entrance of the Gladstone Town Hall).

12th & 13th July - 9.00 am - 4.00 pm

Magazines	Non-fiction (Adults & Kids)
Tapes	Fiction (Adults & Kids)
Large Print	Paperbacks (Adults & Kids)

Hundreds of items for sale with nothing over \$2.00.

For more information on these matters, please contact the Library Staff on 86622305 or 0428622305, visit the website www.flindersmobile.sa.gov.au or talk to the staff on their next visit to your area.



FREE LEGAL HELP LINE

The Legal Services Commission wishes to advise that there is a dedicated free Legal Help Line for people seeking legal advice. For fast, free legal advice, call the Legal Help Line on:

1300 366 424.



The Help Line is open Monday to Friday 9.00 am - 4.30 pm.

The Legal Help Line is supported by new caller and queue handling technology which delivers prompt access to the community.

Please note this Help Line is not the same as the switchboard number of the Legal Services Commission, which is a fixed Adelaide landline. General enquiries of the Legal Services Commission should continue to go to the switchboard number of (08) 8463 3555.

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### ASBESTOS INFORMATION SESSION

Council has been approached by the Asbestos Victims Association (SA) Inc to conduct a free community information session on asbestos awareness. The presentation, which runs for appropriately 1 hour, includes a slide presentation, question time and free hand-out information sheets.



Council is looking to gauge interest from community members to hold such a session (or sessions should there be large interest) - please contact the Council Office on 8666 2014 to register your interest **by 31<sup>st</sup> July 2011**. Following this date, Council will determine if it is feasible to hold a session and inform community members in future Newsletters.

#### What is Asbestos?

Major industrial use of asbestos goes way back to the 19<sup>th</sup> century. Its versatility combined with its cheapness and readily available stocks led to several thousand uses within industries.

Evidence that fibrotic lung disease caused by exposure to asbestos fibres was first noted in the 19<sup>th</sup> Century and became more widely recognised within the first 30 years of the 20<sup>th</sup> Century.

Asbestos was called the 'magic mineral' because its unique chemical composition coupled with its physical properties made it so versatile. It was suitable for use in thousands of products ranging from floor tiles to fireproof doors, from pipe insulation to brake and clutch linings. Asbestos fibres can withstand fierce heat but are so soft and flexible that they can be spun and woven as easily as cotton. The term asbestos is derived from a Greek word meaning 'inextinguishable, unquenchable or inconsumable'.



## COMMUNITY NEWS

### TEN IS TOO OLD !

#### Replace Your 10 Year Old Smoke Alarms

Smoke alarm legislation in South Australia first made smoke alarms compulsory in new homes in 1995, and then progressively (in 1998 and 2000) they became compulsory in all homes. As a result there are a large number of smoke alarms in the community which are now around 10 - 13 years old and with every year which passes that number increases.



***Both hard-wired (mains powered, 240 volt) and battery operated smoke alarms are only manufactured to a standard that requires them to perform for 10 years.***

South Australia's fire services (the SA Metropolitan Fire Service and the SA Country Fire Service) advise that ***all*** smoke alarms need to be replaced after 10 years - smoke alarms don't last forever even if they are 240 volt mains powered!

#### What Happens to Smoke Alarms as They Age

Smoke alarms are manufactured to a standard (AS 3786) which specifies an effective life of 10 years. After that time smoke alarms may malfunction and their efficiency may be compromised with accumulated dust, insects, airborne contaminants and corrosion of electrical circuitry. They should be replaced every 10 years.

Many homes in South Australia have smoke alarms which have reached the end of their recommended life.

***The limited lifespan of smoke alarms applies to ALL smoke alarms regardless of power source (battery or 240 volt) or the type of smoke alarm (ionisation or photo-electric / photo-optical).***

#### Upgrade Your Smoke Alarm System

Regulations for smoke alarms in Class 1 and 2 buildings (Building Code of Australia) provide a minimum level of cover. They stipulate that one or more smoke alarms complying with Australian Standard 3786 must be installed in each dwelling in locations where they provide reasonable warning to occupants of bedrooms so that they may safely evacuate in the event of fire.

However, as a result of their experience fighting house fires and supported by fire research, the fire services recommend more than what the Regulations require.

***The fire services recommend that when homeowners replace their old smoke alarms they upgrade to better technology and better warning systems.***

Many people have installed 9 volt battery operated, ionisation type smoke alarms as they have been the most



commonly available and affordable product, and they don't require an electrician to install them.

However smoke alarm technology has improved significantly since legislation was introduced. The need to replace old smoke alarms is an ideal opportunity to upgrade smoke alarm systems.

The fire services recommend smoke alarm systems that are:

- photo-electric,
- hardwired (ie connected to the 240 volt mains power by a licensed electrician),
- in passage ways leading to bedrooms,
- in every bedroom,
- in living areas, interconnected.



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LACE MONITOR SURVEY

Many people will have seen a Lace Monitor (Tree Goanna) about the place at some time. The Lace Monitor is classified as rare in South Australia, being confined to the areas around Wirrabara, Melrose, Wilmington and Quorn and also parts of the Riverland.

Concern for the safety of these reptiles on our roads has been expressed by a number of people, and so warning signs will be erected to help protect them from being run over. In order to determine which roads to place the signs on, Council is asking anyone who has seen one recently to contact Council. You will need to provide your name and the date and location of the sighting. If you have been able to get a photograph that would also be very helpful.

The Department of Environment and Heritage (DEH) is also interested in any sightings, so the photograph below will help to positively identify it.

This information will be used to gain a better understanding of the numbers and distribution of the Lace Monitor, and will be added to the DEH database.



COUNCIL JOINS FIGHT AGAINST OVARIAN CANCER

Ovarian Cancer Awareness Month hopes to save the lives of Australian Women.

A Touch of Teal - Touching and saving the lives of Women Diagnosed with Ovarian Cancer

During February, Council participated in the fight against ovarian cancer in our community by partnering with Ovarian Cancer Australia during Ovarian Cancer Awareness Month.



The month-long campaign helped to inform Australian women of the symptoms of ovarian cancer, to promote the importance of continuity of healthcare, create a deeper understanding of the impact ovarian cancer has on women and their loved ones, and raise vital funds for support programs for these women.

Paula Benson, Chair of Ovarian Cancer Australia welcomed the support of Council emphasizing the significant role Council will play in their own community in helping to create awareness of ovarian cancer, the symptoms and, a deeper understanding of women and their families who have been touched by the disease.

“With over 77 Australian women developing ovarian cancer in their lifetime, and one woman dying from this devastating disease every 11 hours, the message to all Australian women is clear - learn the symptoms of ovarian cancer today - Don’t leave it until the 11th hour!” Ms Benson said.

The most common symptoms, which women with ovarian cancer experience frequently and persistently are:

- pelvic and abdominal pain,
- increased abdominal size,
- persistent bloating,
- increased urinary frequency, and
- difficulty eating and / or feeling full quickly.

Council’s Mayor Sandra Wauchope said “I implore all women to visit their GP if they are experiencing any symptoms, early detection is a must to beat this disease. Talk to your friends, talk to your family and please encourage the people you care about to act now. We care for others easily, this is one time you need to put yourself first, and no, it is not a waste of time if it turns out OK.”

Ms Benson went on to say, “This year more than 1,200 Australian women will be diagnosed with ovarian cancer and sadly, around 800 will die from the disease.

“With the only means of early detection being to recognise the symptoms, our priority in 2011 is to ensure that every woman understands that there is no early detection test for ovarian cancer; that a Pap smear does NOT detect the disease and that only knowing and identifying the symptoms, can aid in early detection that can save lives,” Ms Benson said.

Currently, 75% of women are diagnosed with ovarian cancer in the advanced stages and don’t live beyond five

years. And yet, if diagnosed early, the majority of those women can survive.

Professor Michael Quinn, internationally respected gynaecological oncologist supported this view saying, “We’re hoping to encourage women to maintain a relationship with one GP who is able to review current symptoms and refer to a patient’s history to identify a pattern of symptoms and refer a patient to a specialist when they suspect ovarian cancer symptoms may be present.”



“In addition to our awareness initiatives, in 2011 we also aim to create a deeper understanding within the community of the impact that ovarian cancer has on women and their loved ones.

“We’ll achieve this and awareness of the symptoms through our new fundraising initiatives *Afternoon Teal* and *Touch of Teal* events as well as generating Teal Ribbon sales to fund support programs that help women and their families whose lives have been touched by the disease,” Ms Benson said.

Teal is the international colour representing ovarian cancer and throughout February, Ovarian Cancer Australia celebrated its tenth anniversary by inviting people to wear a ‘Touch of Teal’ by purchasing a *Teal Ribbon*, hosting an *Afternoon Teal* or a *Touch of Teal* fundraising event to support women and their families whose lives have been touched by ovarian cancer.

For more information about ovarian cancer and Ovarian Cancer Australia:

Phone: 1300 660 334

Email: admin@ovariancancer.net.au

Website: www.ovariancancer.net.au



COUNCIL WEBSITE

How long has it been since you have visited the Council website? The website www.mtr.sa.gov.au contains a large range of information and publications relating to Council, its activities and the services it provides in the Community.

If you haven’t visited for a while, or if you are a regular visitor, have a look over the site to see what it has to offer. If you have any suggestions on ways that it can be improved, or if there is information that you feel should be included on it, please forward your suggestions to the Council office and Council employees will see if they can be included.

HEALTH MATTERS

COMMUNITY HEALTH / OUTREACH DEPARTMENT

Are you having Surgery for a Hip or Knee Replacement in the near future?

If you require equipment or home help services following your surgery please contact the Booleroo Health Service - Community Health / Outreach Department to arrange for an assessment with the Community Health Nurse at least 3 weeks prior to your surgery date. This is so that services and equipment can be organised in readiness for your return home.

For more information please contact 8667 3261 during office hours. Please leave a message on the answering machine with your contact details if the office is unattended and the Community Health Nurse will return your call.

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## Go 4 Green

### PASTA AND RICE

Pasta and Rice both have below 10g per 100g of fat and sugar content and below 420g of sodium. For that reason they are given a 3 ticks label from our Go 4 Green wobblers in the local IGA supermarkets.

The lower G.I. varieties of rice e.g. doongarra, basmati and arborio are better choices. If you have diabetes then these varieties will help to lower your blood sugar levels.

#### Are the packet Pasta & Rice meals that are available a healthy choice?

The sugar and fat content is below 10g per 100g, but they are high in salt.

For this reason they would only attract 2 ticks from our Go 4 Green wobblers, and the more ticks that there are then the healthier the product.

Remember that  $\frac{1}{3}$  cup cooked rice and  $\frac{1}{2}$  cup cooked pasta is a serve size. For most adults who want to maintain or lose weight, this means that rice should be limited to no more than 1 cup cooked. Pasta should be limited to no more than  $1\frac{1}{2}$  cups cooked. If you are highly active or playing a lot of sport this may need to be increased according to your energy needs.

Rice and Pasta are easy to cook and as they contain carbohydrates, then they will help to satisfy our appetite and keep us fuller for longer.

For more detailed information, make an appointment to see Kylie McKay who is the visiting Dietitian at Booleroo Centre (Phone: 8667 2211).

Enquiries to:

Liz Bishop  
Rural Health Team  
Booleroo Centre  
Phone 8667 2458.



### EAT WELL N BE ACTIVE

#### Ways to get your family going

To be healthy and active, mums, dads and kids all need physical activity every day. Continuing health and wellbeing depends on it and so does the growth and development of children.

#### Here are some simple ways to become a more active family.

##### Be active together

Being active together will improve personal relationships and get your family communicating better.

Some ideas for quality time:

- Picnics are great, so is a day at the footy or cricket
- Why not play some backyard ball games
- A day in the park- why not make a kite together and fly it.



##### Encourage both moderate and vigorous activities every day

As a family, aim to do a range of different activities that help everyone develop healthy bones, muscles and joints. Do more moderate exercise like brisk walking and vigorous activities that make you 'huff and puff'. A game of footy in the backyard will get the blood flowing!



##### Get active any way you can

Kids love it when mum and dad join in their games. Throw a frisbee or ball together, fly a kite or play hopscotch. Stay active by walking the children to school or riding your bike to work or the shops.

##### Become a team player

Team games are great fun. Play football, basketball, netball, tennis or soccer by joining a club, or just playing team games with friends in the neighbourhood.



##### Get into physical education

The importance of physical education for children shouldn't be underestimated. Children enjoy the opportunity to learn new skills to be active for life. Try a range of activities that call for different skills like catching, throwing, balancing and coordination.

For more information visit:

[www.midnorthbeactive.com.au](http://www.midnorthbeactive.com.au)

or contact:

Sarah Bradley  
Port Pirie Regional Health Service  
8638 4693



JUNE 2011

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

# 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                                                                                                                             | 6<br>Port Germein Community Ladies Fellowship                                                                                                                                                            | 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 Training<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><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> |                                                                                                                               |                                                                                                                                                                                                          |                                                                                                                                                  |                                                                  |                                                                                          |