District Council of Mount Remarkable

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May 2009 Newsletter #135

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Honouring our ANZACs

Port Germein

The cold and wet weather could not deter around 90 people, many children, from attending Port Germein's Dawn Service.

A shaft of light poignantly highlighted this poem inscribed on the base of the War Memorial.

"They watched the tall ships come and go
They walked the hills and the gulleys
They worked the farmlands and the gardens
They laughed and they played in these streets
in this the place of their childhood
We will remember them"

The Port Germein Service was organised by the Port Pirie RSL Club and conducted by the Salvation Army, supported by Port Germein's Marg Johns leading the singing of the National Anthem. Don Deed played the Last Post and Reveille on his bugle.

Wreaths were laid by Mr Lou Tolosa RSL, Port Germein's only surviving foundation member, Cr Bill Hodgson - District Council of Mount Remarkable and Thomas Pole on behalf of the youth, Port Germein Progress Association and Community of Port Germein.

Thanks to Port Germein volunteers who prepared the grounds for this solemn day.

Appila

Over 60 people attended the Dawn Service at the Appila Memorial Hall.

Mr Ian Shields took the service which included the story of how his father was one of the first 500 soldiers to land at Gallipoli. Mr Greg Harvie played the Last Post and the Rouse on his Trumpet, which was very moving and a highlight of the service and Mr Barry Harvie raised the flag.

After the ceremony everyone gathered for a cooked breakfast in the Hall, with many staying for a few hours to catch up with people they had not seen for a long while.

Appila has not held a Dawn Service for many years, with some people believing that it is the first ever to be held there.

Booleroo Centre

Around 150 people braved the wet and cold to attend the Booleroo Centre Dawn Service.

It began with ex service men marching from the Lions Club to the Memorial. The service was pleasantly run by Father Don Victory.

Wreaths were laid by the local School, the Council, the Lions Club and the Woman's RSL Auxiliary. After the service, everyone was invited back to the Lions Club for savs in bread, and tea and coffee (most preferred to add some stimulant!!). The service was well run and very moving.

Wirrabara

A good crowd attended the Wirrabara Dawn Service with Robyn McKay, Minister of the Uniting Church, Peterborough, leading the service.

Following the service, Gordon Turner from Bangor, a World War II veteran unveiled an interpretive plaque on the 25 Pounder Field Gun outside the Wirrabara Memorial

Council Contact Details

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Other Elected Members:

Cr Bill Hodgson (Coastal Ward)
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Fax: (08) 8634 4148
Email: wercj.hodgson@bigpond.com

Cr Paul Kretschmer (Forest Ward)
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Cr Gordon Leue (Coastal Ward)
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Cr Marie Storey (Ranges Ward)
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Dump Operating Hours

Willowie Landfill Site:

1.00 pm - 4.00 pm	Thursday
10.00 am - 1.00 pm	Sunday

Port Germein Site:

9.30 am - 11.30 noon	Sunday & Thursday

Wirrabara Site:

9.30 am - 11.30 am	Thursday
2.30 pm - 4.30 pm	Sunday

Disposal of Rubber Tyres

The Environment Protection Authority will not allow whole tyres to be deposited in any trenches and if found or observed by the EPA during their regular inspections, Council could attract a fine or have the licence to operate the rubbish dump withdrawn.

Council will accept rubber tyres into their rubbish dump compounds at a prescribed fee which has been determined by the cost charged to Council for shredding of the tyres.

Fees

Car Tyre		$3.50
4WD / Small Truck Tyre		$5.00
Truck Tyre		$17.00
Tractor Tyre (depends on tractor)		$50.50
Large Truck	(approx)	$39.50

The process is as follows:

1. The relevant fee must be paid at the Council Office prior to taking the tyres to the dump.
2. The following will be issued:
   - receipt
   - verification form which will specify the number and type of tyres the payment covers.
3. Both the receipt and the verification form must be presented to the Dump Manager when depositing tyres at the rubbish dump.
4. The receipt will be dated and signed by the Dump Manager and returned to the person. The verification form will be retained by the Dump Manager.
5. Tyres must not be placed in a trench but in a separate compound or location within the dump.

Councillor Profile

Councillor Bill Hodgson
Coastal Ward

It has been over 2 years since I was elected as a representative for the Coastal Ward within the District Council of Mount Remarkable and I am very pleased to see many improvements during this time.

Within Port Germein, I have been involved with the Progress Association, Hall Committee, Caravan Park, Cemetery Committee and several businesses. Additional paving has been completed which has beautified the town and made access for pedestrians, cars and caravans easier. The continuation of street sealing from Roads to Recovery monies will further enhance the township. The Time Clock and the Lighthouse at the beginning of the Jetty are being restored, which will help to preserve the history of the town. Paving will be undertaken in the old railway shed and in the near future the oval area will be having a BMX track built along with other various sporting facilities for use by the area's Youth.

The Town Hall has seen a facelift with the painting of the interior and an upgraded kitchen.

Port Flinders / Weeroona Island will have the Water System implemented in the near future. The walking trail around the Island is currently in the designing stage, which has become possible through various grants along with monies that Council has obtained. Also the boat launching area has been upgraded and with the monies from the stimulus package, power and water will be connected to make the area more appealing and safer for locals, tourists and boaties.

It is very pleasing to see the number of new homes in the Coastal Ward which is positive for the region.

During my time in Council, there have been thunderstorms and high tides which have resulted in flooding and damage to roads. It has been a credit to the Council employees for their quick response in remedying the problems.

My time in Council keeps me busy but it has been very satisfying to see the area moving forward. I am currently still farming in Georgetown but can be contacted on my mobile at any time.

Since I began on Council I have gained a son-in-law and two more beautiful granddaughters, making a total of six. (Nearly a netball team!)

Shared Services Appointment

Natural Resources & Sustainability Project Officer

Erica Rees has been engaged in a new position as Natural Resources and Sustainability Project Officer for the Mount Remarkable, Flinders Ranges, Peterborough and Orroroo / Carrieton Councils.

The Natural Resources and Sustainability position will provide a locally available resource for Councils to help improve long term local natural resource management and sustainability outcomes and particularly to support the national priorities under the Australian Government 'Caring for our Country' program.

The project will consider the following objectives:

1. Vegetation Management
2. Water and Catchment Management
3. Coastal Management support
4. Pest Plant and Animal Control assistance
5. Salinity Management assistance
6. Nature-based Tourism and Recreation
7. NRM in Land Use Planning and Legislative Review
8. Council and Community Capacity Building

Erica graduated in 2008 from the University of Adelaide (as a mature student) with a Bachelor Degree in Social Sciences, majoring in Geographical and Environmental Studies. Prior to university study she was employed by the Glenelg Golf Club for nine years as their Native Vegetation Officer and Gardener.

Erica and her partner who have three 'children' aged 19, 24 and 27 between them, moved from Adelaide to live at Wongyarra where they hope to settle and grow native plants, fruit trees and vegetables. They both enjoy walking and cycling and look forward to exploring more of the Southern Flinders.

Erica is looking forward to working with each of the Councils and being part of the community.

2020 Vision – Taking the blinkers off

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

Building Communities and Fostering Creativity

To survive, compete and grow in the modern world we require creative and entrepreneurial people, businesses and communities. With new people, new jobs, new ideas and new enthusiasm our communities will be well placed to "get through the tough times" and stake claims as desirable residential, work and holiday locations.

STRATEGIES

4.1 Assist our communities to develop and promote individual strengths, to grow a "sense of place"

4.1.1 Maintain an active involvement in and working relationship with the various community development and progress groups, encouraging them to work together with Council towards community goals

4.1.2 Establish a community based "Community and Economic Development Advisory Committee"

4.1.3 Encourage community development and progress groups to develop and promote unique aspects of their communities

4.1.4 Provide assistance and information to community groups regarding grant funding opportunities

4.1.5 Facilitate the development of Urban Design Master Plans for each of our main towns

4.1.6 Facilitate the development and promotion of significant local heritage assets, attractions and collections

4.1.7 Encourage the retention and restoration of buildings and sites of historic significance

4.1.8 Facilitate the development of Community and Economic Development Plans for our main towns

4.2 Grow community creativity, innovation and cultural expression

4.2.1 Ensure that cultural development strategies are incorporated into Community and Economic Development Plans for our main towns

4.2.2 Support arts, heritage or cultural community events and celebrations

4.2.3 Update and maintain Council's local heritage register

4.2.4 Undertake a Development Plan Amendment to incorporate heritage register items

4.2.5 Continue with the employment of a shared heritage advisor

4.3 Support initiatives to encourage "youth retention" in the district

4.3.1 Provide support for an active Youth Advisory Group (YAG)

4.3.2 Plan and provide needs based support and leisure services for youth within our communities

4.3.3 Promote and monitor the range of services available to youth in order to ensure quality, relevance and consumer satisfaction

4.3.4 Conduct regular surveys of youth and interested adults to ascertain youth needs and priorities

4.3.5 Promote and assist in the implementation of projects and activities identified by the YAG

4.3.6 Pursue funding from other levels of government for the establishment and support of additional youth services and facilities

4.3.7 Develop, promote and sponsor an annual scholarship/cadetship to a young person from this district, tied to that person returning to the district to work for an agreed period of time

7.3.8 Council engage a works department trainee annually

4.3.9 Council engage an administration trainee annually

4.3.10 Develop and sponsor an annual "Youth Leadership Award"

4.3.11 Develop and sponsor an annual scholarship to encourage a student to complete secondary schooling locally

4.3.12 Investigate options to develop affordable housing in our district

4.4 Support a range of initiatives to assist older residents

4.4.1 Provide a variety of high quality services and facilities which are responsive to the needs of our elderly residents, to ensure that they remain in the community

4.4.2 Promote the District as having attractive and well serviced towns for elderly people to live in

4.4.3 Provide up to date information on the range of services available to the elderly

4.4.4 Investigate the viability of establishing new independent living and aged care facilities in our main towns

4.4.5 Investigate options to provide extra handyman and gardening assistance to our elderly residents

4.4.6 Assist in the provision of health promotional materials and activities to maintain the quality of life of our elderly residents

STRATEGIC MANAGEMENT PLAN 2008 - 2020 (CONT.)

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4.4.6 Assist in the provision of health promotional materials and activities to maintain the quality of life of our elderly residents

4.5 Support a range of community services and infrastructure to enhance residents "Quality of Life"

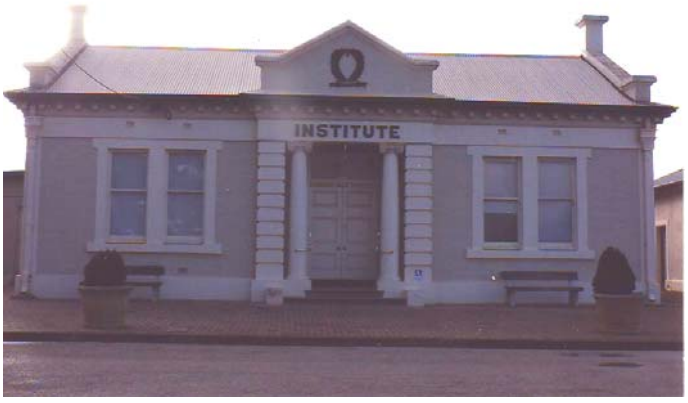
4.5.1 Recognise that all persons, including those with disabilities, are entitled to the same access to Council facilities and opportunities
4.5.2 Assess Council buildings and other assets to ensure access for people with disabilities
4.5.3 Support, promote, review and monitor the usage of the Northern Passenger Transport service
4.5.4 Contribute towards the replacement of the Community Bus as and when needed
4.5.5 Ensure that footway trees are maintained to provide safe and unrestricted access for all pedestrians
4.5.6 Continue to improve and extend the footpath and trail networks in townships linking priority areas within the communities
4.5.7 Monitor the requirements and needs for disabled car parking within local areas
4.5.8 Maintain support for the Flinders Mobile Library service
4.5.9 Develop and maintain a good working relationship with education providers within local communities
4.5.10 Develop a Volunteer Resource Centre to assist in building the numbers, capacity and effectiveness of volunteers in the District
4.5.11 Advocate for the development of shared use by community members of existing, restricted facilities and services (e.g. school libraries and sporting facilities)
4.5.12 Investigate opportunities to establish a postal service to the Port Flinders community

4.6 To provide an adequate level of passive and non-traditional sporting facilities to cater for all members of the Community

4.6.1 Ensure there are adequate numbers of parks, reserves, playgrounds and recreation areas to meet community needs and expectations
4.6.2 Work with local community groups to maintain the visual amenity of parks, gardens and reserves with regard to landscape and colour

4.7 Ensure that the Community maintains an adequate number of successful, active and well managed clubs and organisations

4.7.1 Run a Community Assistance Grants program to provide financial assistance to sporting clubs and community groups within the District
4.7.2 Assist communities to work towards developing stronger clubs and community groups whilst minimising duplication of services and facilities
4.7.3 Support the development of joint use or multi-purpose district and community facilities
4.7.4 Establish and maintain a database of sport and recreational facilities within the District
4.7.5 Work towards the implementation of items included in the Upper Spencer Gulf Region Recreation, Sport and Open Space Strategy (2004)
4.7.6 Continue participation in and support for the shared sport and recreation "Be Active Field Officer" position
4.7.7 Facilitate the introduction of community development administration support in all main towns, e.g. for hall committees



Council Meeting Updates

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

February Council Meeting Held Tuesday 10TH February

Concerns over Potential Danger for Motorists

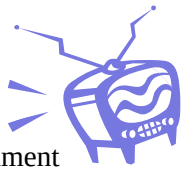
Council is to forward correspondence to the Department of Transport, Energy and Infrastructure regarding a potential hazard at the site of the former Stone Hut Bridge on Main North Road south of Wirrabara. Members of the community have identified the currently unguarded drop off as a danger and Council will draw the matter to the attention of the Department and seek to ascertain their intentions regarding it.

Energy Efficiency Audits

Council is to investigate opportunities of having an energy efficiency or carbon footprint audit of its operations undertaken.

As part of the Local Government Association's Climate Change Strategy, which aims to support the adoption by Councils of energy efficiency measures and greenhouse gas emission reduction strategies within day to day operations, Local Government Corporate Services is presently ascertaining the level of interest amongst Councils in participating, with a view to obtaining a cost effective solution.

Uncertainty over Television



Concern was raised with Council indicating that the Commonwealth Government may have withdrawn its funding for the conversion of existing self help television retransmission facilities from analog to digital transmission.

Council will investigate and research the issue further to ascertain what the situation is before further considering the matter, particularly in relation to the Billy Foulis Hill retransmission facility that services the Wilmington and Melrose townships.

Land Division Moratorium Lifted

In light of the engineering consultant's earlier reports and the recent SA Water approval, Council has reconsidered the moratorium imposed on land division within the Port Flinders township that was imposed by Council in April 2007.

Following due consideration of the various matters associated with land division within the township, Council has decided to lift the moratorium. Having done so, Council will be contacting all infrastructure providers to ascertain what capacity limitations their respective infrastructure may have that may impact on the future development of the township.

Community Assistance Grants Announced

Council has announced its first round of Community Assistance Grants for the 2008 / 2009 financial year. In doing so, the following projects have received funding from Council:-

The Booleroo Ministry Centre will receive $500 towards the establishment of the Booleroo Community Youth Centre which provides a flexible program of activities for youth aged 7 to 17 on a weekly basis.

The Booleroo Centre Athletic Club will receive $500 towards its Changeroom project, which will see repairs and repainting of the changeroom ceiling, electrical upgrades and an upgrade of the shower area.

The Booleroo Centre Golf Club will receive $1000 towards the installation of a 10,000 litre rainwater tank to reduce their reliance on mains water and to assist in maintaining the Club's lawn and garden area.

The Wirrabara Golf Club will receive $500 towards their Clubhouse repairs as they endeavour to maintain their assets in good condition.

The Wirrabara Progress Association will receive $1,500 towards its "Don't Fence Me In" Project which will see fencing around areas of the parklands renewed to allow minor grazing and fire prevention activities to be undertaken.

The Wilmington Bowling Club will receive $175 towards landscaping a garden area following the removal of larger trees as part of the synthetic green conversion.

The Wilmington Oval Management Committee will receive $660 towards top dressing or surfacing of the oval, providing a safer playing surface for users of the facility.

The Wilmington Memorial Hall will receive $675 towards minor equipment to be used during catering activities.

The Wilmington Golf Club will receive $500 to remove and replace Clubhouse Bar flooring which is damaged and unsafe as a result of termite damage.

Further allocations for other townships and areas within the Council district are intended to be made at the March Ordinary Meeting of Council.

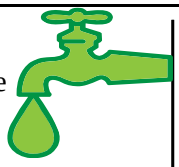
Port Flinders Water Supply General Update

Council received a general update on the status of the Port Flinders Water Supply project from its engineering consultants, including timeframes for the remaining project components revised in accordance with the recent SA Water approval of an increased supply.

Under the revised timeframes, final designs are expected by early March with tenders anticipated to be called in mid March and closing mid April. This should allow awarding of a contract towards the end of April.

COUNCIL MEETING UPDATES

Water Connections to Be Permitted



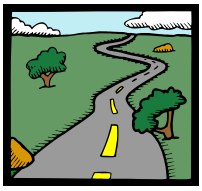
In light of the recent findings of the State Ombudsman, Council has reviewed its earlier decision to not allow water connections to the Port Flinders Water Supply prior to the construction of the remaining aspects of the Scheme. Council will allow properties that were part of the original developer's land division to be connected, subject to the property owners complying in all respects with Council's requirements, including entering into a water supply agreement and the full payment of applicable fees and charges.

Planning Services Secured

Council has considered a proposal from Adelaide based planning consultants Access Planning to provide professional planning services to Council, together with the three neighbouring shared services councils. The Chief Executive Officer will now formalise the arrangements with Access Planning, who have recently been utilised by Council on a trial basis with extremely positive results.

The change of planning service provider follows the decision by Council's former planning consultant, Mr Bob Hart, to wind back his business operations and service to the four Councils.

Council Gives In Principle Support to Northern Areas Council Road Proposal



Council has indicated its in principle support for a proposal by the Northern Areas Council to seek funding for the construction and sealing of the Booleroo Centre – Tarcowie – Peterborough road. The proposed project involves four Councils and a total road length of 43 kilometres, with 8 kilometres within the boundaries of this Council.

The Northern Areas Council is seeking funding under the Special Local Roads Program towards the project.

Future of Regional Development Boards

Council received a presentation from Mr Mark Malcolm, Chief Executive Officer of the Southern Flinders Regional Development Board, regarding the current proposal to merge the State's Regional Development Boards with the Commonwealth's new Regional Development Australia framework.

Whilst many of the specific details of the proposed model are (as yet) unknown, Mr Malcolm outlined the potential impacts and benefits that the proposal may have on both the local Development Board and its member Councils.

REMINDER - DUE DATES FOR PAYMENT OF RATES

Final Installment 11th June 2009

MARCH COUNCIL MEETING HELD TUESDAY 10TH MARCH

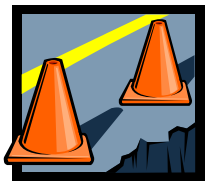
Perceptions to be Clarified

Council is to endeavour to clarify some misconceptions held by many people in the wider community regarding the water situation in the Port Flinders township.

Following a request from a local resident, Council will seek to have local media include an article regarding the matter, highlighting that a water supply has been available within the Port Flinders township since the mid 1990s. Many community members are presently of the view that there is no water supply available.

Council was gifted the water supply last year and is presently finalising engineering designs for the completion of the scheme, which will provide all allotments within the township with a connection to the scheme.

Port Germein Test Strip



For many years, Council has been considering the laying of a test strip of bitumen road within the Port Germein township. It is considered as a test strip in the sense that it will be constructed with less than the normal or standard thickness of base material.

The local Ward Councillors and the Acting Works Manager are to determine the scope of works for the section of Second Street, with a view to having works undertaken in conjunction with other Roads to Recovery works in the township.

Telstra Payphone Removal

Council has received correspondence from Telstra advising of its intention to remove a number of payphones from various townships within the Council area.

Those flagged for removal as being unviable include Appila (1), Hammond (1), Murray Town (7), Willowie (1) and Bruce (1). The numbers shown indicate the average number of calls made from each payphone each week. From Telstra's perspective, a payphone is considered viable commercially if it has 15 calls per day (or in the vicinity of 100 per week).

Whilst only the Melrose (160) payphone meets this commercial criteria, Telstra believe that they have a Universal Service Obligation to keep payphones in Booleroo Centre (30), Wilmington (54), Wirrabara (30) and Port Germein (54).

Council has been asked to provide comment in relation to the proposed removals and will seek input from the various communities affected before determining a position.

Council Meeting Updates

Community Assistance Grants Announced

Council has announced another round of Community Assistance Grants for the 2008 / 2009 financial year. In doing so, the following projects have received funding from Council:-

The Southern Flinders Rough Riders will receive $1,200 towards their Powering Up project which will see the group purchase a power generator to be used at their and other community events.

The BMW Netball Club will receive $800 towards their Improving Communications project which will see the club purchase a laptop computer with internet access to assist the Club in meeting the Netball Association's internal communications and reporting processes.

The Weeroona Island Progress Association will receive $2,000 towards their barbecue project, which will see the purchase and installation of an electric barbecue at the recently constructed Brian Lane Shelter.

The Port Germein Progress Association will receive $2,000 towards their Memorial Trees Plaque project which will see stainless steel, corrosion resistant plaques purchased and installed for the memorial trees planted in High Street, Port Germein.

The Hammond Hall Committee will receive $655 towards their Stage Curtains Project which will see the current 50 year old inoperable curtains replaced.

The Appila Tennis Club will receive $780 in addition to $2,500 under the Regional and Local Community Infrastructure Program for their toilet and changeroom facilities project at Stacey Park in Appila. The community has also recently received a large grant from the Office for Recreation and Sport towards the project.

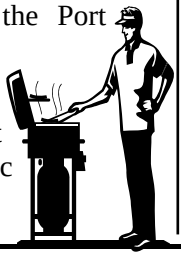
The Murray Town Tennis Club will receive $780 towards their Improving the Comfort of the Tennis Courts Shelter Shed project, which will see three canvas blinds purchased and installed on the southern and northern sides of the shelter.

The Rocky River Pistol Club will receive $780 towards the purchase of an additional rainwater tank at their Wongyarra facility, which is not connected to any mains water supply.

These allocations have exhausted the funds available under the 2008 / 2009 Community Assistance Grants program.

Port Flinders BBQ Upgrade

Council has granted a donation of $1,150 to the Port Flinders Development Association to upgrade the existing gas barbecue at Range View Reserve in the Port Flinders township to electric.



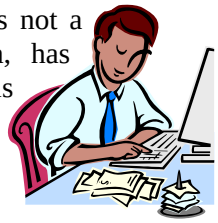
The existing barbecue has been subject to repeated and ongoing vandalism over recent years and it was considered a matter of public safety that the upgrade be undertaken.

Audit Requirements for Future Community Assistance Grants

The current year's Community Assistance Grants Program highlighted some practical difficulties in Clubs and Community Groups meeting Council's application requirements in terms of Audit.

The Program presently requires each Club or Community Group to provide a copy of their most recent audited financial statements. Under the Associations Incorporations Act, the term Audit is clearly defined and requires incorporated bodies to have their financial records audited by qualified persons. An exemption applies for Clubs and other incorporated groups if their turnover is less than a prescribed amount, meaning that some applicants presently do not have to, under the Act, have their financial records audited.

Council has decided to make a minor change to the requirements under the Community Assistance Grants Program such that any group applying for a grant in the future will be required to have their financial records and statements checked by a person who is not a member of the particular association, has financial experience and who is approved or qualified in accordance with the constitution of the respective organisation.



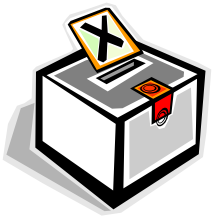
This minor change will ensure that Council meets its obligations in providing financial assistance to groups and clubs who have the necessary financial controls and systems in place to adequately receive and manage grant funding.

Review of LGA Constitution Being Undertaken

Council has provided input into a review currently being undertaken by the Local Government Association of South Australia of its constitution.

The Association's present Constitution is somewhat aged and the present review, instigated in October 2005, aims to update it and address some of the anomalies contained within it. Council, at the meeting, worked through a discussion paper on the matter with its responses to be forwarded to the LGA.

Council Votes for New LGA President



Council has given consideration to the two nominations for the position of President of the Local Government Association of South Australia.

The two candidates for the position were Mayor Felicity-Ann Lewis, from the City of Marion, and Mayor Miriam Smith, from the City of Tea Tree Gully. Following due consideration of the candidates and their candidate information, Council determined that it would vote for Mayor Miriam Smith.

Council Meeting Updates

April Council Meeting Held Tuesday 14TH April

Wilmington Projects to Proceed

Following consultation with the Community, two projects have been endorsed by Council to proceed.

The first of the projects is the conversion of the Wilmington Community Wastewater Management Scheme to a re-use standard and will include the necessary infrastructure to bring the wastewater back into the town for re-use on the town oval.

The project is envisaged to utilise solar powered pumps and will also save Council and the Community a considerable amount by no longer having to undertake substantial maintenance work on the existing evaporation lagoons. Works on this project are expected to be completed by 30th June 2010.

The second project is the landscaping and traffic controls at the Hotel intersection in the Main Street. Considerable design work and consultation has been undertaken over recent years by the Department for Transport, Energy and Infrastructure, the Wilmington Progress Association and Council with the Community indicating support for the project at a recent Community meeting.

Wilmington CWA Building

Council has authorised the Chief Executive Officer and the Mayor to formally execute documentation to facilitate the transfer of the Wilmington CWA property to Council.

The CWA State Council recently approved of the transfer which will see the land and building transferred to Council and the Community. It is proposed that following the transfer, a number of improvements will be made to the facility, particularly in respect of its use as consulting rooms by visiting doctors.

Kiss the Sky Project Support

Council has agreed to contribute an amount of $11,500 towards the construction of the 'Kiss the Sky' cycling and walking trail in Melrose.

Whilst the entire length of the trail is approximately 5 kilometres, Council will contribute towards the section of the trail that runs from the township to the monument within the Melrose Caravan Park. The trail will provide a safe and sustainable walking and riding path for tourists to the town and caravan park and will remove the dangers associated with the current access via the bitumen road with vehicular traffic.

New CFS Facility for Wilmington Possible

Council has confirmed its in principle agreement to sell or gift land in the Wilmington township to the State Government for the construction of a new CFS Brigade station.

The matter had been given initial consideration early last year and the State Government has recently sought re-confirmation from Council to allow the project to proceed to the next stage.

A range of issues have been identified, such as the land also housing the public toilets, and Council will need to work through these with the State Government as part of the necessary processes.

Continuation of Hall Levy to be Consulted On

Council has considered the potential continuation of the current Hall Maintenance Levy for a further five year period.

The current separate rate is in its fifth and final year and various Hall Committees throughout the District have called for Council to continue with the arrangement.

The Hall Levy or separate rate provides a collective $25,000 per year for maintenance and improvement of the District's Halls.

The money is equitably distributed amongst the various facilities and has seen a substantial amount of work undertaken over recent years.

Council, as part of its upcoming Annual Business Plan and Budget processes for the 2009 / 2010 financial year, will consult with the wider community regarding the continuation of the separate rate.

Council Meeting Updates

Roads to Recovery 3 Program

Council has received correspondence from the Hon Anthony Albanese MP, Commonwealth Minister for Infrastructure, Transport, Regional Development and Local Government, advising Council of the funding allocation it will receive under the Rods to Recovery 3 Program.

Council will receive an amount of $1,326,834 under the program which will run for 5 years between 1st July 2009 and 30th June 2014.

Under previous programs, Council received $985,079 under the initial program and $938,874 under the second, however those were both 4 year programs.

Whilst Council is still to consider and determine specific projects under the funding (once the program guidelines are available), it has previously indicated that it will continue its priority of sealing all major townships, with Wirrabara to be given the first priority, and consideration to be given to the smaller townships.

Boundary Alteration Proposal Lapses

Council considered formal advice from Ms Margaret Wagstaff, Chair of the Boundary Adjustment Facilitation Panel, regarding the outcome of the Panel's recent consideration of the Public Initiated Submission to annex Port Germein and Port Flinders to the Port Pirie Regional Council.

Following its required processes, the Panel has determined that there was not likely to be sufficient support to justify the formulation and consideration of a proposal and accordingly, determined that the proposal should lapse.

Periodic Review of Elector Representation

Under the Local Government Act 1999, Council is required to periodically undertake a review of elector representation and its structure.

An Options Paper has been prepared and has now been endorsed by Council for Public Consultation purposes.

The Paper explores a range of required matters regarding the structure and composition of the Council, including whether Council should have a Mayor elected at large or a Chairperson elected by the Councillors, whether the area of the Council should continue to be divided into Wards or not, and whether the current number of Elected Members is appropriate in terms of representation quotas.

A six week consultation period on the Options Paper is mandated by the Local Government Act 1999, with Public Submissions closing on Wednesday 3rd June 2009.

Copies of the Options Paper are available for viewing or purchase at the Council office, or can be downloaded from Council's website.

Community Builders Program

Council has been successful in obtaining funding to run a Community Builders Program.

This is a very exciting initiative aimed at strengthening the social and economic capacity of rural and regional communities by developing grassroots leadership and encouraging cooperation and collaboration between towns.

Through the course of a Community Builders project, several towns within a region form a 'cluster', with each town pursuing its own town project.

Representatives from each town come together each month to share their aspirations and successes in a workshop environment.

Each town is represented by a maximum of five members, with all participants given the opportunity to discuss community and economic challenges and social issues.

Lisa Pearson has been employed as the local facilitator and will co-ordinate the project.

If you wish to register your interest or find out more information, please contact Lisa at the Council Office:

Phone: 8666 2014; 1300 726 252
Email: cblf@mtr.sa.gov.au

Introducing Council's Trainees

Victoria Keller
Administration Trainee - District Council of Mount Remarkable

Living in Booleroo Centre, Victoria has a sister and two brothers and is the third child of Marty and Sue Keller.

After completing Year 12 at the Booleroo Centre District School last year, she was successful in gaining entrance into Nursing at the University of SA but has deferred her study for 12 months. Victoria is keen to gain some life experience and prepare herself for the real world while still living at home with her parents.

Having grown up in the Council area, she is a very social person and loves being involved in the community through sport and various other community events. Her special interest is playing, coaching and umpiring netball and this year she has taken on the role of Secretary for the BMW Netball Club. To add to her busy social life, during the summer months Victoria plays tennis for Melrose on Saturdays and then travels to Adelaide to train with her State Netball team on Sundays .

Victoria is really looking forward to the challenges that the 12 month Traineeship will bring and hopes to broaden her knowledge of the Council area and gain additional skills to assist her in her future studies.

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Joanne Potter
Administration Trainee - Northern Passenger Transport Network

Joanne moved from New South Wales early in February to join her partner Mark, who had moved to the area in the middle of January.

Joanne is the eldest of three children, and has lived most of her life in Ballina, northern NSW. Ballina is a tourist town thirty minutes south of Byron Bay and two hours from Brisbane. After Joanne left school she gained employment with the Westpac Banking Corporation for whom she had worked for 21 years, the last 15½ in Ballina. Her primary duties were as Head Teller responsible for maintenance of branch cash holdings, supervision and training of other tellers, customer service, along with many other duties. Joanne has travelled extensively overseas, with her two favourite places being Egypt and the United Kingdom.

Away from work Joanne loves going to the movies, watching TV, gardening and cooking. As part of the her Traineeship, Joanne is undertaking a Certificate III in Business Administration - she has not studied for some time and is looking forward to the challenge.

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Michael Zwar
Works Trainee - District Council of Mount Remarkable

Michael commenced work at the Council in early March as Works Trainee. Michael is living on the family farm with his parents Don and Annette Zwar, north of Wirrabara and is the youngest of 3 boys. Since successfully completing year 12 at the Booleroo Centre District School in 2007, he has worked at various places including the viticulture industry in the Clare Valley, and a civil earthmoving contractor in Gawler in the Adelaide Plains region.

When Michael isn't at work he enjoys a variety of outdoor activities which include fishing, boating and camping.

Michael is looking forward to his time with Council, learning to operate various machines and also gaining diverse civil construction skills as well as the friendships and the knowledge of the Council District that this position will provide him with.

COMMUNITY & ECONOMIC DEVELOPMENT OFFICER'S UPDATES

LOOKING TO START A NEW BUSINESS IN FAMILY DAY CARE?

Funded by the Department of Education, Employment and Workplace Relations, payments are now available to assist carers with the cost of establishing their home-based business providing child care. Further information is available from:

http://www.dest.gov.au/sectors/early_childhood/

For all enquiries and help with starting a new business, contact Craig Blieschke, Business Development Officer with the Southern Flinders Ranges Development Board, on 8632 5633 or cblieschke@sfrdb.com.au

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CLIMATE CHANGE PROGRAMS

AusIndustry, which is the Commonwealth Government's Department of Innovation, Industry, Science & Research, has three programs related to Climate Change.

1. **Climate Ready** provides grants from $50,000 to $5,000,000 on a matching funding basis, supporting innovative projects that address the effects of climate change. For example:
   - water recycling, waste recovery or small scale renewable energy technologies;
   - technologies that reduce the energy used by appliances or increase the efficiency of industrial processes;
   - products, processes or services to monitor emissions or power usage;
   - green building materials that make homes more energy efficient.

   The closing date for the current round of funding is Thursday, 25th June 2009.

2. **Re-Tooling for Climate Change** supports small and medium-sized businesses undertaking manufacturing activities in Australia. The program aims to help Australian manufacturers reduce their environmental footprint, through projects that improve the energy and/ or water efficiency of their production processes. For example:
   - investing in small-scale cogeneration plants that capture waste energy and use it to produce electricity on site;
   - stormwater capture and improving water recycling for re-use in the manufacturing process;
   - improving insulation and recovering waste heat to improve manufacturing process efficiency.

   The program provides grants between $10,000 and $500,000, up to a maximum of one third of the cost of each project. The closing date for the current round of funding is Monday, 1st June 2009.

3. **Green Building Fund** supports owners of existing commercial office buildings to reduce their energy consumption and green house gas emissions. Support is also available for relevant organisations to develop industry capability in order to reduce emissions. The closing date for the current round of funding is Tuesday, 30th June 2009.

If you would like further information, or want to discuss an application, contact Mark Arnold, Regional Manager on 8641 2563 or mark.arnold@innovation.gov.au

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TIPS FOR PLANNING AN ARTS PROJECT

If you are an artist, community group or organisation with some ideas about undertaking an arts project, there are many grants available to support your project.

You have a much greater chance of success if you consider the following:-

1. Allow plenty of time to plan your project - usually an 18 month time frame will allow for planning, preparing your application/s and undertaking the project.
2. Think about other organisations or groups who might like to join you in the project and invite them to come along to a planning discussion. Most funding bodies are keen to support applications from organisations who are partnering with others.

Contact your local Country Arts SA Arts Officer, Kirstie Jamieson, who can assist you with project development, finding the right grant for your project, and give advice regarding grant applications and project budget planning. Kirstie has information about grants from Country Arts SA, Arts SA and Australia Council for the Arts and is available to attend planning meetings and discussions in your town. Contact Kirstie on 8633 0681 or kirstie.jamieson@countryarts.org.au

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WHERE TO SEARCH FOR GRANT OPPORTUNITIES?

Muriel Scholz, Council's Community and Economic Development Officer, receives many alerts and publications on upcoming grants and may be able to help you locate the perfect grant. If you have a good idea to benefit the community, please contact Muriel on:

Phone: 8666 2014 or
Email: cedo@mtr.sa.gov.au

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SUCCESSFUL GRANTS

Council was recently successful in obtaining funding from the Northern & Yorke Natural Resource Management Board to commence building a walking trail on Port Flinders. The project will have an environmental protection and education impact as well as providing a pleasant recreational walk for residents and visitors.

The Murray Town Progress Association were successful in obtaining an $800 grant to plant native trees and shrubs to green the town.

The Wirrabara Community has also benefited from two recent grants - one for a new refrigerator at the Wirrabara Institute and another for the purchase of new chairs at the Wirrabara Bowling Club.

MID NORTH *BE ACTIVE* SPORT AND RECREATION UPDATE

INAUGURAL 2009 MID NORTH *BE ACTIVE* CLUBS CONFERENCE

The inaugural 2009 Mid North be active Club Development Conference was held in Port Pirie on Sunday 5th April providing a local development opportunity for volunteer administrators and coaches.

The conference attracted a range of sporting clubs from all over the Mid North who were treated to a range of guest speakers from the Office for Recreation and Sport in Adelaide addressing a number of topics including, club survival – steering your committee to success, how to be a grant savvy organisation, tips tricks and tactics for coaches and a look at ways to attract and retain juniors in club sport.

Key Note speaker Jan Stirling, former coach of the World Champion Australian Opals Women's Basketball Team also presented a motivational session looking at the unique structure of club sport in Australia and the vital role volunteers play in the current and future success of Australian sport.

Overall the conference was a great success and provided an opportunity for Mid North clubs to attend a club development opportunity without having to travel to Adelaide to do so. If you are interested in the sessions delivered at the conference but were unable to attend, the presentations are available for download from www.midnorthbeactive.com.au

Jan Stirling, former coach of the Australian Opals Basketball Team presents an educational session to attending coaches as one of the breakout sessions at the Inaugural Mid North be active Clubs Conference

MOVE IT! - MAKING COMMUNITIES ACTIVE GRANTS PROGRAM – OPENING SOON!
ANTICIPATED OPENING: 30TH MAY 2009

The Move It! Making Communities Active Program run by the Office for Recreation and Sport provides financial assistance to sport and active recreation organisations for projects that target inactive or insufficiently active people in South Australia.

Projects aimed at breaking down barriers to physical inactivity and changing lifestyles by supporting people who are inactive to become active are encouraged to apply. As an example, a project that encourages individuals to try or learn an activity that may lead to continued participation through a local sporting club or physical activity are of particular interest to the Office for Recreation and Sport.

If you are involved in a club or community group and have a physical activity based project in mind which aims to get inactive community members active, then this grant program is definitely worth looking into.

For further information including funding guidelines, an example application form and previously funded projects visit http://www.recsport.sa.gov.au/grants-scholarships/move-it-program.html

Government of South Australia
Office for Recreation and Sport

COMMUNITY GROUP

Murray Town Progress Association

The thread of the community service and mutual help in Murray Town is best displayed by the Murray Town Progress Association Inc.; in small communities such as Murray Town there are more positions to be filled than people willing to fill them. A meeting on 1st November 1946 to improve sporting facilities beyond the recreation ground bordered by the main road on the western side, and Wild Dog Creek on the eastern and northern perimeter, resulted in the community raising finance to purchase land from Mr Cobiac. 3,321 hectares was purchased on 30th April 1948 for the sporting oval now known as the Memorial Oval. The purchase resulted in a constitution and the formation of the Murray Town Progress Association which later became incorporated.

In 1948 an Autumn Sports Carnival (which continued until 1962) provided much needed finance to assist in paying the purchase money and improving the Oval. The 1950 Autumn Sports Carnival gave a resume of work done at the oval:

> *"An additional block of land (1.5 acres) has been purchased, the boundary fence has been extended, the football oval, running track and trotting track have been altered in accordance with a plan for a multi purpose recreation ground and the new bore is supplying water to the complex." The completion of all these works has been made possible only by the response from local residents to the call "a day per man per year for our oval".*

The practice of pay as you go policy is still carried out today and the Association has no bank overdraft.

Following the revival of the Football Club in 1978, a new complex building at the Oval was commenced and as funds were available building took place until it was finally completed in 1982 at a cost of $20,129.

To raise the finance to complete this project, an auction of surplus farm machinery, cars, trucks, household items and in fact anything that was saleable was undertaken. The auction that started as a small venture is now a major event with seven volunteer auctioneers selling at the same time and many local people giving their time in support. The Murray Town Spring Auction is now an icon event and this year will be held on Sunday September 27th 2009. Proceeds from these auctions have provided finance to complete the amenities block on the Memorial Oval, public toilet block, to assist in replacing the roof of the Institute, assist the Tennis Club to erect Clubrooms and provided a pressurised water system to the amenities block on the Oval, the public toilets and water to the Institute.

Over $10,000 has been spent in the last 12 months at the Complex, Institute, old school and camp ground by the Association to make Murray Town a better place to live and visit.

With assistance from the District Council of Mount Remarkable, over 100 shade trees and 50 shrubs are now being planted on our land and the public toilet block is being renovated from a grant from the infrastructure fund of the Federal Government.

The Murray Town Progress Association Inc. is very grateful for the assistance given by the District Council of Mount Remarkable in many ways and in particular to the Chief Executive Officer and Staff.

COMMUNITY NEWS

COUNSELLING SERVICE RETURNED

The Rural Community Counselling Service is again operating in the Upper North following a few months break.

Chris Clarke has been recently appointed to the position and he is able to provide confidential, discreet and free service for those in the community who may be experiencing difficult times or feeling a bit down as a result of the drought.

The position is funded by PIRSA as part of the Drought Response. The area covered is bounded by Port Broughton, Mambray Creek, Wilmington, Carrietion, along the Barrier Highway, Hallett and Spalding.

Chris originates from a farming background and for the past nine years has been working with people confronting significant life issues. The drought has put people in rural areas into situations that can be overwhelming. It can be helpful to talk things through with someone who is experienced, has been trained to assist people work through life's problems and who has an understanding of the complexities of rural life.

Feel free to contact Chris no matter how big or small your problems may be, or you may be concerned for someone else. He can see you at home or, if you prefer, an appointment can be made at a venue in town in order to maintain anonymity.

Chris can be contacted on 0427 015 852

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STREET / PARK RUBBISH BINS

Council's Waste Collection Contractor has made several reports over the last three or four months regarding household and / or commercial waste (including hard waste) being deposited into street and park rubbish bins.

Residents are reminded that these bins are for community 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 and tourist use and personal household / commercial rubbish must not be deposited into them.

SOUTH AUSTRALIA WORKS IN REGIONS

For the last four years, the Southern Flinders Ranges Development Board (SFRDB) has been funded through the Department of Further Education, Employment, Science & Technology (DFEEST) to deliver the SA Works in Regions program in the Southern Flinders Ranges.

The program is designed to deliver accredited training to unemployed and underqualified participants that will increase their chances of gaining employment, in the fields of trades, civil skills, childcare, aged care, hospitality, retail and IT.

This program will again be funded in the 2009/2010 financial year, and the SFRDB are seeking new project ideas that are relevant and targeted to the region, as well as innovative in what they offer and how they are delivered.

The challenge for the program is to get as much training delivered across a broad section of vocations, and across the entire Southern Flinders Ranges region, while at the same time strengthening the employment opportunities for those who participate.

For further information please contact Jarrad Davies, Workforce Development Officer, on 8632 5633 or jdavies@sfrdb.com.au .

SouthAustraliaWorks
linking people, skills and jobs

SOUTHERN FLINDERS RANGES DEVELOPMENT BOARD INC.

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FACELIFT FOR THE WIRRABARA PUBLIC TOILETS

The exterior of the public toilets behind the Wirrabara Institute have been transformed with the painting of a locally inspired rural scene.

The mural was designed and painted by local artist, Josie Burgess (with just a little bit of help from her husband). The painting of the mural took Josie 34 hours to complete.

Josie can been seen around Wirrabara, continuing with a project painting stobie poles within the township.

Community News

Climate Change & Business Profits

A series of FREE workshops are being held for businesses throughout the Yorke, Southern Flinders and Mid North regions sponsored by the local Regional Development Boards.

These workshops will help your business to:

- Save $$$
- Understand the risks and implications of climate change
- Identify global forces making sustainability mandatory within industry
- Better understand climate change related legislation.

Given the worsening state of the global economy, increased supply chain demand to 'go green' and recent changes to legislation, saving money on previously embedded costs such as water, waste and energy bills, improving your business' sustainability should be a priority.

Sustainability ensures protection of investments, reduced corporate risk and enhanced business profits both now and in the future.

For more information on these workshops, contact Sarah Arboit at the Southern Flinders Ranges Development Board on 8632 5633 or email: sarboit@sfrdb.com.au

Workshop places are limited so book now to avoid disappointment.

Bushfire Ready? Manage Native Vegetation

The State Government is reminding South Australians of the actions they can take in order to minimise the impact of bushfires by legally clearing native vegetation.

In the wake of the devastating bushfires in Victoria, the National Vegetation Council (NVC) and Country Fire Service (CFS) have launched a campaign outlining the steps regional landholders can take to clear native vegetation that presents a bushfire risk to their property.

Bushfire safety is a responsibility shared by all South Australians, and everyone has a part to play in protecting lives and property against the threat of bushfire and, where possible, conserving native vegetation.

Landholders who have native vegetation on their property can take the following actions:

- clear any tree branches that overhang your house or other buildings on your property;
- clear native vegetation up to 20 metres from around houses (with the exception of large trees which require approval);
- clear native vegetation up to 5 metres around property buildings such as sheds and garages;
- clear native vegetation along property boundaries up to a depth of 5 metres to create a firebreak.

For further information about this campaign, please visit: www.cfs.sa.gov.au.

Quiet Achiever Award

The Melrose Primary School recently received a Quiet Achiever Award for environmental excellence from the Northern & Yorke Natural Resource Management (NRM) Board.

The Award included a certificate and a congratulatory letter signed by Merv Lewis, the Presiding Member of the Northern & Yorke NRM Board.

Along with staff and volunteers, 28 students rolled up their sleeves and cleared woody weeds from Willochra Creek near the school over a two day period. European Ash, Pepper Trees, Briar Rose, Montpelliar Broom, Carob and Olive Trees and 'wayward' fruit trees were pulled out or felled. The stumps of the felled trees were then treated with Glyphosate to prevent re-growth.

Adopted in 2007 by the Northern & Yorke NRM Board, the Quiet Achievers Recognition Scheme supports the wider objectives of the Board. It encourages and supports regional community efforts in Natural Resource Management.

With climate change increasingly in the spotlight, the work in clearing the creek and starting a revegetation program has inspired the students.

The Melrose Primary School co-opted help from Conservation Volunteers in their efforts, and received expert advice from the Department of Environment as to which native trees and plants were needed to revitalise the creek area.

COMMUNITY NEWS

10 year old smoke alarms put your safety at risk. Replace them while there's still time.

South Australia's fire services are encouraging householders to check the age of their smoke alarms. No matter what type of smoke alarms are installed or how they are powered (battery or 240 volt mains powered) after 10 years they're too old to rely on. They can take longer to respond to smoke, or might not even work at all. Don't take a chance. Check the age of your smoke alarms and replace them if necessary.

Smoke alarm technology has improved since legislation was introduced in 1995 and South Australia's fire services are encouraging the public to improve their home fire safety when they replace old smoke alarms.

The fire services recommend that when you replace old smoke alarms you upgrade from the basic minimum required by law.

Contact your electrician to upgrade your smoke alarms with:

- smoke alarms that comply with AS3786;
- photo-electric smoke alarms which are connected to the mains power supply (ie hard wired);
- smoke alarms in all bedrooms, in passageways leading to bedrooms and in living areas; and
- smoke alarms that are all interconnected with one another.

Phone 1300 737 637 for more information, or visit the MFS or CFS websites:

www.mfs.sa.gov.au
www.cfs.sa.gov.au

AUSTRALIAN CRIME AND VIOLENCE PREVENTION AWARDS

The Awards are sponsored by the heads of Australian Governments and members of the Ministerial Council for Police and Emergency Management - Police as a joint Australian Government, state and territory initiative.

The Awards reward good practice in the prevention or reduction of violence and other types of crimes in Australia, to encourage public initiatives and to assist governments in identifying and developing practical projects that will reduce violence and other types of crime in the community.

Monetary awards totalling up to $130,000 are presented in a number of categories, including national winners and meritorious police projects.

Any government agency, not-for-profit organisation or individual person can be nominated for an award, including those working together in partnerships. To be eligible, projects must have been fully operational before 1st February 2008 so there is information available over a sufficient period to assess the effectiveness of the project.

Anyone can nominate a project for an award in line with the specified criteria. Nominations close Monday 1st June 2009.

For more information about the awards, go to:
http://www.aic.gov.au/acvpa
Enquiries can be made to the South Australian ACVPA Board Representative, Senior Sergeant Joanne Howard, SAPOL State Crime Prevention Branch, email joanne.howard@police.sa.gov.au or phone 8204 2927.

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TELSTRA BOOSTS BROADBAND & MOBILE SERVICES

Across northern South Australia an additional 7 Telstra exchanges, offering a further 2307 homes and businesses high-speed ADSL2-+ broadband, have either been upgraded or will have their upgrade completed by mid October. These will include Booleroo Centre, Gladstone, Laura, Melrose, Orroroo, Wilmington and Wirrabara.

Telstra Country Wide's General Manager for South Australia North & West, John Tonkin, said that Telstra's continued investment in the local area would help advance the education and health sectors as well as support businesses to boost their productivity.

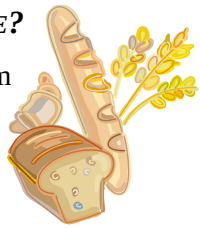
As well as the speed benefits, families will be able to simultaneously use several devices at home at the one time more easily. Content can be delivered with greater reliability, which is important when some members of the family may be downloading work files, other downloading music or videos, while the kids are on line researching for school projects.

The investment in these exchanges is on top of the exchanges upgraded to ADSL2+ by Telstra in April 2008.

From the Mid North Health Team

Eat Well 'n' Be Active

Are your kids getting enough fibre?



Eating a diet containing plenty of fibre from a range of sources is essential for good health. Fibre is found in wholegrain bread and cereal products, fruits, vegetables, nuts / seeds and beans / lentils.

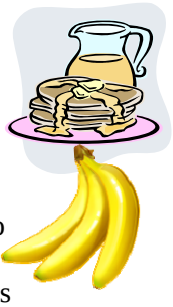
It is recommended that Australians eat 30g of fibre each day and most only just get to 20g per day. This is because many of the unhealthy convenience foods are highly processed and contain little fibre but lots of salt, fat and sugar.

For children and families, eating plenty of fibre can help to keep the digestive system healthy as well as reduce the risk of constipation, help maintain a healthy weight and assist in allowing lead to be excreted from the body.

Tips to Increase Fibre:
Fibre intake needs to be increased slowly and it is essential that fluid (water) intake is increased also.

- Choose wholemeal or wholegrain breads everyday (instead of white bread)
- Choose high fibre breakfast cereals (look for cereals with more than 5 grams of fibre per 100g)
- Leave skin on fruit and vegetables were possible and aim to eat 2 pieces of fruit and 5 serves of vegetables everyday
- Choose baked beans, include beans and legumes in soups, combine kidney beans with meat in casseroles and mince dishes
- Snack on small amounts of dried fruit, nuts and seeds for additional fibre

What should I eat & drink before, during & after my big game?



Carbohydrates give our muscles energy and help brain function, and protein helps to build muscles and give us extra energy during long-lasting periods of physical activity. Carbohydrates are found in breads and cereals, fruits, and dairy. Lollies also contain carbohydrates, but these only give short bursts of energy and contain only sugars and can lead to dental problems and weight gain.

So when should you eat?

- Try to have a substantial meal (e.g. breakfast or lunch) about 2-3 hours before the game. Eating a big meal immediately before a game might cause a stitch or cramp because the body is still busy digesting the food.
- Have a healthy snack (see below) 1-2 hours before the game to give some extra energy

Tips for a pre-game meal (containing long lasting carbohydrates and some protein)

- Breakfast cereal with milk and fruit
- Porridge with milk and fruit juice
- Pancakes with tinned fruit and yoghurt
- Wholegrain Toast/muffin/crumpet with jam or honey
- Baked beans on toast
- Sandwich with salad or banana and honey
- Fruit smoothie with yoghurt and milk

Try to eat and drink as soon as possible once you have finished playing. AVOID high fat foods though which slow down recovery processes and don't replenish any of the vitamins and minerals you lose during exercise. Foods such as pies, pasties, sausage rolls, hot chips, potato crisps and chocolate bars should be avoided.

Lastly you need to make sure you are well hydrated before, during and after the game. Water is the best drink and remember to keep sipping water to keep hydration levels high …. and not just when it's hot!.

For more information or advice contact Lisa Atwell, Port Pirie Regional Health Service on 8638 4693.

Do You Want To Feel Better and Enjoy Life More?

The Free "Do It For Life" Program May be For You!

We all know healthy eating, exercise, drinking less alcohol, reducing stress and not smoking are good for us. What's hard is making the changes to improve your health.

It's never too late to make a change for better health and it's much easier with support.

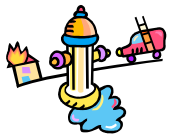
Make an appointment with your local Lifestyle Advisor today!

A Lifestyle Advisor is available regularly in Booleroo Centre, to make an appointment contact Tracey or Jane on 8638 4693.

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Mobile Library Booleroo	2
3 Pt Germein Community Church Come Fly a Kite — Weeroona Island	4 Wirrabara Institute Booleroo CFS Vehicle Maint & Committee Mtg Mt Remarkable Agricultural Society	5 Mobile Library Wilmington/Melrose	6	7 Mobile Library Wirrabara/M-Town Melrose Senior Citizens	8	9
10 **MOTHER'S DAY** Pt Germein Village Roast Pt Germein Community Church	11 Booleroo SES Training Wilmington CFS Meeting 	12 ***Council Meeting*** Wirrabara Men's Bowling Meeting Laura & Districts Probus	13 Murray Town Progress Booleroo Steam & Traction Pres Society	14 Mobile Library Pt Germein Wirrabara Progress	15 Mobile Library Booleroo Diabetes Special Interest Group	16
17 Wirrabara Producer's Market Pt Germein Community Church	18 Booleroo CFS Training Wirrabara Sporting Reserve Committee Mtg Wilmington CFS Training	19 Mobile Library Wilmington/Melrose Wilmington Progress Melrose Community Development Association	20 Wirrabara Senior Citizens Wilmington C.W.A	21 Mobile Library Wirrabara/M-Town	22	23
24 Pt Germein Community Church	25 Booleroo SES Training Pt. Germein C.W.A Pt Germein Progress	26	27 Wilmington Camera Club *'Old Buildings'*	28 Mobile Library Pt Germein	29 Mobile Library Booleroo 	30
31 Pt Germein Community Church Pt Germein Catholic Church	**Wilmington Progress Society** —Art/Craft/Produce and Tourism Information— Saturdays & Sundays 10.00 am—4.00 pm					

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Wirrabara Institute Booleroo CFS Vehicle Maint & Committee Mtg Mt Remarkable Agricultural Society	2 Mobile Library Wilmington / Melrose	3 Pt Germein Community Ladies Fellowship	4 Mobile Library Wirrabara / M-Town Melrose Senior Citizens	5	6
7 Pt Germein Community Church Hammond Trash & Treasure Port Germein Village Roast	8 **Queen's Birthday Holiday**	9 **Council Meeting** Laura & Districts Probus Wirrabara Men's Bowling Meeting	10 Murray Town Progress Booleroo Centre Steam & Traction Pres Society	11 Mobile Library Port Germein Wirrabara Progress	12 Mobile Library Booleroo	13
14 Port Germein Community Church	15 Booleroo CFS Training Wilmington CFS Training  Wirrabara Sporting Reserve	16 Mobile Library Wilmington / Melrose Wilmington Progress Melrose Community Dev Assoc	17 Wilmington C.W.A Wirrabara Senior Citizens	18 Mobile Library Wirrabara / M--Town Booleroo Centre Community Development & Tourism	19 Diabetes Special Interest Group	20
21 Pt Germein Community Church Wirrabara Producers Market	22 Booleroo SES Training	23	24 Wilmington Camera Club *'Sunrise / Sunset'*	25 Mobile Library Port Germein	26 Mobile Library Booleroo 	27
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