In This Issue:

- Australia Day Awards
- Council Contact Details
- New CEO Appointment
- Council Meeting Snippets
- Expression of Interest - Replacement of Air Conditioners
- Employment Opportunities
  - Multi-skilled Municipal Employee
  - Healthy Communities Initiative Project Officer
- New State Legislation for Swimming Pools
- Wilmington Main Street Draft Master Plan
- OPAL
- Mid North STARCLUB
- Food Industry Bulletin - Best Before & Use By dates
- Melrose Community Defibrillator
- CQI Reporting System
- Mount Remarkable Road Safety Group
- RYAT Tri-Challenge
- Rates Payments Reminder Dates
- Wirrabara Progress Association Website
- Extreme Heat Health Advice
- February & March

DISTRICT COUNCIL OF MOUNT REMARKABLE
AUSTRALIA DAY AWARDS

CITIZEN OF THE YEAR - TREVOR MCCALLUM
Trevor has been awarded the 2013 Citizen of the Year in recognition of his continued contribution to Melrose and surrounding towns. He is a proud and dedicated family man, keen gardener and friend to many. Trevor is one of those quiet achievers; everyone knows him but few know of the good deeds he undertakes for the community, Booleroo Centre Church and his mission work in Papua New Guinea.

Trevor is a Life Member of the Melrose Show Society and was President from 1994 to 1996. As a tireless worker, he shows up to every working bee, does the mowing and general maintenance and looks after the trees. Trevor is also a gold member with Trees for Life with 20 years service and continues to cultivate his tree passion by planting trees on his farm and in surrounding areas improving the landscape.

Trevor and his wife Gweneth started mission work in Papua New Guinea in 1985 and have completed their thirteenth visit with Trevor assisting in building small houses and undertaking general maintenance in churches, schools and homes.

He is also an active member of the Booleroo Christian Revival Crusade, a founding member of the Fountain Centre Christian School, a volunteer Fire Fighter and member of the Mount Remarkable Rural Youth program.

YOUNG CITIZEN OF THE YEAR - ALISTAIR KELLER
Alistair has been awarded the 2013 Young Citizen of the Year in recognition of his commitment and promotion of a lifestyle rich in agriculture and education. He has dedicated his time to learning all he can about life on the farm and has shared his enthusiasm with those around him. In 2010, whilst in year 10, Alistair commenced an Australian School Apprenticeship towards the completion of a Certificate III in Agriculture.

His achievements to name a few, include South Australian School Apprentice of the Year, Australian School based Apprentice of the Year, 1st place at the Fleece Judging Royal Adelaide Show, 3rd place at the Ram Judging Royal Adelaide Show and being presented to HRH Prince Charles in Sydney.

His promotion of rural life includes a radio interview, blade shearing demonstrations, guest speaker at the Agriculture Graduation Dinner, presentations promoting Australian School based Apprenticeships, representing Booleroo Centre District School (BCDS) at the Queensland State Sheep Show and in Led Steer shows, giving exhibitions of his working sheep dogs, breeding and showing ‘chooks’ and teaching fellow students at BCDS the skills for Ram and Fleece Judging.

COMMUNITY EVENT OF THE YEAR - BIG ‘O’ EVENT
On 27th October 2012, the Wilmington Progress Society rocked the night away in the Memorial Hall by giving tribute to the life and music of Roy Orbison. The Big ‘O’ Event had a ‘Black and White’ theme which was cleverly spread throughout the Hall with white tablecloths and black runners, black and white balloons and streamers and black and white nibles on the tables.

Roy’s son Wes, sent his greetings from Nashville Tennessee, USA and wished the Wilmington community a successful night.

The night kicked off with a brief biography of Roy’s life followed by live music that had the audience on there feet in no time. An auction of Roy Orbison memorabilia and a quiz segment added to the fun atmosphere.

The evening was a huge success for the Wilmington Progress Society and a memorable evening for those who attended. Funds raised will go towards Wilmington projects such as the Main Street project, seating and signage at Mount Maria, painting of the gazebo at Memorial Park, and new Welcome to Wilmington signs.
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: Mr Wayne Hart
Mob: 0488 090 216
Email: dceo@mtr.sa.gov.au

Manager Works & Technical Services: Mr Brenton Pearce
Mob: 0427 605 802
Tel: (08) 8666 2229 (A/H)
Email: mwts@mtr.sa.gov.au

Deputy Works Manager: Mr Peter Lock
Mob: 0448 655 975
Email: dwm@mtr.sa.gov.au

Manager Community & Economic Development: Ms Muriel Scholz
Mob: 0458 696 337
Tel: (08) 8663 2484 (A/H)
Email: cedo@mtr.sa.gov.au

Manager Passenger Transport: Mrs Lyn Forster
Mob: 0448 655 696
Tel: (08) 8666 2179 (A/H)
Email: lyn@mtr.sa.gov.au

Development Officer: Mr Ron Ashenden
Mob: 0458 513 623
Tel: (08) 8651 2346 (A/H)
Email: DevelopmentOfficer@mtr.sa.gov.au

Environmental Health & Compliance Officer: Mr Mark Smith
Mob: 0427 486 130
Email: ehco@mtr.sa.gov.au

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

Deputy Chairman: Cr Peter Jacobs (Ranges Ward)
Tel: (08) 8667 5336
Email: prjacobs@mtr.sa.gov.au

Other Elected Members:
Cr Paul Kretschmer (Forest Ward)
Tel: (08) 8668 4343
Mob: 0428 827 774
Email: prkretschmer@mtr.sa.gov.au

Cr Colin Nottle (Plains Ward)
Tel: (08) 8667 2180
Fax: (08) 8667 2180
Email: cnottle@mtr.sa.gov.au

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

Cr Chris Ryan (Coastal Ward)
Tel: (08) 8634 4445
Mob: 0439 589 909
Email: cwryan@mtr.sa.gov.au

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

COUNCIL APPOINTS ITS NEW CHIEF EXECUTIVE OFFICER WAYNE HART

The recruitment and selection process to fill the Chief Executive Officer position has now been completed. Mr Wayne Hart accepted the position and commenced in the role on Monday 21st January 2013.

Wayne has over 20 years senior and executive management experience in both the public and private sectors, including Director, General Manager and Chief Executive Officer of local governments in Australia and overseas and has a strong finance, administration and business background.

Wayne joined the District Council of Mount Remarkable as the Deputy Chief Executive Officer in September 2011 after returning from roles as Advisor, Director Corporate Services and subsequently Chief Executive Officer of the Honiara City Council in the Solomon Islands as part of a Commonwealth Local Government Forum Institutional Strengthening and Capacity Building Program. He was also a member of the Technical Advisory Panel for the development of local government in Pacific Nations.

Wayne returned to his home in Quorn along with his family and is looking forward to working with Council and the communities throughout the District towards their vision.
Meeting snippets are written following each Council meeting and may not reflect follow-up decisions etc. Please refer to the Council Minutes & Agenda Reports available on the Council website for full details.

COUNCIL INFORMATION

JANUARY ORDINARY MEETING OF COUNCIL HELD TUESDAY 15TH JANUARY 2013

Community Event of the Year
Council awarded the Big O Event, hosted by the Wilmington Progress Society, the District Council of Mount Remarkable Community Event of the Year.

Southern Flinders Regional Tourism Authority - Terms of Reference
Following the withdrawal of the District Council of Orroroo Carrieton from the Southern Flinders Regional Tourism Authority, Council adopted the new Terms of Reference for the Authority which reflected the changed circumstances.

Zero Waste Grant
Council has received funding from Zero Waste to upgrade the facilities at the Port Germein and Wirrabara Transfer Stations and the Willowie Landfill site to accommodate the storage of e-waste in preparation for the e-waste recovery scheme.

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EXPRESSION OF INTEREST

Expression of Interest with quote and specifications are sought from contractors to replace two air conditioners from the Council Administration Building.

The successful contractor will be required to source an appropriate model to:
- Effectively cool and heat the designated areas.
- Ensure the model selected will provide best energy efficiency
- Provide a mechanism for measuring energy used by the unit, easily accessible for employees to record

The successful contractor will need to:
- Be suitably licensed under the Australian Refrigeration Council
- Remove and dispose of the old air conditioners as per requirements of the Ozone Protection and Synthetic Greenhouse Gas Management Regulation 1995.
- Install new air-conditioners and restore the premises to original condition.

Council’s roof water catchment is currently used for the purpose of harvesting of water for drinking use and other purposes.

All condensing water outflows from heating / cooling system waters must be directed into an appropriate disposal system and NOT allowed to drain into the roof catchment system. Should you wish to connect condensed waste water to the CWMS then Council approvals would be required.

Specifications
Air conditioner 1: To suitably heat and cool a 17m x 7m area.
Air conditioner 2: To suitably heat and cool a 9m x 7m area.

Please address any queries to Muriel Scholz, Manager Community and Economic Development at the Council Office. A visit of the site can be arranged.

Expression of Interest to: Muriel Scholz, Manager Community and Economic Development, District Council of Mount Remarkable, PO Box 94 MELROSE SA 5483 by 18th February 2013.

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EMPLOYMENT OPPORTUNITIES

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

This is a full time position with an immediate start and will be classified under Council’s AWU EBA No. 6 as Level 5 subject to qualifications, skills, experience and performance. This will provide for base wages in the range of $819 to $838 per week. A Heavy Combination class driver’s license is considered essential for this position.

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

Applications close 5.00 pm Thursday 7th February 2013.

Healthy Communities Initiative - Project Officer
Indicative Salary Package $62k - $74k

This role working across five Councils will be responsible for designing, implementing, monitoring and evaluating the delivery of the Healthy Communities Initiative which aims to reduce the prevalence of overweight and obesity in at risk individuals. You will be a motivated self starter and have a sound understanding of Health issues, have a high level of oral and written communication skills together with experience in the planning and delivery of programs.

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

Further information and a copy of the position description can be obtained by contacting Samantha Wade on 8666 2014 or from the Council’s website www.mtr.sa.gov.au.

Applications for the position close at 5.00 pm on Friday 8th February 2013.

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

Reminder of New State Legislation which is now in force

Existing homeowners of swimming pools and residents considering installing a pool are warned to be aware of new State legislation which came into force on 1st May 2012.

It is essential that all homeowners comply with the new standards designed to improve safety aspects for young children.

Council undertakes a regular inspection of swimming pools to ensure compliance with relevant legislation.

Property owners need to be aware that the revising of State rules for swimming pool barriers (fences) has created changes in the allowable design of pool enclosures. Under the new rules:

- Where boundary fences are used as part of a swimming pool safety barrier, they must now be at least 1800mm (6 ft) high and have a non-climbable zone of at least 900mm down from the top of the fence.
- Where rails on the boundary fence are on the pool side and less than 900mm from the top of the fence, battens with at least a 60 degrees splay may be installed on the top of the rail side and works on the principle of discouraging a child from climbing the fence and jumping into the pool area.

Regulations preventing the use of child-resistant doorsets has now been adopted in SA. This will mean that direct access from a building into a swimming pool enclosure will no longer be acceptable practice.

The changes also affect the sale of properties which have swimming pools installed prior to 1st July 1993. In these cases, it will now be the owner’s responsibility to ensure that safety barriers (fencing) are upgraded to current requirements prior to sale of the property.

With the summer season once again upon us it is important that homeowners keep swimming pool safety in mind.

All swimming pools, wading pools and spa pools greater than 300mm in depth require development consent and must be enclosed by a barrier as described in AS1926, 2007. However, it should always be noted that while barriers are designed to resist a child under the age of five, they are not a substitute for responsible supervision.

If you are unsure or require further information, contact:
Ron Ashenden
Development Officer
Phone: 0458 513 623.

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WILMINGTON MAIN STREET DRAFT MASTERPLAN

Just a quick reminder that the consultation period closes on Friday 8th February for any comments to be made about the Wilmington Main Street Draft Masterplan.

Please pick up a copy of the document from Wild’s General Store or the Post Office alongside a comment book and register your thoughts and comments.

Alternatively you can find a copy on the District Council of Mount Remarkable website on the Notice Board - Public Consultation section (www.mtr.sa.gov.au) and email your comments through to:

Muriel Scholz,
Manager Community and Economic Development
cedo@mtr.sa.gov.au

Or post to:

Muriel Scholz
District Council of Mount Remarkable
PO Box 94
MELROSE SA 5483

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February’s GRATE 4 VEGI’S

Happy New Year and welcome to 2013. We hope you had a wonderful festive season and were able to spend some valuable time with friends and family.

2013 is the second year for the OPAL program in this region and we’d like you to join us in our continued endeavour to support children in our region to Eat Well and Be Active.

Recent OPAL evaluation has indicated many of us are meeting our daily minimum fruit intake of 2 serves per day, but confirmed we find it really difficult to eat enough vegetables each day (3 serves for children and 5 serves for adults).

February is Fruit and Veg month so a great time for OPAL to focus on promoting increased vegetable intake in our communities.

During February we’ll be:

- Running a ‘VEGI’s...they’re grAte’ 4 week school newsletter campaign including recipe’s and tips on easy meals using grated vegi’s...the kids won’t even know they’re there!!

- Encouraging you all to Pass it on.

**Passing it on** is a grAte way for individuals and families to share knowledge, produce, seedlings, gardening skills and support for each other in aiming to increase your families daily vegi intake.

**Passing it on** can be a great way to reduce your overall grocery or gardening costs and will also bring about a great sense of community spirit and contribution.

_**Next month: Find Captain Carrot on his Council Crusade**_

Captain Carrot will be visiting some fun parks and places in the District Council of Mount Remarkable during February. In the March edition of your Council newsletter, we’d like you to tell us where he has been during his visit and go in the draw to win your very own vegi growing starter pack and wheelbarrow.

St Joseph’s School Peterborough
Thinks Feet First

Congratulations to the community of Peterborough for coming together and enjoying a wonderful 2012 Xmas Pageant and Twilight Fair. The rain set in just as many stall holders had POPPED their stall tents, but the rain didn’t stop the crowds, the enjoyment or the enthusiasm of the pageant participants.

(Chris Hompsch from Food for Fitness, Jacqui from OPAL and Peter McGuinnes CEO of the District Council of Peterborough enjoying the comforts of the dry OPAL marquee!!)

Thank you to St Joseph’s School for inviting OPAL to Think Feet First with you and share in encouraging your community to take every opportunity to be active.

Emma Young—OPAL Program Manager
Email: opalm@mtr.sa.gov.au
Ph: 0488 090 303
MID NORTH STARCLUB UPDATE

How to utilise *Play by the Rules* effectively

There are many ways that you or your organisation can utilise *Play by the Rules* to educate and train, review or develop a comprehensive risk management strategy, and to promote safe, fair and inclusive participation within your sport. These may include:

- Use our [website](https://www.playbytherules.net.au) to keep up-to-date with the latest news, articles and events and promote it to others
- Complement your existing policies, procedures and codes by using the templates in our [Club Toolkit](https://www.playbytherules.net.au)
- Use our ‘About Complaints’ section, [Complaint Handling Tool](https://www.playbytherules.net.au) or watch our [Complaints process videos](https://www.playbytherules.net.au) to help you make, or deal with, complaints
- Use our ‘Got an Issue’ section, [interactive scenarios](https://www.playbytherules.net.au) or [video scenarios](https://www.playbytherules.net.au) to help you deal with current issues in sport
- Use our ‘Managing Risks’ and ‘Legal Stuff’ sections to update you on the risks and responsibilities and the relevant laws around discrimination and child protection
- Do our free [online training course](https://www.playbytherules.net.au) and promote it to others. Better still; make it compulsory for all your club members
- Download our free [posters and flyers](https://www.playbytherules.net.au) and put them up in your clubhouse, school, stadium, and field or include in new member/registration packs
- Subscribe to our [e-bulletin](https://www.playbytherules.net.au) and promote it through your own distribution channels
- Put our *Play by the Rules* logo and Online training course [logo on your website](https://www.playbytherules.net.au) and link it back to ours
- Become a friend or follower on our [facebook](https://www.facebook.com) page, [Twitter](https://www.twitter.com) account or [YouTube](https://www.youtube.com) channel and promote *Play by the Rules* through your own social media channels
- Follow the programs, events and news of all our [partners](https://www.playbytherules.net.au)
- Watch our [community service announcements](https://www.playbytherules.net.au) and promote them on your website, social media channels or at your events

Please help to spread the word about *Play by the Rules* and help us to make sport safe, fair and inclusive. Everyone has a role to play.

[www.playbytherules.net.au](https://www.playbytherules.net.au)

For more information about *Play by the Rules*, the STARCLUB Club Development Program and other programs that can assist your club/Association, please contact:

**Daniel Lawlor**  
**Mid North STARCLUB Field Officer**

Phone: 08 8633 8725  
Mobile: 0488 101 783  
Email: starclub@pirie.sa.gov.au
BEST BEFORE AND USE-BY DATES

Some businesses are not aware of the distinction between Best Before and Use-By dates and the requirements that apply to their use.

Background

Most packaged foods must show a date mark if the food has a shelf life of 2 years or less. The exceptions are listed later in this Bulletin.

While bread can carry a Baked On or Baked For date, the date mark that must be applied to other packaged foods is a Best-Before or Use-By date. These two terms have distinct meanings and are not interchangeable.

It is the manufacturer’s responsibility to know which date to apply and the form it must take and it is the retailer’s responsibility to know the restrictions that apply to the sale of foods beyond their date marks.

Best-before

A Best-Before date can be applied by the manufacturer when the food cannot become unsafe over time. Such foods might become stale, sour, soggy, or in some way spoiled after their Best-Before date, but should not cause illness if consumed.

A retailer is not prohibited from selling foods after the Best-Before date has expired but the food must still be suitable for consumption and meet customers’ reasonable expectations. For this reason it is advisable to inform customers if foods are being discounted close to or after their Best-Before date.

Use-By

A Use-By date indicates the last date on which the food may be consumed safely. Retailers must not sell food after the Use-By date has expired.

Changing or obscuring Date Marks

It is an offence under the Food Act to change a date mark without approval from the SA Department of Health, which will only be provided under limited circumstances. It is also an offence to obscure the date mark with pricing or “special” stickers or similar.

Some packaged foods do not require a Date Mark

Foods with a life expectancy greater than 2 years and those foods generally exempt from labelling requirements do not require date marking. This includes foods that are made and packaged on the

Food Industry Bulletin

Advice for the Food Industry from the Department of Health and your local Council

premises from which it is sold, foods packaged in the presence of the purchaser, cut or whole fresh fruit or vegetables (except sprouts) and food delivered packaged ready for consumption at the express order of the purchaser (such as delivered pizzas).

Individual portions packs of ice cream or foods in small packages also do not require a date mark.

Additional information for Manufacturers

Required form of Date
(with Use-by or Best-Before)

- Food with a date mark of 3 months or less must have a date mark containing the day and the month. For example, 3 Dec or 3 12.
- Food with a date mark of greater than 3 months must have a date mark containing the month and the year. For example, Dec 06 or 12 06.

In both cases a full date mark is satisfactory. For example, 3 Dec 06 or 3 12 06.

Statement of Storage Conditions

The label on a packaged food must include a statement of any storage conditions required to ensure the food will keep for the period specified by the date mark. For example, ‘Keep Refrigerated’, ‘Store at 5°C or less’.

More information

If you have any queries about safe handling of food contact an Environmental Health Officer at your local Council or the Food Section of the Department of Health on 8226-7100 or food@health.sa.gov.au

Mr Mark Smith
Environmental Health & Compliance Officer

Available at the Council Office (Phone 8666 2014) on Thursdays and Fridays.

Mobile Phone: 0427 486 130

Melrose Community Defibrillator

PROJECT NOW COMPLETED

I wish to inform the Melrose Community that the AED - defibrillator has been located on the Melrose CFS shed on an outside wall near the front entrance door on Nott Street. This is located under security lighting and will be well lit up if required in darkness hours.

The box has been mounted on the wall - thanks for completing this task must go to Phillip Nottle; with a key coded padlock in situ which is coded to the Melrose post code for access by all Melrose Community members.

When accessing the defibrillator as a 1st responder, an alarm will automatically be set off. Take out the defibrillator which is in a soft carry case and has a consumables bag attached to it.

There will be an note pad where you can record where you are taking the machine and your telephone number.

Do not disarm this alarm as it will then hopefully attract a 2nd responder who will then be able to disarm the alarm, close the cabinet and go and assist you.

After use, the defibrillator must be promptly returned to the box and advise myself or Sally Lightburn so that it can be re serviced with new batteries etc. Their contact numbers will be found inside the cabinet.

If you are ever walking past the CFS shed, check that a small green light is flashing on the defibrillator; this means it is in good working order. Should a red light be flashing, please advise myself or Sally promptly.

There will be ongoing costs for replacement batteries, pads and consumables and for this reason there are now donation boxes located in both hotels in Melrose – please feel free to drop your loose change into the donation boxes when you are there - it may save your life or that of a relative one day.

Funds are currently held in a separate investment account held by the Melrose Bowling Club. I have a complete paper trail of documentation throughout the entire project and will continue to do this into the future as a community member. I will continue to be the contact person for this defibrillator in conjunction with Sally Lightburn and Ian Clarke even though it is located on the CFS shed wall.

The following community people have been trained in the use of the machine, thanks to the District Council of Mount Remarkable:

- Liz Bishop
- Jane McCallum
- Jeanette Taylor
- Lyall Arthur
- Tony Harwood
- Phoebe Girdham
- Sue McCallum
- Nicola Davies

- Michael Skull
- Locky McCallum
- Tara O’Neill
- Phillip Nottle
- Luke Nottle
- Sarah Goldsworthy
- Brooke Gamlen

There are also Registered / Enrolled nurses living in the area who would be suitably trained, but honestly anyone can use the machine as it talks to you and will not allow you to do anything unless you are doing it correctly or the person has the right heart rhythm.

The public liability insurance aspect has been a huge concern and has been the reason that it has taken so long to achieve an outcome, but we are working closely with Dan van Holst Pellekaan, our local MP and he is now awaiting a reply from the Minister the Hon John Rau for his thoughts.

I would like to take this opportunity to say thank you to the Melrose Bowling Club Board of Management, as without their backing this project would not have been possible. A special thank you to Ian Clarke and Sally Lightburn who are both valuable SAAS volunteers with our local ambulance service and they have given me incredible support throughout this entire project. The District Council for their input and also the local sporting clubs, CFS and Melrose Community Development Association have also been very supportive. I must acknowledge the Melrose Cottage Hospital Trust Fund, as we now have money in the bank for ongoing management.

If you have any queries feel free to contact me - Liz Bishop on 8666 2153

Pictured below are L to R: Dan van Holst Pellekaan (MP), Sally Lightburn (SAAS volunteer), Liz Bishop (Melrose Bowling Club Secretary), Ian Clarke (SAAS volunteer), & Phillip Nottle (CFS)
**Community Information**

**Submit a CQI Request to Council**

Do you have an incident report, complaint, request, preventative action request or other suggestion for Council. A reporting system has been established “Continuous Quality Improvement” (CQI) system and a key component of this, is the ability to lodge and track improvement requests. These can be submitted electronically by members of the public via Council’s website: [www.mtr.sa.gov.au](http://www.mtr.sa.gov.au)

It is a simple process which will ensure that your matter is placed into a reporting system and that it will remain on that report until it has been dealt with or finalised.

A report of all CQI’s that are completed during the month, and a second report of all outstanding CQI’s are printed in the monthly Council Agenda.

The CQI system is the most efficient way to lodge a request with Council. Please visit the Council website to check out this reporting system.

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**Mount Remarkable Road Safety Group**

Road Safety is everyone's business!

If you are interested in assisting people to stay safe on the roads, whether it be something obscuring vision, a black spot or new rules and regulations, come and join our committee to help advocate for better conditions or just to have your say.

Mount Remarkable Road Safety Group

A meeting will be held at 4.30 pm on 13th February 2013 in the Meeting Room at the Booleroo Centre Hospital.

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**Exciting Website**

The Wirrabara Progress Association have recently set up a website for Wirrabara - [www.wirrabara.com.au](http://www.wirrabara.com.au)

It is hoped that this will help promote Wirrabara and district.

Please let your friends know about the site.

Check it out next time you are thinking of visiting Wirrabara, find out about all the attractions and things that you can do while you are there.

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

**Sunday 3rd March 2013**

**Booleroo Centre**

$§ Cash & Prizes
For 1st and 2nd placements

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

- **Open:** 275m swim, 9km bike, 3km run
- **Intermediate:** 175m swim, 3km bike, 2km run
- **Novice:** 75m swim, 1.5km bike, 1km run
- **5km Run/Walk:** 2.5km run, 2.5km walk

$8 entry fee
For more information or to register, phone: 8667 2458 or 0427 614 698

$5 late entry fee applies to registrations after Thursday, 28th February

All ages welcome

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**Rates Instalment Due Dates:**

- **Third Quarter:** 14th March 2013
- **Last Quarter:** 13th June 2013

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**Remarkable Places**  **Remarkable People**  **Remarkable Lifestyles**  ......  Simply Remarkable
Refrigerating Food

⇒ Make sure your fridge is clean, uncluttered and set at 5°C or below.
⇒ Keep raw meat and poultry separate from other foods in the fridge, in a sealed container / bag and on the lowest shelf to avoid drips onto other foods.
⇒ Keep the time that perishable food is out of the fridge (on the table, at a picnic, BBQ or the beach) to less than 2 hours on very hot days. Discard any food left after this time.
⇒ Prepare food near to the time it is going to be served.
⇒ Defrost foods in the fridge, not on the kitchen bench.
⇒ Do not refreeze any food after defrosting, food should be cooked or thrown out if not used on the day of defrosting.
⇒ Put leftovers in the fridge as soon as they stop steaming.
⇒ Never store leftovers of perishable foods out of the fridge and use refrigerated leftovers within 2 or 3 days.
⇒ Do not reheat foods more than once.
⇒ Make sure that the fridge door is closed properly at all times and there are no items preventing it from closing fully.

Travelling with Food

⇒ Don’t leave food shopping in a hot car and place it in the coolest part of your car when taking home.
⇒ Have an insulated cooler bag / container in the car to put perishable, chilled and frozen foods in when going home after shopping, or taking anywhere.
⇒ When you arrive home, immediately pack chilled and frozen products into your fridge or freezer.

Advice for Older People

When it is very hot, you may be at increased risk of a heat related illness, especially if you have a medical condition or take certain medicines. The following advice will help you cope during extremely hot weather.

◊ Ask a family member of friend to check on you twice a day if possible during extreme heat, especially if you live alone.
◊ If you have no-one who can call on you, you can register for the free Telecross REDI Service on 18500 188 071. A trained Red Cross volunteer will then call you up to 3 times a day to make sure you are well and coping with the heat.

Symptoms of heat stress include:
- Headache
- Feeling dizzy/faint or weak
- Profuse sweating
- Urinating less often
- Muscle spasms or cramps
- Nausea

If you start to feel ill with symptoms of heat stress you should seek medical attention by:
- Contacting your GP
- Calling healthdirect Australia on 1800 0232 222; or
- Going to the hospital Emergency Department.

If you have more serious symptoms of heat stress - vomiting, becoming confused or having hot red or dry skin because you have stopped sweating - immediately call 000 for an ambulance.

Keeping Cool

◊ Keep physical activities to a minimum and rest if you feel tired.
◊ If you have air conditioning, turn it on if your home is hot. Make sure it is set to cool.
◊ If you use a fan, put a bowl of ice cubes in front of it to create a cool breeze.
◊ Suck ice cubes made from water or cordial.
◊ Wet a cloth in cool water to wipe your face, neck and arms.
◊ Put your feet in a bowl of cool water.
◊ Sleep with just a sheet over you.
◊ Try to go to an air conditioned shopping centre or local library if you can for some relief from the heat.

Eating and Drinking

◊ Drink plenty of water or fruit juice, even if you do not feel thirsty. Avoid drinking tea, coffee or alcohol.
◊ Have a bottle of water with you at all times to avoid becoming dehydrated.
◊ Eat smaller meals more often during hot weather. Cold meals such as salads and fruit help keep you hydrated. Use stoves or ovens less to keep your home cooler.
◊ Ensure that food needing refrigeration is not left out.

Clothing and Personal Aids

◊ Light coloured, loose fitting clothing, preferably made from natural fibres like cotton or linen is best to wear. Avoid clothes made from synthetic fabrics.
◊ If going outside, wear sunglasses and a wide-brimmed hat that shades your face and neck. Before going back inside, make sure you take your sunglasses off and take a few minutes to let your eyes adjust from the bright sunlight.
◊ Apply sunscreen when outdoors, even if not outside for long.
◊ If you use a wheelchair, walker or any other metal equipment, keep it in the shade as it can quickly become hot to touch and could cause a burn.

Medicines

◊ If you take prescribed medicines you must continue to take these during times of extreme heat.
◊ Some medicines can make you more prone to sunburn and heat stress, so take extra care to watch for signs that you may become affected by the heat.
◊ Speak to your doctor or pharmacist if you need more advice on particular medicines.

For more information contact Emergency Management Unit - www.health.sa.gov.au
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<th>Sunday</th>
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<tbody>
<tr>
<td>3 Port Germein Community Church</td>
<td>4 Booleroo CFS Vehicle Maint &amp; Committee Meeting</td>
<td>5 Mobile Library - Wilmington / Melrose Port Germein CFS Training</td>
<td>6 Toy Library - Wilmington 9.30 am - 11.00 am</td>
<td>7 Mobile Library - Wirrabara / Murray Town / Appla</td>
<td>8 Wilmington Progress Society’s Art / Craft / Produce &amp; Tourist Information Centre re-opens - Open each Saturday &amp; Sunday from 10 am - 4 pm, Billiard Clubrooms</td>
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<td>Port Germein Market</td>
<td>Wirrabara Institute Committee Melrose Show Society Special Meeting</td>
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<td>10 Port Germein Community Church</td>
<td>11 Wirrabara CFS Training Booleroo SES Training Wilmington CFS Meeting</td>
<td>12 Council Meeting Laura &amp; District Probus Wirrabara Men’s Bowls Toy Library - Wirrabara 10.00 am - 11.30 am</td>
<td>13 CYH Clinic Booleroo Centre Murray Town Progress Association Toy Library - Booleroo Centre 11.30 am - 12.30 pm Wilmington 9.30 am - 11.00 am Mt Remarkable Road Safety Group Meeting Booleroo Steam &amp; Traction Pres Soc</td>
<td>14 Mobile Library - Port Germein Wirrabara Progress Association</td>
<td>15 Deadline for Newsletter articles Mobile Library - Booleroo Centre Booleroo Diabetes Special Interest Group</td>
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<td>17 Port Germein Community Church Wirrabara Producer’s Market</td>
<td>18 CFS Training • Booleroo • Melrose • Wilmington Wirrabara Sporting Reserve</td>
<td>19 Port Germein CFS Training Mobile Library - Wilmington / Melrose Toy Library - Wirrabara 10.00 am - 11.30 am Melrose Community Development Assoc</td>
<td>20 Wilmington Progress Society Wirrabara Senior Citizens Toy Library - Wilmington 9.30 am - 11.00 am</td>
<td>21 Mobile Library - Wirrabara / Murray Town / Appla</td>
<td>22 Wirrabara Craft House Open 7 days from 9am - 5pm</td>
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<tr>
<td>24 Port Germein Community Church (2.30 pm) Port Germein Village Roast</td>
<td>25 Wirrabara CFS Training Booleroo SES Training Port Germein CWA</td>
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<td>28 Mobile Library - Port Germein</td>
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<tr>
<td>28 Booleroo &amp; Districts Men’s Shed: Every Thursday - 9.00 am Walking Group &amp; 10.00 am Meeting</td>
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<td>Mobile Library - Wirrabara / Wilmington Toy Library - Wirrabara 10.00 am - 11.30 am</td>
<td>Mobile Library - Port Germein Wirrabara Progress Association Final Quarter Council Rates due</td>
<td>Heartmoves Wilmington each Wednesday</td>
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**March 2013**

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**Adelaide Cup**
Wirrabara CFS Training
Booeroo SES Training
Wilmington CFS Meeting

**Council Meeting**
Laura & District Probus
Wirrabara Men's Bowls Meeting
Toy Library - Wirrabara 10.00 am - 11.30 am

**CYH Clinic**
Booleroo Centre
Toy Library - Wilmington 9.30 am - 11.00 am
Booeroo Centre 11.30 am - 12.30 pm
Murray Town Progress Booleroo Steam & Traction Pres Soc

**Easter Sunday**
Port Germein: Community Church Village Roast Wirrabara Producer’s Market

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**Wirrabara Craft House**
Open 7 days from 9am - 5pm