



NORTHERN PASSENGER TRANSPORT NETWORK VOLUNTEER NEWSLETTER

NOVEMBER 2016 EDITION

A Manual Handling Course was conducted in September at the District Council of Mount Remarkable with a local Physiotherapist.

The Council secured a grant to fund the training.

Thank you to all of those volunteers who attended. The trainer was very thorough in her information and demonstrations of how to fold walking frames, getting in and out of chairs etc, using the correct posture and movements.

The feedback received from those who participated was very positive. This feedback will be passed onto the trainer.

Motorists being fined for travelling 1km/h above the speed limit

Motorists are being fined by police officers for travelling as low as 1km/h over the speed limit, State Government records have revealed.

Unlike fixed and mobile traffic cameras, which police say have

an “in-built tolerance level” for excess speed, officers can use their “power of discretion” to decide whether to issue a fine. Fines records show that officers using laser guns or speedometers were pulling over speeding drivers for speeds up



to 9km/h below traffic camera tolerance levels in 2015-16.

This included a fine of \$223 being issued to the driver of a Victorian registered car for travelling at 101km/h on a 100km/h stretch of road in the state’s Mid North on August 2 last year. (excerpt from The Advertiser, Saturday 15 October)

A good way to ensure you are not fined for being just over the speed limit is to use the cruise control, with the exception of wet weather.

FIGURES—SEPTEMBER

Trips:	59
Kilometres:	15,419
Hours:	331

Shingles Vaccinations

The shingles vaccine is safe for most people aged 70 to 79 years of age, including those people with chronic diseases.

One in three people will develop shingles in their lifetime and as a person gets older the risk of getting shingles and neurological complications increases.

All people aged 70 years old, with a five year catch up program for people aged 71 to 79 years old until 31 October 2021.

Those who are not eligible for a free vaccine can purchase it with a prescription from their general practitioner.

The vaccine will be available from November 2016 from your general practitioner. Talk to your doctor or nurse about the free shingles vaccine. (excerpt from Protect yourself against Shingles brochure)

Volunteer Meetings

- Please be advised that
- there will be no volunteer
- meetings held in December
- 2016 or January 2017.

Northern Passenger Transport Network

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VOLUNTEER MEETINGS

Orroroo - 9am
18 November

Peterborough - 10:40am
18 November

Jamestown - 1pm
18 November

Gladstone - 2:40pm
18 November

Quorn - 10.30am
28 November

Melrose - 1.00pm
28 November



Northern Passenger Transport Network

Invites you and your partner to our

Annual Christmas Luncheon

Please come and help celebrate the festive season at the annual Christmas luncheon.

when: Friday 2 December 2016

where: Anglican Church Hall
34 Sixth Street, Gladstone

time: 10:30am start

rsvp: 21 November 2016

Phone Lyn or Ros on 8666 2255 or
Email lyn@mtr.sa.gov.au



SUPPORTING BODIES

Thank you to the following Councils and Government departments for the work and assistance throughout each year. We appreciate your support.



Funded by the Australian Government Department of Social Services. Visit the Department of Social Services website (www.dss.gov.au) for more information. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government

“Volunteers don't get paid because their worthless, but because they're priceless.”