

Clean Up Australia Day 2011 – do your bit for the environment



Mark Sunday 6 March 2011 in your diary as the 21st anniversary of Australia's largest community participation event.

Each year, hundreds of thousands of volunteers take to their streets with white and yellow bags and don their gloves to clean up their local community. Parks, beaches, bushland, waterways, streets and schools – Clean Up Australia Day is a simple way you can take action to clean up, fix up and conserve our prized Australian environment.

In 2010, more than 588,000 registered volunteers across Australia pitched in at 7,073 Clean Up Sites. This year, as part of the 21st anniversary, Clean Up is calling for the support of every Australian to do their bit by joining others for the annual Day.

Ian Kiernan AO, Chairman of Clean Up Australia, urges all Australians to take part, "Every individual can make a difference to the health of our environment. All we ask is for each of you to take to your street on this one day of the year and be part of your community."

Business can also do its bit by registering for Business Clean Up Day – Tuesday 1 March. Business Clean Up Day is one way in which a business can improve its environmental outcomes, in the workplace and beyond.

And let's not forget our kids. Schools Clean Up Day is Friday 4 March. 2,163 schools took part in 2010.

Registrations for Clean Up Sites are now open. Individuals, businesses and schools can all join in to Clean Up Australia. To register go to: <http://www.cleanup.org.au>

Over the last 20 years, an estimated 237,500 tonnes of waste have been removed from our environment on Clean Up Australia Day. But with every Australian producing approximately 2 tonnes of garbage a year, there's still plenty of work to be done.

CLEAN UP AUSTRALIA DAY 2011

WHAT:

Australia's largest community participation event.

Get a group together and register your chosen Clean Up Site online.

WHEN:

Clean Up Australia Day – Sunday 6 March

Business Clean Up Day – Tuesday 1 March

Schools Clean Up Day – Friday 4 March

WHERE:

Your local park, waterway, beach or street.

WHO: Everyone is welcome – friends, family, kids, community groups, work colleagues or anyone else.

HOW: Register for Clean Up Australia Day now at www.cleanup.org.au or call 1800 CUA DAY for more information.

Enjoying visitors ?

Bring them in to the

Goulburn Brewery

for a couple of hours

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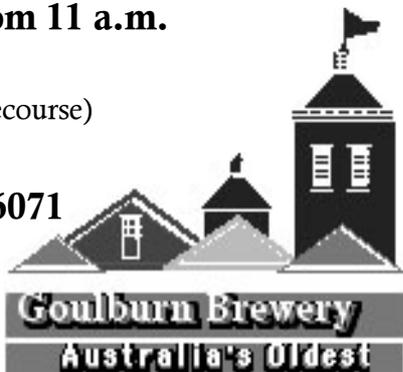
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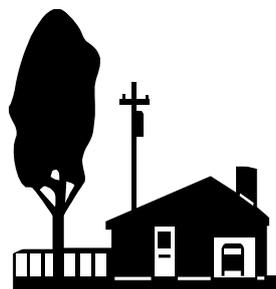
No obligation appraisals

Ring Alan Gale

(B.H.) 4821 9088

(A.H.) 4821 7512 or

0408 628 331





Following a well-earned break since Christmas, the first meeting of the Progress Association was held last Monday. The monthly markets resumed on Sunday and the attendance was wonderful. The kitchen was very busy and the stallholders all went home happy.

Several matters were discussed at the meeting, including the SES shed, construction of which is due to begin shortly. It is hoped that with some training being undertaken locally, more volunteers from the area will join up.

Progress has written to Council with a list of concerns regarding the increased traffic on Cullulla, Windellama and Oallen Ford Roads since the completion of Main Road 92. There is a dearth of signs on the new section of sealed road near Roberts Road and on the remaining section of gravel road with several accidents on the winding section below the *Timberlight* gate.

With the extra traffic using our roads, residents are having difficulty exiting gateways and some extra signs are needed. We have also asked for an upgrade of the flood sign.

Preliminary planning has started for a country music talent quest to be held at Windellama over Easter. Further information will be available as planning progresses. Windellama is providing the venue, and hopefully will be asked to cater for some of the meals. With the help of our wonderful volunteers this is something Windellama does well.

We have now purchased the stainless steel benches required to complete fit-out of the barbeque area and kitchen. A working bee is planned for March/April to prepare for Easter. The date has yet to be set and will be notified in next month's News. The sign on the front of the hall is showing its age and we are in the process of pricing a replacement.

Council has booked the hall for an Outreach Meeting to be held on Tuesday 12th July. Details in a later edition.

Our next meeting will be held on Monday 21st April at 2 p.m. Join us.

Frances Knights - Secretary

Windellama Country Markets

Sunday 20th March

10am - 2pm

at Windellama Hall

Devonshire Tea
Toasted Sandwiches
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The first busy bee of the year was held on Saturday 12 February at the Kinders' property, "Kingslance", when a group of members placed rocks in washed out sections of a gully to strengthen previous work which had suffered in recent heavy rain. A short meeting was held during the morning and members discussed the Chain-of-ponds project.

The next busy bee for the Windellama Landcare Group will be held on Saturday 19 March at the Travelling Stock Reserve on Sandy Point Road – where we will be undertaking initial work on the Chain-of-ponds project. This is likely to involve the removal of some fencing and related work – so you will need to bring work gloves. We will meet at the Travelling Stock Reserve at 9.30 for a cuppa and a 10 o'clock start.

Please let us know if you are coming – ring either Joy or John on 4844 5225 or Sandra on 4844 5047.

Newcomers to the Windellama area are most welcome to join our Group – if you want to learn what the Windellama Landcare Group does, you are invited to come along to one of our working bees (and there is always some a good tucker there too!) - call 4844 5047 for more information.

If you would like to join (or re-join) Windellama Landcare Group this year membership fees are now due – fees are \$5.00 for a family.

We are in the process of updating our membership list and urge previous members to rejoin before the end of March.



Working Bee at Kingslance



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Brigade enquiries 4844 5359

UHF 21

or

Yass - 6226 3100

Brigade website www.windellamarfs.com.au

Captain - Jim Meehan 4844 5554

Snr Deputy – Lynton Roberts 4844 5118

BUSH FIRE DANGER PERIOD COMMENCED 1ST NOVEMBER 2010 SOUTHERN TABLELANDS ZONE

NSW Rural Fire Service SOUTHERN TABLELANDS ZONE has declared the start to the statutory Bush Fire Danger Period (BFDP) as at 1st November 2010.

From November 1, any person wishing to light a fire in GOULBURN MULWAREE, UPPER LACHLAN and YASS VALLEY Local Government areas will require a permit.

During a Total Fire Ban however, no fires of any kind may be lit - even if you hold a permit.

Rural Fire Regulation 2008 – Regulation 22.

- 2 A person must not, in connection with any agricultural, pastoral or other land use; drive or use:
- A) Drive or use in any grass, crop or stubble land a motorised machine on which it is practicable to carry prescribed fire safety equipment, or
 - B) Carry out welding operations or use explosives or an angle grinder or any other implement that is likely to generate sparks, unless the person carries on the machine, or has in the vicinity, prescribed fire safety equipment that is maintained in a serviceable condition.

3 In this clause:

Prescribed fire safety equipment means:

- A) A knapsack spray pump of 16 litre minimum capacity filled with water, or
- B) A fire extinguisher (liquid type) or 9 litre minimum capacity, or
- C) A dry powder type extinguisher of 0.9 kg minimum capacity.

Training

For information on training dates, times and structure check the Brigade website or contact the Captain Jim Meehan on 4844 5554. **Remember** training and meeting times alter during daylight saving times, check the website for updated information. www.windellamarfs.com.au

**BRIGADE AUCTION
30th APRIL**

General Meeting	26 th March	7:00pm
	23 rd April	7:00pm
Training	26 th March	Area Familiarisation
	23 rd April	Driver Training and GPS

Please take care on our roads and see you at the next training and meeting. **All welcome.**

Connie Morgan

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Intimacy and Sex

For many couples, 'making love' involves a sense of intimacy and emotional closeness. An intimate sexual relationship involves trust and being vulnerable with each other. Closeness during sex is also linked to other forms of intimacy.

It is important to share a whole range of emotions with a partner, otherwise some people begin to feel lonely and isolated regardless of how good their sexual experiences may be. Explore ways to share love and affection without sex. Often, the more a couple is intimate with each other in ways other than sex, the more fulfilling their sex life becomes.

Here are some tips to deal with common barriers:

Diagnose the problem.

Examine your lifestyle and make sure that you are making enough time to have sex with your partner. Sexuality is a habit, something that needs to happen on an ongoing basis or else other things will crowd it out.

Analyse how sex became low on the priority list.

One of the biggest mistakes that couples make is when they have children, they stop being friends and lovers because they've become mums and dads. Being a parent is just one of the roles that you play, and neglecting the role of partner and lover is a huge mistake. It's possible you may need to spend less time at the office or learn to say no to other commitments.

Make your sex life a major priority.

Make a conscious decision to recommit to each other and move sex higher on the priority list. Physical intimacy in a relationship deserves a lot of attention. You can start by making small changes. Put your kids to bed earlier, don't fall asleep on the couch and go to bed at the same time as your partner.

Ask yourself what you can do to change things.

Men are visually stimulated, so find places where you can make small changes in this area. Women are stimulated by verbal and emotional connection and lots of touching and hugging. Discuss with each other the ways in which you can fulfil each other's needs - make an effort to connect on that deeper level before

moving on to intercourse.

Give yourself permission to get what you want. Claim your right and give a voice to your needs. Being sexually satisfied and feeling wanted by your partner is a legitimate and healthy part of a relationship.

Talk to your partner about your concerns. Remember to be sensitive when bringing the subject up and pick an appropriate time — not when you are in the middle of an argument. Your partner may resist the conversation because there may be underlying issues such as stress, depression or medication that are interfering with his or her sex drive, but be supportive. If he or she is reluctant to be open about it, encourage him or her to look within him/herself in order to gain insight into the issues. If all else fails, ask your partner to participate in a session with a counsellor or Relationship Coach so you can start to make changes.

Stop complaining about what you're not getting and start creating what you want.

Most people, especially women tend to take marital problems very personally and seriously, and consequently feel sorry for themselves. Understand that the choices you make, and the attitude you maintains, all have consequences. You are not a victim; you are an adult and can change what needs to be changed.

Turn toward your partner.

Come up with a plan for deeper intimacy together that you can both agree on and be excited about, and will put into action.

Adapted:

"Aust. Institute of Professional Counsellors"

Prepared by:

www.virtualrealitycounselling.com

Do you have new neighbours?

Why not recycle your hard copy of the Windellama News to them, or email them our website link.

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