



Non-swimmer to swimmer in two easy steps



Mirani resident Heather Walz gives the new mobility steps at Mirani Pool a workout

For 15 years Heather Walz has sat on the side of the pool while everyone else has had fun. Now that council has installed mobility steps in the Mirani pool, it's hard to get Heather out of the water.

"I have lymphodema which doesn't allow me to jump in and out of the water."

"When I found out that council had installed mobility steps, I was the first to try them out."

"I love the water, it's very therapeutic and the steps allow me to get in and out of the water with ease."

Heather regularly takes her grandchildren to

the pool and joins in the Healthy Rural Communities aqua aerobics classes.

"I'm the first to get in and the last to leave, council's aqua aerobics classes are great, they cater for all levels of fitness and it's easy on my legs."

Sport, Recreation and Facilities portfolio councillor Paul Steindl said the \$3000 new stairs is money well spent.

"Council is committed to creating inclusive communities to give everyone the chance to access and use council's facilities."

"We have a chair lift at the pool, but some locals don't like being lifted off the ground."

"The mobility steps allow people to get in and out of the water at their own pace and without making a scene."

The Mirani Pool is open Monday to Friday 6am to 6pm and Saturday and Sunday 8am to 6pm.

Healthy Rural Communities

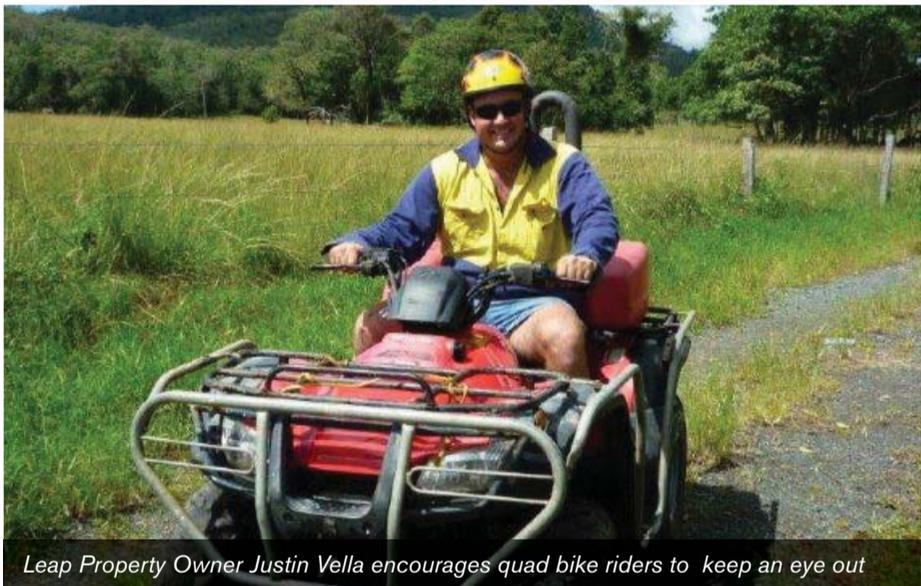
Why not try Aqua Aerobics?

"Aqua Lite" at the Mirani Pool

9.15am to 10am
Mon and Weds

*Cost is a gold coin!
Supported by council and the Federal Govt.*

>> For further information on the Mirani Pool and the activities on offer please visit council's website.



Leap Property Owner Justin Vella encourages quad bike riders to keep an eye out

Watch where you're going

Justin Vella has been riding quad bikes on his property for 25 years and knows all too well the danger they can cause if ridden or operated incorrectly.

Justin has close friends that have sustained serious injuries from rolling over their bikes after riding over tree branches and uneven land.

Each year in Australia there are at least 12 fatalities associated with

quad bikes on properties. The Leap property owner said it's very easy to become complacent on your own land.

"When you know where the boundaries are, you tend to look around instead of keeping your eyes on where you are going."

Justin encourages all property owners to apply the same rules as riding your bike on the road.

"Before you get on your bike you should check it over, wear the appropriate safety gear and make sure you're not distracted."

Safety Tips:

- > Keep an eye out for fallen trees
- > Secure your cargo
- > Consider installing a Crush Protection Device

>> For further info visit the Queensland Workplace Health and Safety website



Lyn Chamberlain and Janelle Jenner will soon have a new kitchen to work in

Community Grants a big help

The Dows Creek Hall is set to get a new kitchen, the Walkerston BMX Club is getting temporary lighting and the Valley Spinners and Craft group are hosting their own jamboree thanks to council's community grants. Last week council handed out over \$44,000 to 37 applicants.

President of the Dows Creek Hall Committee Janelle Jenner said a new kitchen will make a big difference.

"Council has given us \$2,200 to help pull out the old kitchen and replace it with a new stove, oven and cook top."

There are seven categories that local not-for-profit organisations can apply for funding including community development and environmental projects. There is also funding available for junior sports stars who participate in national and international competitions.

>> To find out more visit council's website www.mackay.qld.gov.au/grants.

COUNCIL - in brief -

Great camping in Mackay

Looking for somewhere to take the family over Easter? Council has three camping reserves in some of the most picturesque settings at Seaforth, Ball Bay and St Helen's Beach. No bookings required, first in first served. For further details visit council's website or call 1300 MACKAY (622 529).

Historical attraction gets a facelift

The Greenmount Homestead is closed for the month of March to undergo a facelift - a fresh layer of paint to the building's interior and exterior walls and ceilings. Weather permitting; the homestead should be reopened in early April, just in time for the Greenmount Heritage Fair on Sunday, May 26.

Parking changes at Barbour Park

Parking at Barbour Park has changed due to road works. To get to the sporting fields you can either catch the free shuttle bus from Leisure Court car park to Barbour Park every Saturday from 8am to 3pm or use the two minute drop off and pick up zone in the Barbour Park car park. For further details please contact council.

Phone, email or drop in

Council delivers about 150 different services to our ratepayers each year, from wheelie bin collections to usher services at the MECC. To lodge an enquiry you can drop into council's Customer Service Centres, call our 1300 MACKAY number, submit a request online at mackay.qld.gov.au or email council@mackay.qld.gov.au